



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CINCO DE MAYO HEPA HAPPY CHALLENGE

In honor of Cinco de Mayo—the 5th of May— We are challenging you to create a healthy snack! #HEPAchampions everywhere are making a difference by focusing on Healthy Eating and Physical Activity. At the Y, we strive to keep our kids active and eating good fuel for their bodies in our youth programs. Today our kids will be making “tacos,” and learning about how the different meal components work together to make “My Plate” healthy. At the Y, we believe it is important to put good in to get good out—JOIN US IN OUR EFFORT TO MAKE WASHINGTON COUNTY A HEPA HAPPY PLACE!

For more information, visit www.ymca.net/HEPA, or contact Rosie Morehous, Youth First Director and #HEPAchampion at rosie@wcfymnca.org.



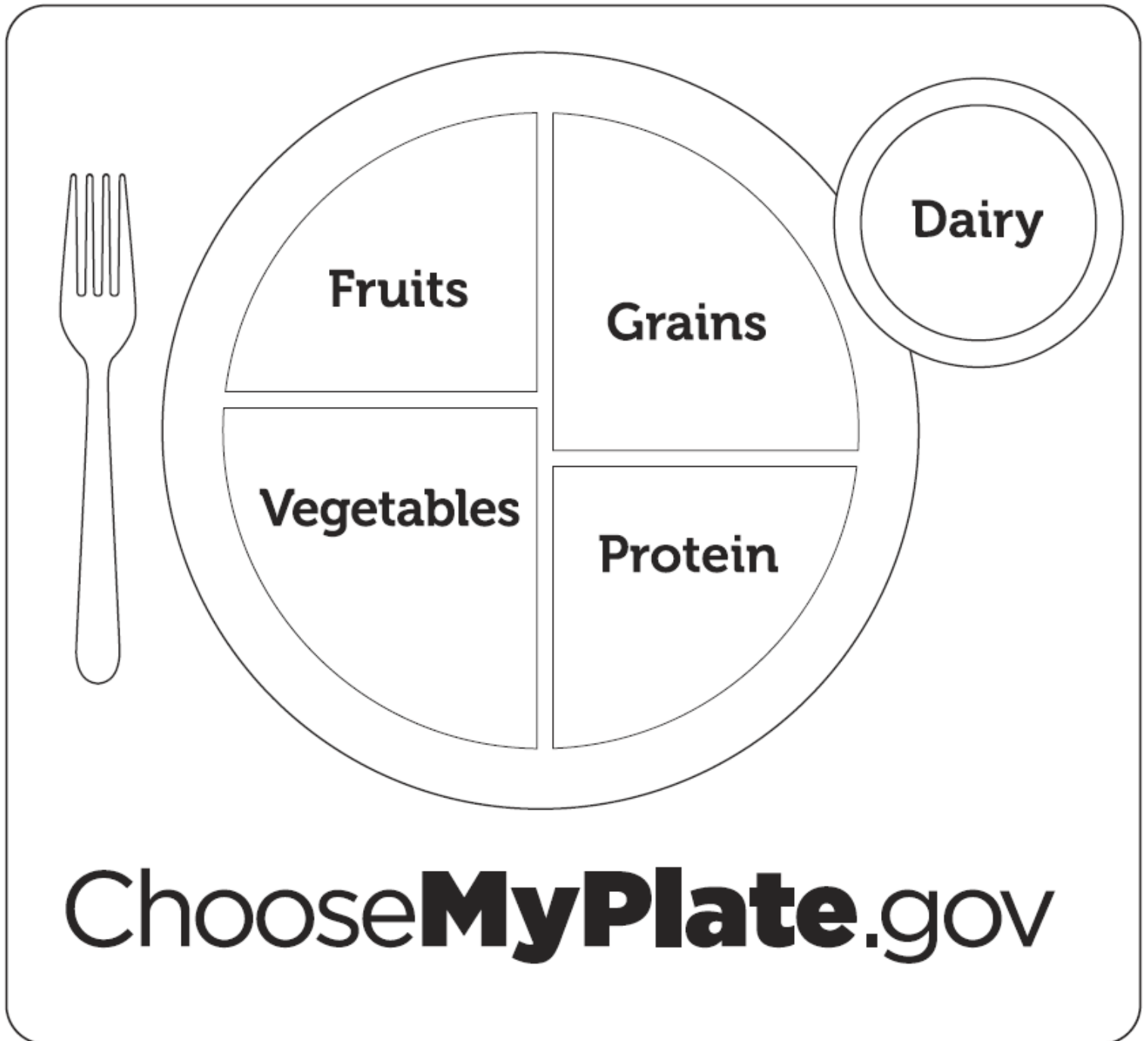
Cut out the ingredients above and put them on the right spot of “My Plate” on the next page! Once you are done—enjoy a TACO! ;)

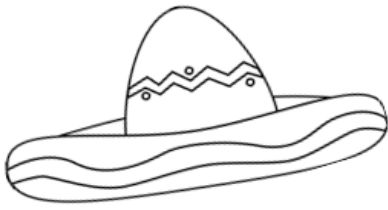


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DIRECTIONS: Draw or paste pictures of fruits, grains, vegetables, proteins, and dairy foods to show a healthy meal! PUT GOOD IN TO GET GOOD OUT!



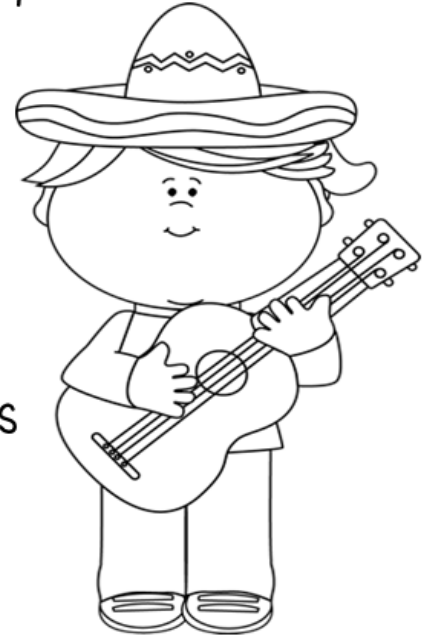


Cinco de Mayo Important Facts

Name: _____

Cinco de Mayo is celebrated on May 5th each year. It commemorates the victory at the Battle of Puebla in 1862. The Mexican army, led by General Zaragoza, was fighting against the French and won an unlikely victory. The people threw a large party to celebrate.

Today, Cinco de Mayo is observed as a celebration of Mexican culture.



Color the picture according to the Spanish color listed:

Name: _____

