

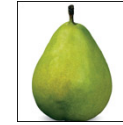
Site Name  
 Site Location  
 Phone Number  
 Site Leader Name

# Name Your Month

ORGANIZATIONS LOGO  
 HERE



September  
 Apples



Mon	Tue	Wed	Thu	Fri
<p>*I'm a big, oval fruit that is green on the outside. On the inside, I'm usually red with black seeds. I have lots of vitamin C and vitamin A. What am I? WATER-MELON</p>	<p>Power Play! Activity            Introduction            How Much Do I Need? *</p>	<p>I'm a vegetable that is great in tacos, on hamburgers, or in spaghetti sauce, but sometimes I can make you cry. What am I? ONION</p>	<p>Power Play! Activity            Power Bingo* or Grow Your Own* (watch the plant grow throughout the month!)</p>	<p>Field Day;            Warm Up for Power Fitness Circuit Challenge</p>
<p>I'm yellow on the outside. The letter A is in my name three times. My potassium can help your muscles work better. What am I? BANANA</p>	<p>Power Play! Activity            Warm Up for Power Moovin' and Groovin'</p>	<p>I'm a small fruit that comes in a rainbow of colors—blue, red, purple, and sometimes even yellow and green. I have a pit inside me. I rhyme with hum. What fruit am I? PLUM</p>	<p>Power Play! Activity            Fruit and Vegetable Name Game*</p>	<p>Field Day;            Warm Up for Power Power Up Challenge</p>
<p>I look like a little fuzzy, oval shaped ball. You can cut me in half and eat my green insides with a spoon. I have lots of vitamin C. What fruit am I? KIWI FRUIT</p>	<p>Power Play! Activity            Fixin' Fruits and Veggies*</p>	<p>I'm a yellow-orange vegetable with strings on the inside. When I'm cooked, you can scrape out my insides and eat me like spaghetti. What am I? SPAGHETTI SQUASH</p>	<p>Power Play! Activity            Advertising Power*</p>	<p>Field Day;            Warm Up for Power Hoop Challenge</p>
<p>I'm a crunchy vegetable, with lots of vitamin C and fiber. My cousin is the cauliflower. Some kids think I look like a little, green tree. What am I? BROCCOLI</p>	<p>Power Play! Activity            Memory Movement</p>	<p>I'm a melon that is orange on the inside. My vitamin A can help keep you from getting sick. What am I? CANTALOUPE</p>	<p>Power Play! Activity            Powerful Art*</p>	<p>Field Day;            Warm Up for Power PICK YOUR OWN</p>
<p>I'm usually red when I'm ripe. I'm not a vegetable, but you may think I am. People like to use me to make spaghetti sauce and pizza sauce. What am I? TOMATO</p>	<p>I'm a leafy green vegetable with lots of vitamin A and vitamin C. Eating me can help keep your skin healthy. One cartoon character thinks I make him strong. What am I? SPINACH</p>	<p>Power Play! Activity            Taste It!*</p>	<p>I'm a tropical fruit. My name is "the opposite of woman" plus "the opposite of stop." I have lots of vitamin A. What am I? MANGO</p>	<p>Final Day; Presentation/            Grocery Store Tour*             (Kids receive prizes!)</p>



September—National Fresh Fruits and Veggies Month November—Good Nutrition Month, National Parent Involvement Day =

February—American Heart Month

March—National Nutrition Month

April—Spring into Health, YMCA Healthy Kids Day

May—National Physical Fitness & Sports Month