



December




Week 1

Week 2

Week 3

Week 4

Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		Find the fruit & veggie of the month at www.harvestofthemonth.com		Ask your parents, grandparents or guardians how they celebrated the holidays when they were young.	
Week 2	List all of the foods you eat during the holidays. Which food groups do they come from?		Ask your friends how they celebrate with food and activities.		Make a plan to stay physically active throughout the month. What will you do?
Week 3		Set a goal to try one new food this month.		Plan a healthy potluck celebration with your friends or classmates. Include all 5 food groups!	
Week 4	Instead of sweets, surprise someone with a fruit basket.		Go for a walk with your family before or after a big holiday meal.		Be sure to include lots of fruits & veggies in your holiday celebrations!
Week 5		Remember to eat from all 5 food groups today!		Mix 100% fruit juice with sparkling mineral water for a bubbly treat.	

Celebrate!