



## CKC Caught You! Activity Card

**WE CAUGHT YOUR CHILD MAKING HEALTHY FOOD CHOICES!**

Did you know that your child loves...

Asparagus  
Apples  
Ants on a Log



Broccoli  
Beans  
Bananas



Cantaloupe  
Kiwi  
Oranges



Tomatoes  
Celery  
Carrots



Now, CATCH something healthy at home!

- Ask your child how to find nutrition facts on a carton of milk.
- Ask your child to tell you what foods are high in fiber.
- Ask your child to tell you the 5 food groups.

How about going on a new food adventure with your child tonight?

\_\_\_\_\_  
**Parent Signature**

\_\_\_\_\_  
**Student Signature**



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