

POWER KIDS

ACTIVITY SHEET

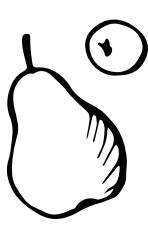
HOW TO GET MORE VEGGIES IN YOUR KIDS

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

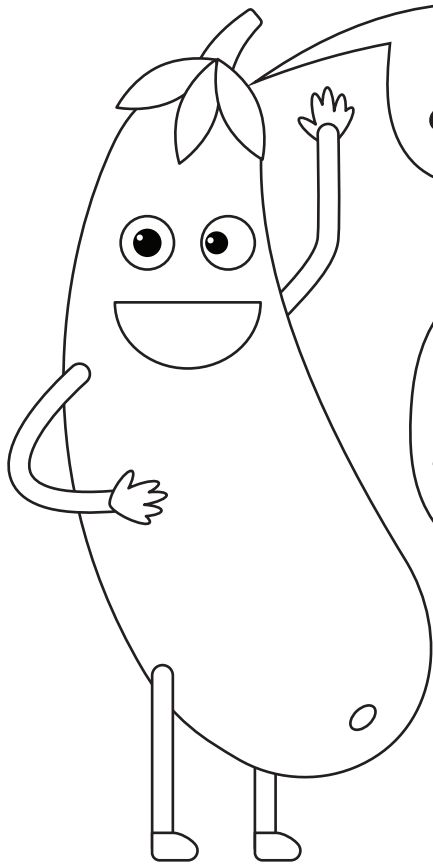
ASPARAGUS
AVOCADO
BEETS

BROCCOLI
CARROTS
SPINACH

SQUASH
SWEETPOTATO
VEGGIES

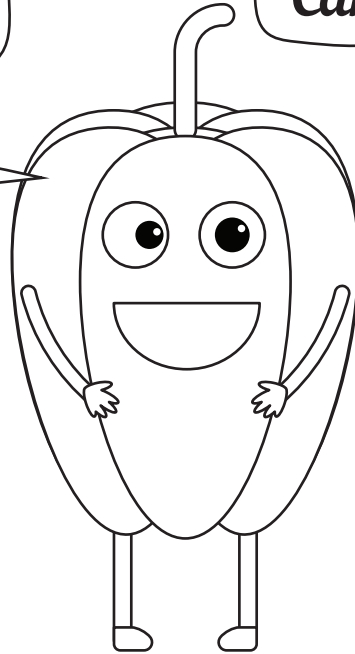


COLORING

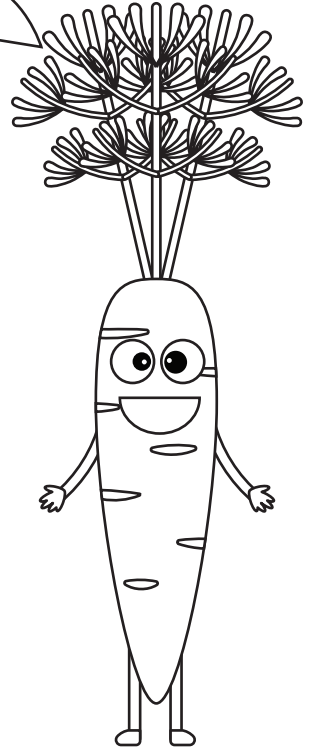


*Hi!
I am
Eggplant!*

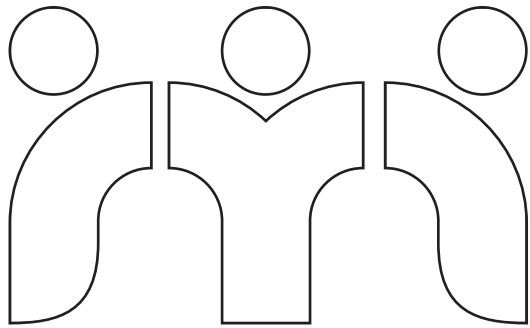
*Hi!
I am
Pepper!*



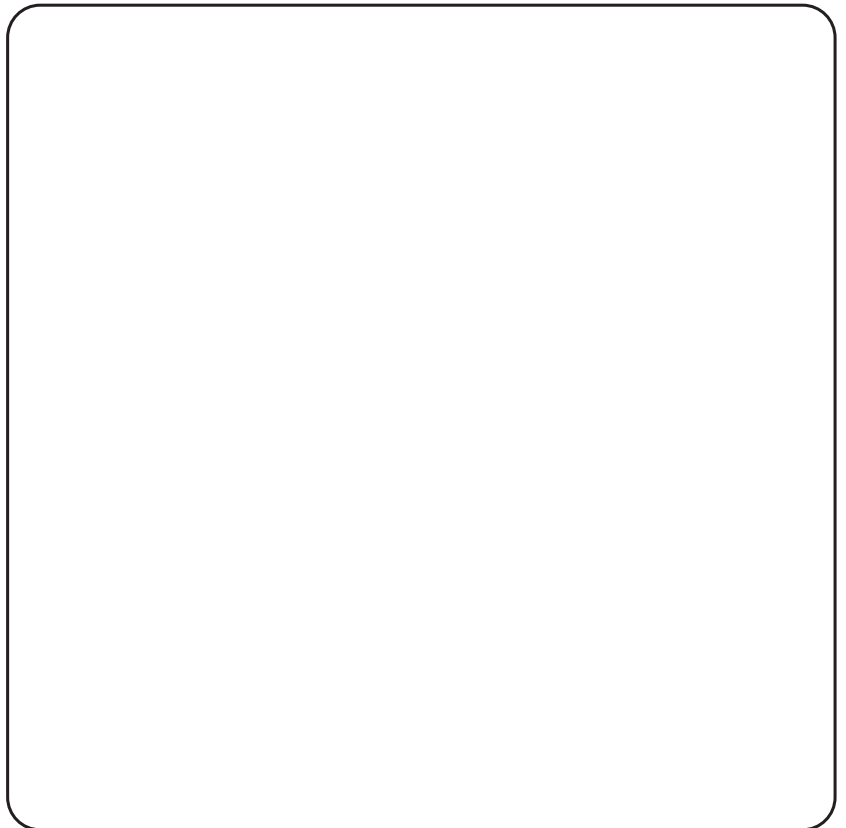
*Hi! I am
Carrot!*

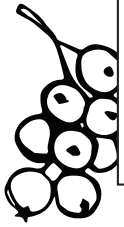


**DRAW AND COLOR YOUR FAVORITE
FOOD PRODUCT/SNACK:**

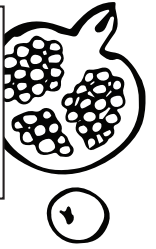


million
mom
movement





ASK A FRIEND



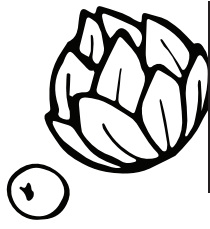
**ASK YOUR FRIENDS THESE QUESTIONS AND WRITE
DOWN THEIR ANSWERS:**

1. HOW MANY VEGGIES DO YOU EAT EVERY DAY?

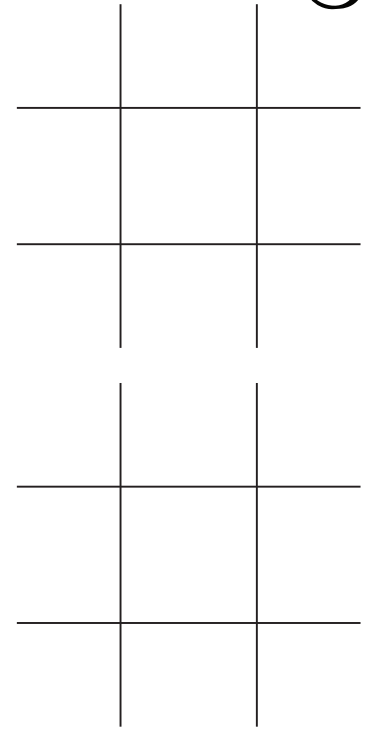
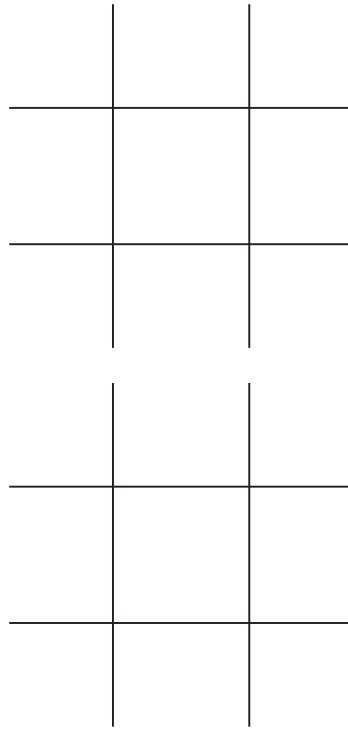
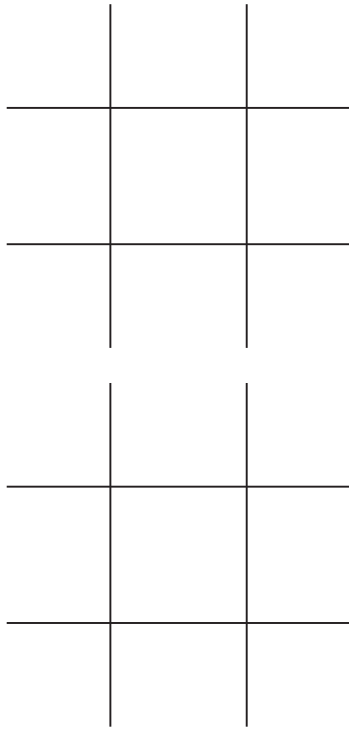
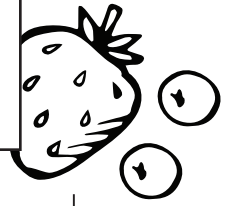
2. WHAT IS YOUR FAVORITE VEGGIE?

3. IS TOMATO A FRUIT OR A VEGETABLE?

4. NAME THREE VEGETABLES THAT ARE GREEN.



TIC TAC TOE



TRY A VEGGIE



Try a new veggie this week then draw a picture of it!
Explain on the lines below what it tasted like and if you liked it.

