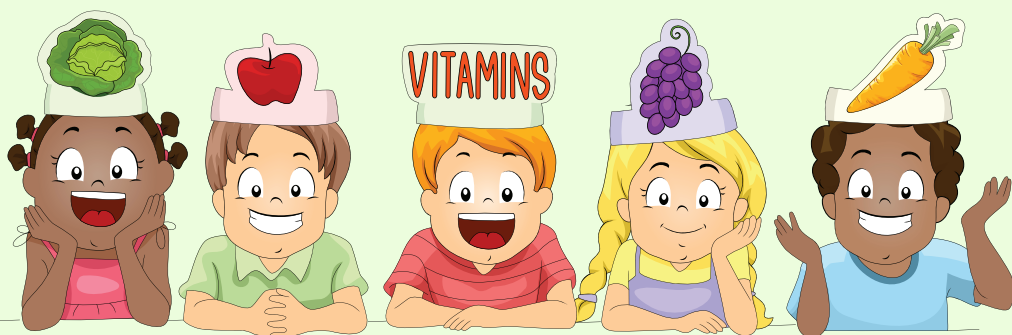




# COLOR ME HEALTHY!



## NUTRITION FOOD FUN COLORING BOOK & GAMES!



Presented by

# Word Search

**FUN!**

Let's find all of the healthy food words!



APPLE  
BANANA  
BROCCOLI

CARROTS  
CELERY  
EGGPLANT

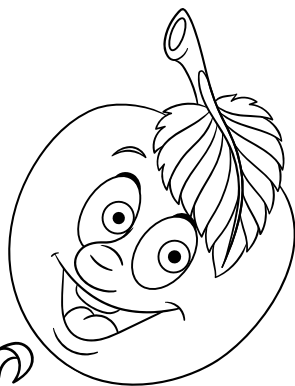
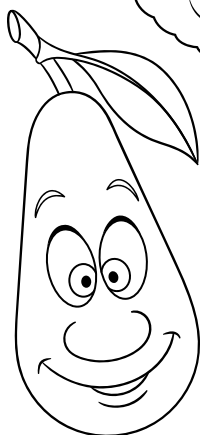
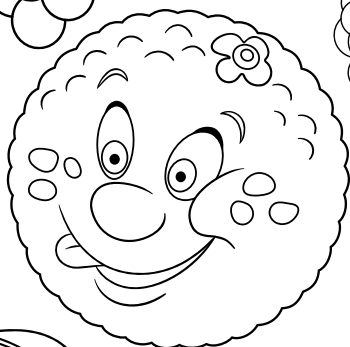
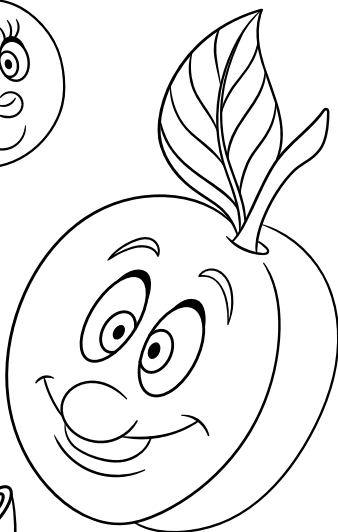
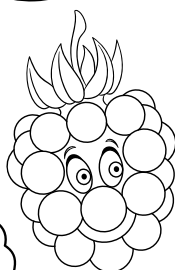
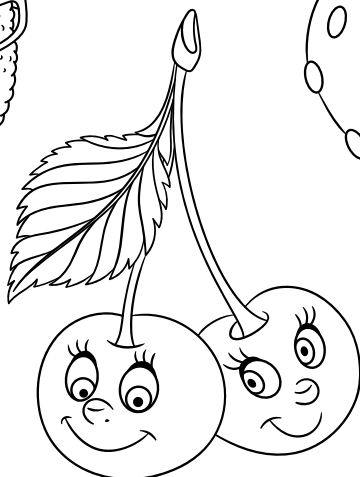
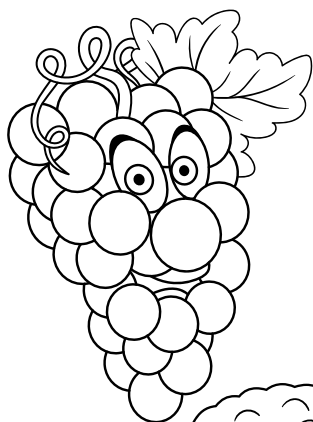
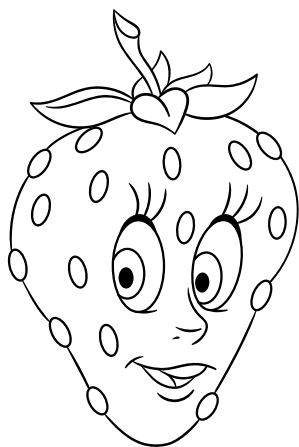
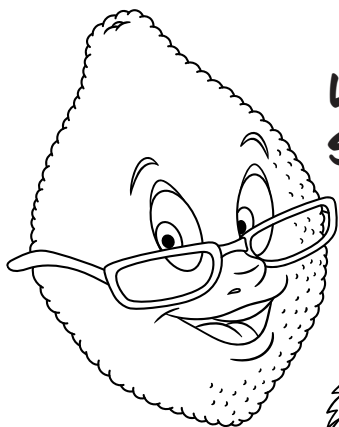
GRAPES  
KIWI  
ORANGE

PAPAYA  
PEAR  
PEAS

PINEAPPLE  
SQUASH  
STRAWBERRY

M	O	A	F	D	V	C	Y	E	I	G	J	R	J	D	V	U	A
F	R	P	Q	Y	G	R	A	P	E	S	R	Y	A	M	S	W	X
A	A	J	I	S	T	R	A	W	B	E	R	R	Y	T	B	S	S
K	N	F	U	N	E	G	G	P	L	A	N	T	E	O	F	P	Q
J	G	M	B	C	E	T	B	R	O	C	C	O	L	I	C	A	U
J	E	Y	A	A	L	A	A	W	K	H	P	F	O	M	E	P	A
P	K	C	N	R	Y	J	P	P	H	I	E	R	B	U	L	A	S
E	M	A	A	R	B	Q	C	P	P	Z	W	R	F	P	E	Y	H
A	B	F	N	O	X	V	Z	Z	L	L	T	I	J	E	R	A	Q
S	T	I	A	T	G	B	R	S	X	E	E	V	N	A	Y	K	P
Y	L	W	U	S	L	V	F	J	G	L	E	U	P	R	S	T	U
I	X	V	A	H	U	F	V	V	C	D	H	I	U	Q	B	U	U

LET'S COLOR  
SOME FRUIT!



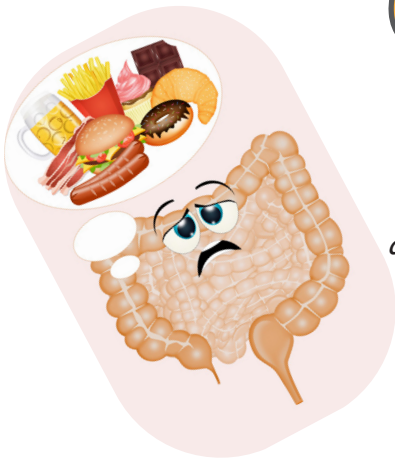
**START  
HERE!**

# A'MAZE'ing Food Fun:

*Can you find your way through our healthy and happy intestine?*



**FINISH  
HERE!**



*Healthy food  
choices keep  
our insides happy!*



# Food, Family, Fun: Kids Food Critic Activity

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



Draw food here

Visual Appeal	1	2	3	4	5	___
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Smell	1	2	3	4	5	___
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Taste	1	2	3	4	5	___
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Texture	1	2	3	4	5	___
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<b>TOTAL:</b>						___

**TOTAL SCORE**

😐

😊

😍

Serve it again?

YES NO

# Food, Family, Fun:

Let's cook together!



## Crunchy Berry Parfait

*So quick, so easy, and so delicious!*

*This parfait is a favorite among kids and adults alike.*

### Ingredients

*½ cup yogurt, non-fat vanilla*

*1 cup blueberries or strawberries (fresh or frozen thawed)*

*½ cup low-fat granola (or crunchy cereal)*

### Directions

*Spoon yogurt into glass, then top with fruit and granola.*

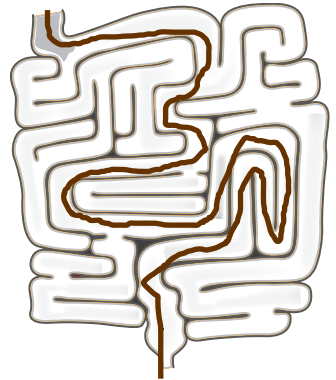
*Find more yummy recipes here:*

*[myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/crunchy-berry-parfait](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/crunchy-berry-parfait)*

### Word Search Answer Key

K	C	I	B	L	U	E	B	E	R	R	Y
W	A	T	E	R	M	E	L	O	N	C	C
O	R	L	L	N	P	L	E	P	R	U	C
L	R	A	L	I	S	P	I	N	A	C	H
E	O	T	P	U	D	D	I	N	G	U	I
K	T	B	E	A	N	S	P	L	E	M	C
K	S	B	P	C	H	E	E	S	E	B	K
I	A	S	P	N	O	R	A	N	G	E	E
W	L	L	E	G	U	M	E	S	M	R	N
I	M	B	R	O	C	C	O	L	I	I	C
Y	O	G	U	R	T	A	P	P	L	E	C
B	N	D	R	U	P	E	H	S	K	U	T

### Maze Answer Key



# Food, Family, Fun:

Let's help build a healthy shopping list!

FRUITS	GRAINS <i>(BREADS, PASTAS, RICE, CEREALS)</i>
DAIRY <i>(MILK, YOGURT, CHEESE)</i>	VEGETABLES
PROTEIN FOODS <i>(MEAT, SEAFOOD, BEANS &amp; PEAS, NUTS, EGGS)</i>	OTHER
NOTES	



## Keep the food fun going!

Visit these sites for more healthy eating tips, recipes and activities:

[myplate.gov/](https://myplate.gov/)

[fns.usda.gov/tn/myplate](https://fns.usda.gov/tn/myplate)

[myplate.gov/life-stages/kids](https://myplate.gov/life-stages/kids)

[myplate.gov/life-stages/families](https://myplate.gov/life-stages/families)

[myplate.gov/life-stages/kids#gamesandapps](https://myplate.gov/life-stages/kids#gamesandapps)

[myplate.gov/life-stages/kids#activitysheets](https://myplate.gov/life-stages/kids#activitysheets)

[fns.usda.gov/tn/myplate-grocery-store-bingo](https://fns.usda.gov/tn/myplate-grocery-store-bingo)

[fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes](https://fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes)

[snaped.fns.usda.gov/snap-ed-works/nutrition-education](https://snaped.fns.usda.gov/snap-ed-works/nutrition-education)

[fns.usda.gov/tn/discover-myplate-emergent-reader-mini-books](https://fns.usda.gov/tn/discover-myplate-emergent-reader-mini-books)

