

# Fruits & Veggies: Half Your Plate



To **eat more** vegetables and fruits, one thing I will do is:

---

---

To have **more variety** of vegetables and fruits, one thing I will do is:

---

---

I will be **more physically active** this week by:

---

---



Our **next lesson** will be on \_\_\_\_\_ at \_\_\_\_\_.

(day) (time)



An equal access and equal opportunity University. <https://col.st/110t3> | Una universidad con igualdad de acceso y igualdad de oportunidades. <https://col.st/110t3>

These materials are aligned with the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture (NIFA). | Estos materiales están alineados con el Programa Ampliado de Educación Alimentaria y Nutricional (EFNEP) del Instituto Nacional de Alimentación y Agricultura (NIFA) del USDA.

© 2023 Colorado State University all rights reserved



**COLORADO STATE UNIVERSITY**  
EXTENSION