

# APRIL

# Fuel your fun

Eat fruits and veggies.

Put an X through the squares of fruits, vegetables and physical activities you try. Get five in a row, column or diagonally for a BINGO!



# B I N G O



Peach



Walk



Stretch



Park/Swing



Asparagus



Play



Celery



Skate



Rhubarb



Toss



Canned Fruit



Avocado



Family  
Ate A Meal  
Together



Play



Spinach or Kale



Skip



Frozen Peaches



Dance



Locally Grown  
Fruit or Veggie



Canned Vegetable



Guacamole



Walk



Microgreens or  
Leafy Greens



Fly a Kite



Apricot



## How to Prepare Asparagus

Wash asparagus under running water. Bend each spear until it snaps. Throw away the woody end and keep the tender end (the tip end).

**Roasted:** Toss asparagus in oil. Sprinkle with salt and pepper. Spread evenly on a baking sheet. Cook for 25 minutes at 400 degrees F.

**Steam:** Put asparagus in a microwave-safe dish with a lid. Add ½ cup water. Microwave for 5 -10 minutes until tender. Season with salt, pepper and a lemon wedge.

This recipe is adapted from Iowa State University's Spend Smart. Eat Smart.®



## PLAY YOUR WAY!

one hour a day!



“Asparagus grows well in Iowa and tastes good fresh, or cooked in many dishes.”

## Be Active Together

Families are powerful role models for kids, and that includes being an active role model! When families are physically active together, there is a greater chance that those kids will have a lifelong love for exercise. Exercise has so many benefits beyond keeping your heart healthy. It's great for emotional and mental health too. Children are more likely to be active when they see their families enjoying the activity too. Play with your child in the living room, in the yard, the playground, or help her learn a new game or skill! Don't worry about being perfect at the activity, children will love whatever activity involves spending time with their parents and loved ones!

PARENT  
APPROVED

CHILD'S NAME

has completed a Pick a **better snack**™ bingo this month.

GROWN-UP SIGNATURE

<http://www.idph.iowa.gov/inn/pick-a-better-snack>

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