

## December ■ Apples



Gala Apples

Apples grow on a tree.

Apples are fruits.

Apples have fiber.

Fiber helps move food through your body.



Fuji



Granny Smith



Golden Delicious

- Watch this video to learn about an apple farmer! <http://bit.ly/RGYWRA>
- What is your favorite color apple? Draw a picture of your favorite apple below.

### Apple Trio







<https://goo.gl/KnMbk9>



# Make a Super Salad!

It is important to eat vegetables every day. Eating salad is a great way to get the vegetables you need to grow, to be strong, and to be healthy. Draw a picture of a salad you would like to eat at dinner. Here are some suggestions to include in your salad:



Broccoli	Carrots	Lettuce	Mushrooms	Tomato	Avocado
					



Share what vegetables you included in your salad with a family member. Tell them why eating vegetables keeps your body healthy. Eating vegetables keeps your body healthy because\_\_\_\_\_.