healthy eating

activity book
meet some of our favorite fruits and vegetables

apple, avocado, banana, bell pepper, bok choy, broccoli, cucumber, cucumber, eggplant, fig, grape, leek, lemon, onion, orange, peas, pear, plum, potato, radish, squash, strawberry, tomato, watermelon

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make a healthy snack

What you need
- celery sticks
- peanut butter
- raisins

What to do
1. Have an adult help you wash and cut the celery sticks in half
2. Spread peanut butter into the “u” shaped part of the celery
3. Add raisins on top

Switch it up!
If you don’t have peanut butter, or are allergic to it you can use other things like
- cream
- hummus
- guacamole
- tzatziki
- cheese
- cottage cheese
- greek yogurt
- other healthy dips or soft cheeses

Try these other fruits and vegetables
- carrots
- banana
- pear wedges
- cucumber (sliced in half, seeds removed)
- apple wedges
- peach or nectarine wedges

Get creative with your toppings too
- dried cranberries, figs, etc
- corn
- grape tomatoes
- berries
- nuts
- peas
- olives
- grapes
- seeds
- edamame

Get creative, and remember it may take a few tries to figure out your favorite combination. Name new your creation, take a photo of it and ask your parents share it with us.

Enjoy your new favorite healthy snack!
connect the dots

Directions: connect the dots by following the numbers in the correct order.

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word seek

Directions: Find the hidden words. This is a zig-zag puzzle so the words can go left, right, up, down, they can even bend, but they won't go diagonally. There are no unused letters in the grid, and every letter is used only once.

Find all the words from the list, ignore spaces and dashes:

BEET  CUCUMBER  ONION
BROCCOLI  EGGPLANT  POTATO
CABBAGE  GARLIC  RADISH
CARROT  GOURLD  TOMATO
CAULIFLOWER  KOHLRABI  TURNIP
number maze

Directions: help the pepper get to the tomato by following the numbers in order
math activity

Directions: count the fruits and vegetables in each color

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word puzzle

1. PEPPER
2. EGGPLANT
3. CAULIFLOWER
4. TOMATO
5. CARROT
6. BROCCOLI
7. LEEK
8. PEAS
9. RADISH

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word scramble

Directions: follow the lines to put the letters in the correct order

e g b a a a b c
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coloring page
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match the shadows

Directions: draw a line from each healthy food to its matching shadow
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maze

Directions: Help the cucumber get to its friends
counting

Directions: count the fruit and circle the correct number

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