Meals and Muppets

7West productions

TRACE & LEARN
ACTIVITY

Instructions:
1. Write your name on the cover
2. Work with your buddy to complete the activities
3. Color when you are done
4. Enjoy healthy foods!

FRUITS are HEALTHY

BANANAS help your HEART.
STRAWBERRIES have VITAMIN C.
WATERMELON keeps you HYDRATED.
APPLES have VITAMIN A.
VEGETABLES are HEALTHY

CARROTS help your EYES.
POTATOES have POTASSIUM.
Bell peppers have vitamin C. Broccoli has vitamin B6. Chips are unhealthy. They make you feel tired and sluggish.
CHIPS are made out of:
BUTYLHYDROXYTOLUENE, MALTODEXTRIN, DISODIUM GUANYLATE and LACTIC ACID.

Which food will make you healthy? Which food will make you sluggish? Draw a line to the correct answer!
What kinds of food are healthier for you? Why? Draw some healthy foods you are going to eat.