



Challenge of the Month

MARCH

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The Clearinghouse for Military Family Readiness and 5210 Healthy Children invites you to participate in the 5210 Challenge of the Month! The Challenge of the Month can be done by all ages and it's recommended to complete with a group of friends or family.

When completing the challenge, take pictures to later post on social media such as Facebook or Twitter. Finish your post with #5210HC. This will allow the Clearinghouse team to review and highlight those participating in the health messaging campaign!

So get out there and participate in the Challenge of the Month! Good luck!

National Nutrition Month

PARTICIPATE IN THE 5210 CHALLENGE OF THE MONTH

Let's keep our #5210HC habits going! Can you "Ace" the Choose My Plate quizzes on food groups and vegetables? Complete and share your results on social media and tag #5210HC to let us know how you're doing!

MyPlate Quizzes

Fruit Group Quiz

This quiz focuses on the nutrition of whole fruit. This quiz only takes a few minutes and will give you a score after complete the 10 questions. See how well you know your fruits- access the quiz at <http://www.choosemyplate.gov/fruitquiz>

Vegetable Group Quiz

The Vegetable Group quiz covers nutritional information including benefits, vitamins and minerals, and types of vegetables. The quiz only takes a few minutes and will give you a score after completing the 10 questions. You can access the quiz at <http://www.choosemyplate.gov/vegetablequiz>

