

# November 2011

This month's *healthy habit* is:

*Be kind to your body— eat a rainbow of fruits and vegetables every day!*

- Eating a bunch of different colored fruits and vegetables will help you get the different nutrients your body needs!
- Trying new colorful fruits and vegetables is a fun, tasty adventure!
- Fill half your plate with fruits and vegetables at every meal!



**Eat a bunch of different colors and move a bunch of different ways!**

Use this calendar to mark each day that your class does at least **10 minutes of physical activity** through energizers, active lessons and other classroom activities.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  |     |     |     |