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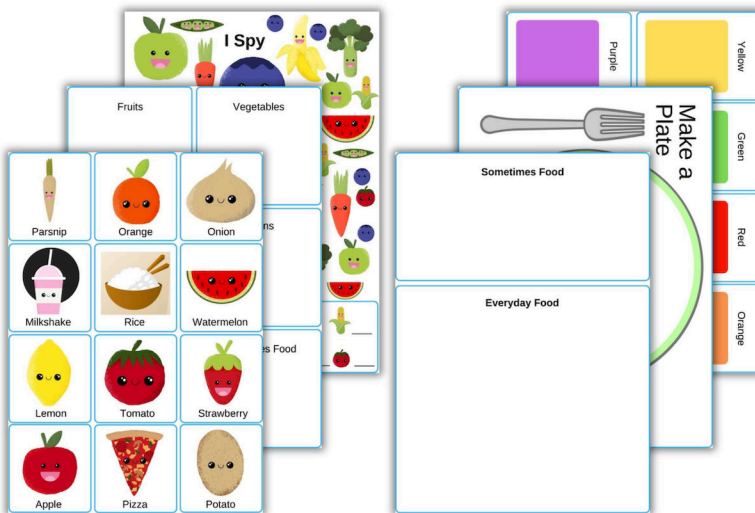
Instructions

Materials Needed

- Healthy Eating Activity Pack
- Printer and paper
- Scissors
- Pen



What's Included



36 Food flashcards
Food Groups Sorting Activity
Color Sorting Activity
Make a Plate Activity
Healthy vs treat food activity
I Spy

Instructions

1



Download and print the following pages onto a sheet of paper.

If you want to make your printables more sturdy, you can also laminate them.

2



Cut out each of the flashcards into their individual pictures.

3



Everyday vs Sometimes Food

Sort the flashcards into food that we can have everyday "healthy" or foods we can only have sometimes "unhealthy".

4



Sort the flashcards into the different color groups.

5



Sort the flashcards into the various food groups.

6



Make a plate. Sort the flashcards into the different sections of the plate. Showing children what proportion of each food group their plate should contain.

7

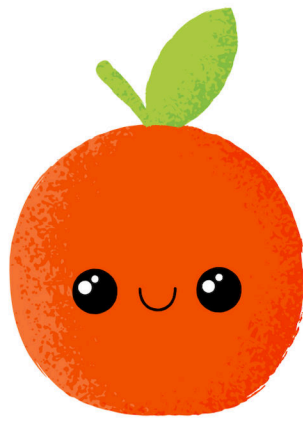


Count how many pictures of each plant is represented. Then write the number in the space at the bottom of the pages.

For example, there are 3 carrots in this picture. Write the numeral 3 next to the image of a carrot at the bottom.



Parsnip



Orange



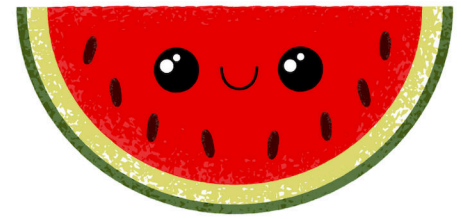
Onion



Milkshake



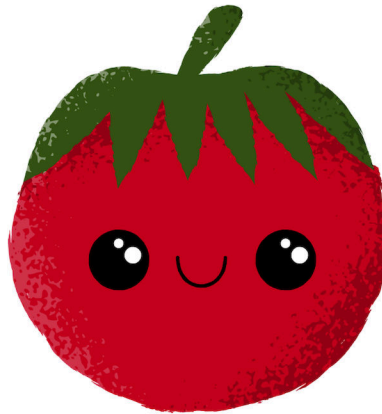
Rice



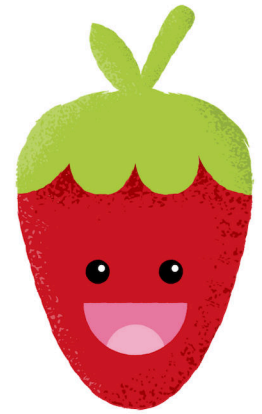
Watermelon



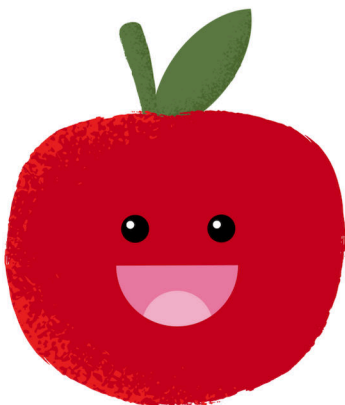
Lemon



Tomato



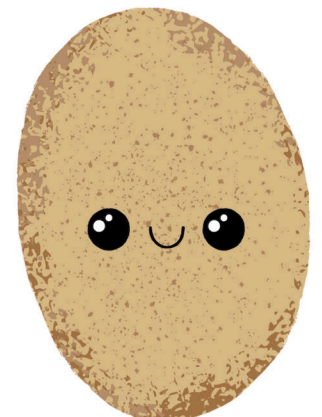
Strawberry



Apple



Pizza



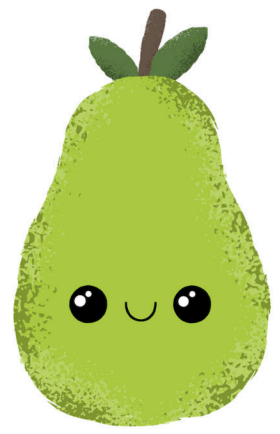
Potato



Pineapple



Peas



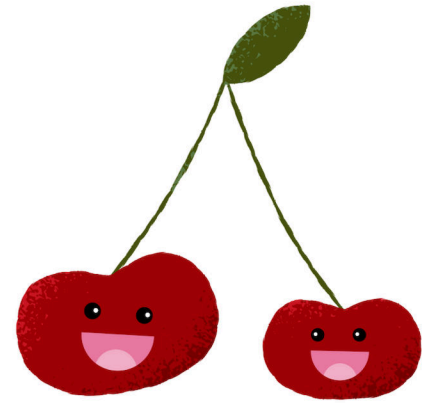
Pear



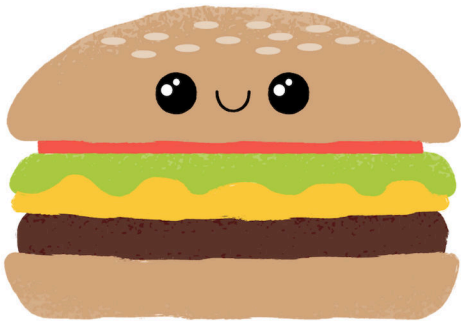
Yogurt



Ice Cream



Cherries



Hamburger



Carrot



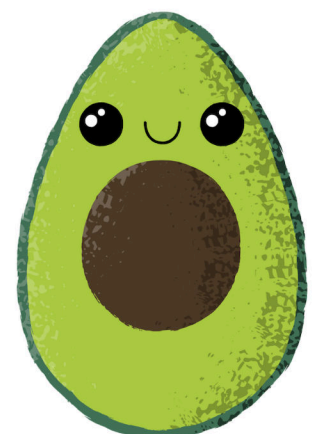
Broccoli



Blueberry



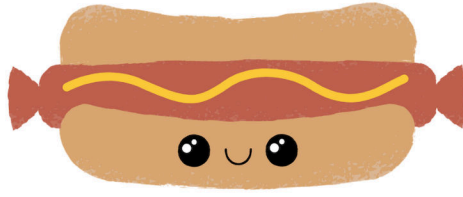
Banana



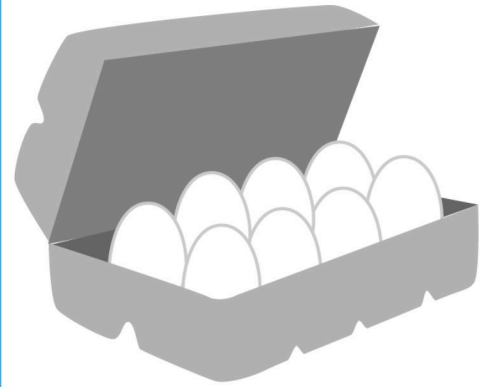
Avocado



Eggplant



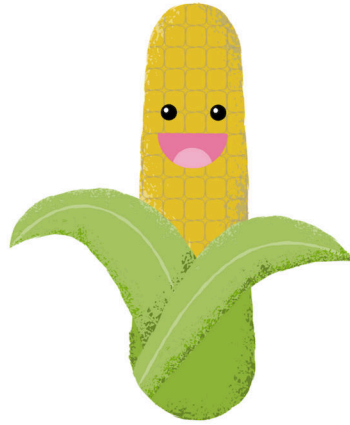
Hotdog



Eggs



Fries



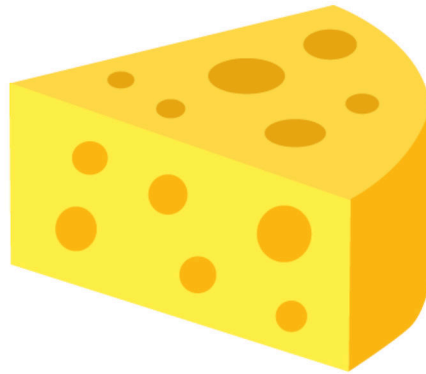
Corn



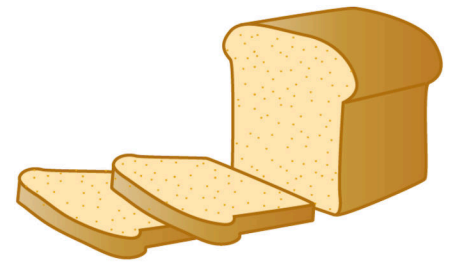
Cookies



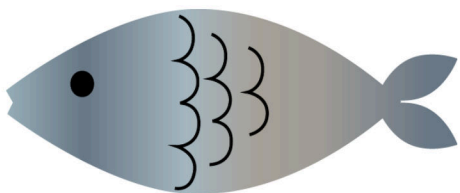
Milk



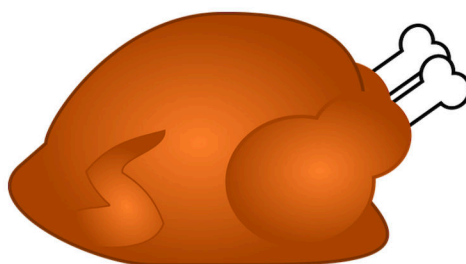
Cheese



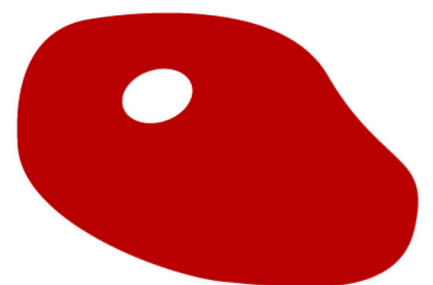
Bread



Fish



Chicken



Steak

Sometimes Food

Everyday Food

Yellow



Green



Red



Orange



Purple



Blue



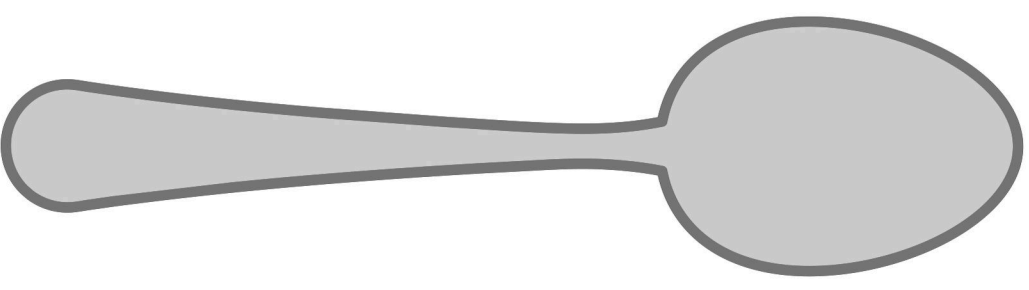
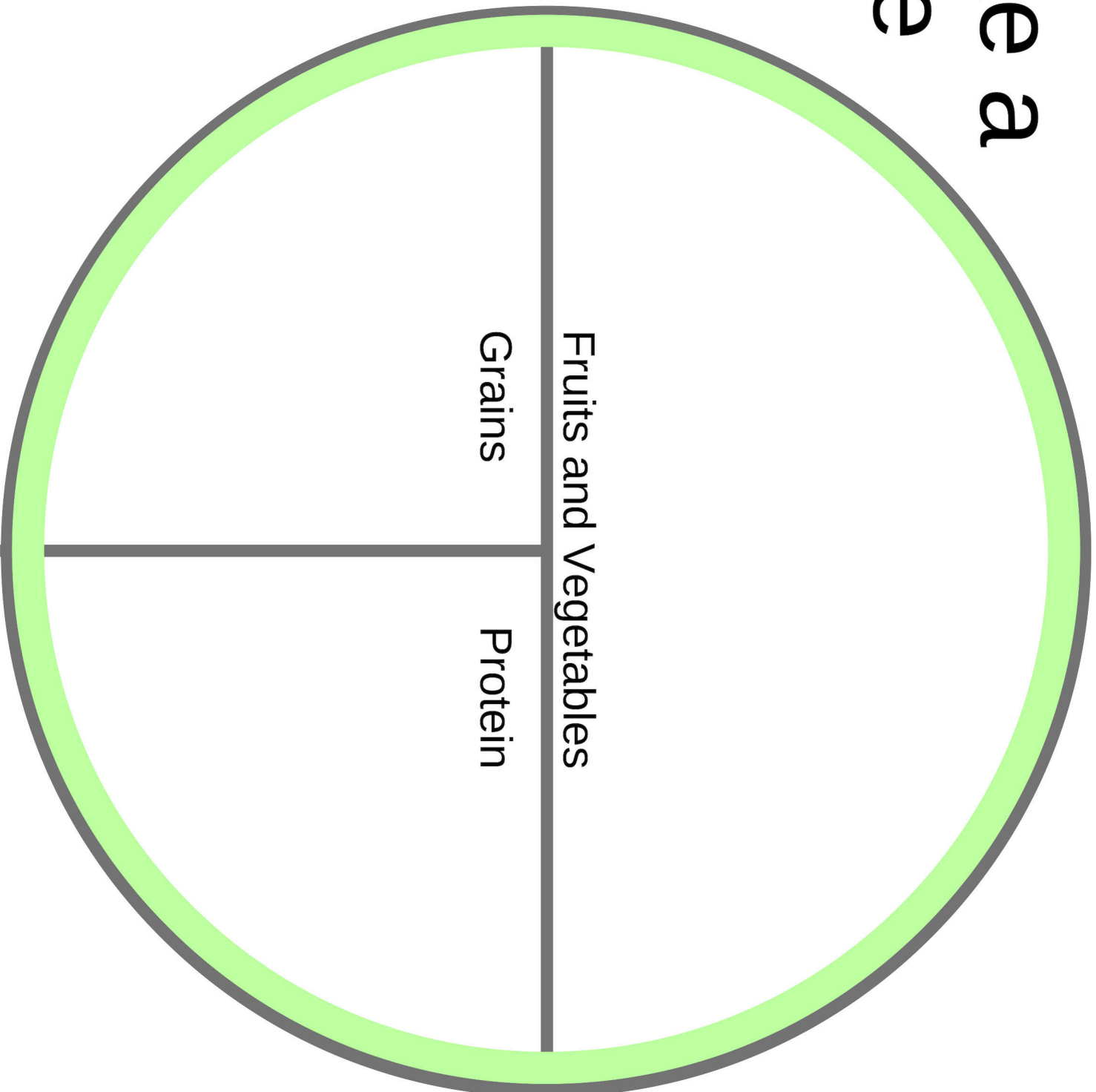
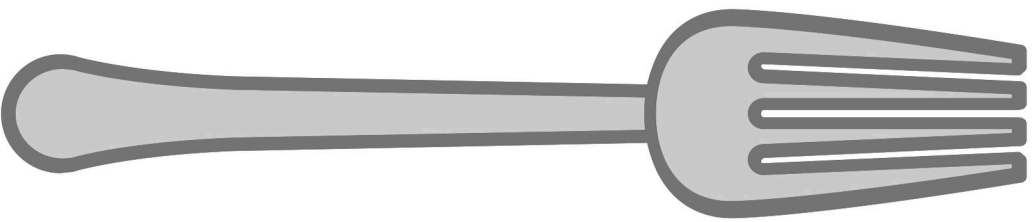
White



Brown



Make a Plate



Fruits

Vegetables

Dairy

Grains

Protein

Sometimes Food

I Spy

















