

26.2 Crazy, Kool Foods to Eat This Summer!

Keep track of your summertime eating of healthy foods. Put this on your refrigerator. See if you can check off every one!

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- 1 cantaloupe
 - 2 watermelon
 - 3 apples
 - 4 oranges
 - 5 banana
 - 6 mango
 - 7 green beans
 - 8 broccoli
 - 9 spinach
 - 10 beets
 - 11 honeydew melon
 - 12 asparagus
 - 13 collard greens
 - 14 blueberries
(can be frozen and thawed!)
 - 15 peas
 - 16 lettuce
 - 17 tomatoes
 - 18 carrots
 - 19 celery
 - 20 cabbage
 - 21 bell pepper
 - 22 squash
 - 23 zucchini
 - 24 turnip greens
 - 25 strawberries
 - 26 grapes (frozen!)
 - 26.2 yogurt !!!



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