

## **The Fruit Group One of The 5 Food Groups!**

Write the name of the fruits with the correct number, if you can't print it out no problem just write your answers on a sheet of paper.

Discuss with a family member about healthy fruits that you like, tell them how they make you healthier and that you should have 1 ½ cups per day.

Select your top five fruits, do five different exercise 15 times each.

**Example: 1. Apples-15 Sit-Ups 2. Peach-15 Lunges  
3. Kiwi- 15 Jumping Jacks 4. Lemons-15 Arm  
Circles 5. Banana-15 Ski Jumps**

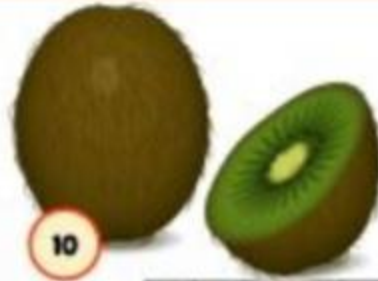
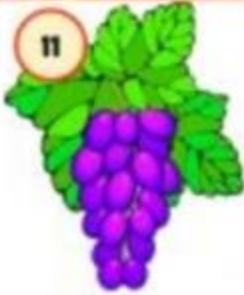


# FRUITS

Name : \_\_\_\_\_

Class : \_\_\_\_\_

Date : \_\_\_\_\_



1 l e m o n

