



Name: _____

Age: _____

Date Completed: _____

REAL FOOD 4 KIDS CHALLENGE:

Try to **eat at least 50 different fruits and vegetables** this summer!

Here's a list to get you started.

- | | | | |
|---------------------------------------|---|--|--|
| <input type="checkbox"/> Acorn Squash | <input type="checkbox"/> Coconut | <input type="checkbox"/> Lime | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Apple | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Mango | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Corn | <input type="checkbox"/> Melon | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Mint | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mushroom | <input type="checkbox"/> Raspberry |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Date | <input type="checkbox"/> Mustard | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Avocados | <input type="checkbox"/> Dill | <input type="checkbox"/> Greens | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Endive | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Rutabega |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Okra | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Bean Sprouts | <input type="checkbox"/> Escarole | <input type="checkbox"/> Olive | <input type="checkbox"/> Scallion |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Fennel | <input type="checkbox"/> Onion | <input type="checkbox"/> Shallot |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Fig | <input type="checkbox"/> Orange | <input type="checkbox"/> Spaghetti |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Garlic | <input type="checkbox"/> Oregano | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Bok Choi | <input type="checkbox"/> Ginger | <input type="checkbox"/> Papaya | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Grape | <input type="checkbox"/> Parsley | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Brussels | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Parsnip | <input type="checkbox"/> Sweet Potato or |
| <input type="checkbox"/> Sprouts | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Peach | <input type="checkbox"/> Yam |
| <input type="checkbox"/> Butternut | <input type="checkbox"/> <i>(try yellow and</i> | <input type="checkbox"/> Pear | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Squash | <input type="checkbox"/> <i>purple too!)</i> | <input type="checkbox"/> Peas | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Pepper | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Iceberg Lettuce | <input type="checkbox"/> <i>(Different colors)</i> | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Jicama | <input type="checkbox"/> Persimmon | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Kale | <input type="checkbox"/> Pineapple | <input type="checkbox"/> <i>(Different colors)</i> |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Plantain | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Plum | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Leek | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Yellow Squash |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Lemon | <input type="checkbox"/> Potato | <input type="checkbox"/> Zucchini |

If you get to 50 or more, email us your checklist, or post on social and tag us. All submissions received by August 20th will be in the running for a prize!

Email sue@realfood4kids.com

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Instagram: REAL_FOOD_4_KIDS