February

Each day fill in what physical activity you did and how many
minutes you did it.

Name ____________________________

Can You Name the Red Foods?
Fill in the blanks to identify red foods - in honor of heart month.

str__w__err__
__ed p__pp__r
__ppl__
rad__sh
__ed p__tat__
gr__pe
sp__ghe_ti sau_e
re__ ra_pb__rry
__omat__ s__up
b__et
cra__be__ry
sals__
cinn__mon
__herry
ch__li
h__t d__g
re__ on__on
k__tchu__

For more resources visit: www.4-h.uiuc.edu/opps/move

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