

CAN YOU COMPLETE
THE CHALLENGE?

MISSION NUTRITION 10 DAY CHALLENGE

<p><u>DAY 1</u></p> <p>Try eating food from each color of your rainbow sheet.</p>	<p><u>DAY 2</u></p> <p>Only drink water or milk all day long.</p>	<p><u>DAY 3</u></p> <p>Make a healthy smoothie.</p>	<p><u>DAY 4</u></p> <p>Try eating a new fruit or vegetable... <u>BE BRAVE!</u></p>	<p><u>DAY 5</u></p> <p>Eat a big healthy breakfast.</p>
<p><u>DAY 6</u></p> <p>Help an adult make a healthy meal.</p>	<p><u>DAY 7</u></p> <p>Eat <u>NO</u> candy or sweets all day long.</p>	<p><u>DAY 8</u></p> <p>Tell someone one thing you learned from your Nutrition Explorer Kids Night In Box.</p>	<p><u>DAY 9</u></p> <p>Exercise for 30 minutes. (Remember this can be as simple as playing outside.)</p>	<p><u>DAY 10</u></p> <p>CONGRATS! YOU DID IT! Celebrate by making a yummy fruit salad.</p>