

Fruit Salsa

Ingredients:

- 1 green pepper, seeded, diced
- 1 small cucumber, peeled, seeded, diced
- 1 small jalapeno, minced
- 1 cup pineapple, diced
- 1 cup cantaloupe or honeydew, chopped
- 1 cup watermelon, diced
- 1 cup cilantro chopped
- 1 tablespoon lime juice
- 1 tablespoon honey

Directions:

Mix all the ingredient together in a bowl. Experiment with different ingredients. Write your favorite below!



Pump it Up: Stand with your legs shoulder width apart. Bend your knees so you are squatting. Now alternate lifting one foot then the other, quickly like you are running. Feel your heart and legs working! How long can you do it?



Food for Thought: Fruits and vegetables are packed with vitamins, nutrients, and fiber which helps to keep you healthy. Eating a variety of different colors provide nutrients that help different parts of your body!

Tasty Thoughts: _____

