



# Nutrition Challenge: Week 2, Day 3

Have a piece of fruit for your snack each day this week.



- Did you know 80% of our body is water and that fruit is mostly water too?
- Did you know if you consume fruit effectively, your brain can recall information faster and more easily? This is very useful information for people who are about to take an exam.

I MET MY NUTRITION GOAL FOR WEEK 2!

Student Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_

*Inspire Kids to Fitness*



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