**Plan a healthy potluck celebration with your friends or classmates. Include all 5 food groups!**

**List all of the foods you eat during the holidays. Which food groups do they come from?**

**Set a goal to try one new food this month.**

**Ask your friends how they celebrate with food and activities.**

**Plan a healthy potluck celebration with your friends or classmates. Include all 5 food groups!**

**Ask your parents, grandparents or guardians how they celebrated the holidays when they were young.**

**Make a plan to stay physically active throughout the month. What will you do?**

**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!**

**Remember to eat from all 5 food groups today!**

**Mix 100% fruit juice with sparkling mineral water for a bubbly treat.**

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**December**

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>Find the fruit &amp; veggie of the month at <a href="http://www.harvestofthemonth.com">www.harvestofthemonth.com</a></td>
<td>List all of the foods you eat during the holidays. Which food groups do they come from?</td>
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</tr>
<tr>
<td>Set a goal to try one new food this month.</td>
<td>Instead of sweets, surprise someone with a fruit basket.</td>
<td>Go for a walk with your family before or after a big holiday meal.</td>
<td>Be sure to include lots of fruits &amp; veggies in your holiday celebrations!</td>
<td>Remember to eat from all 5 food groups today!</td>
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</table>