ACTION HEALTHY

FARMERS MARKET CHALLENGE

| cheese | red pepper | asparagus | flowers | lettuce |
|--------------|-------------|-----------|-------------|--------------|
| jalepeño | mint | kale | tomato | apple |
| strawberries | eggplant | carrot | garlic | spinach |
| basil | green beans | onion | blueberries | green pepper |
| peas | peach | zucchini | bread | rosemary |

HOW TO PLAY

How many foods can you spot at the farmer's market? Use a sticker or marker to cross off items you see.

Make it even more challenging – Set a timer or compete against other family members!

