Add A Little Color to Your Life
Bulletin Board Lesson
PB-000-02
Bulletin Board and Self-Paced Interactive Lesson Cover Sheet

- You must include all components of the display to have a complete lesson. All components can also be downloaded and printed as low-resolution, 8.5” x 11” modular components at http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm.
  - Included in lesson (Stock no. 13-06-14924, 13-06-14924A)
    - Title and subtitle
    - 13 key messages with text and photo
    - 2 larger photos without text
  - Not included in package
    - Lesson evaluation questions for clients to complete for class credit (download and print at http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm.)

- A sample layout is provided at http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm.

- You must have participants complete and return the lesson evaluation questions for Add a Little Color to Your Life. Please review these questions with participants before issuing class credit.

- To order additional bulletin board displays, use stock no. 13-06-14924 (English) or 13-06-14924A (Spanish) while supplies last.
Add a Little **COLOR** to Your Life

Fruits and vegetables are superfoods with power to change the way you look and feel.

**What Can Superfoods Do For Your Body?**
- Help grow beautiful skin, hair, and nails
- Fight germs and keep you from getting sick
- Help you have a healthy weight
- Protect against heart disease, type 2 diabetes, and some types of cancer

**Fruits and Vegetables Also:**
- Add flavor to meals
- Add color to boring plates
- Are the perfect snacks you can eat on the go

**Model it.**
Your children learn from watching what you do. Set an example by eating fruits and vegetables.

**Drink it.**
Try different combinations of fruits or vegetables in your blender with a little low-fat milk or yogurt for a quick, refreshing beverage.

**Make it fun.**
Get everyone involved in preparing fruits and vegetables. They are more likely to try foods if they help prepare them. Let your kids tear lettuce, peel carrots, snap beans, wash, stir, and pour.

**Make Half Your Plate Fruits and Vegetables**
It's easier than you think to build a healthy meal if you make half your plate fruits and vegetables. Try these tips to get your family excited about eating fruits and veggies. You can do it!

**Make it fun.**
Get everyone involved in preparing fruits and vegetables. They are more likely to try foods if they help prepare them. Let your kids tear lettuce, peel carrots, snap beans, wash, stir, and pour.

**Dip it.**
Serve raw fruits or vegetables with your favorite low-fat dressing or yogurt, melted cheese, guacamole, hummus, or peanut butter. A little dip may help your picky eater to try it.

**Grow it.**
Plant fruits and vegetables and let your child help with the garden. Children love to taste fruits and vegetables they helped grow.

**Stir-fry it.**
Heat a little oil in a skillet or wok and add your favorite vegetables and a little seasoning.

**Soup it up.**
Soups are a great way to add vegetables to your family’s day.

**Skewer it.**
Put a variety of fruits on popsicle sticks for a snack. Marinate veggies and grill or broil them on skewers.

**Grow it.**
Plant fruits and vegetables and let your child help with the garden. Children love to taste fruits and vegetables they helped grow.

**Reach for it.**
Put fresh, washed fruits and vegetables on the table or lower shelves in the fridge for easy-to-reach snacks.

**Hidden it.**
Add shredded, cut-up, or pureed vegetables to favorite meals. Try adding zucchini or carrots to spaghetti sauce, spinach to burgers or meat loaf, even broccoli on pizza.

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