



# October

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### Smart Food

Help your preschooler learn about eating healthy foods. Have your child name the fruits and vegetables shown above.

Name the fruit or vegetable:

1. Potato
2. Carrot
3. Apple
4. Banana
5. Broccoli
6. Tomato