

POWER KIDS

ACTIVITY SHEET

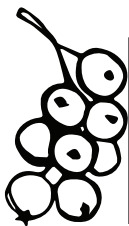
TRADITIONAL RECIPE MAKEOVERS

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

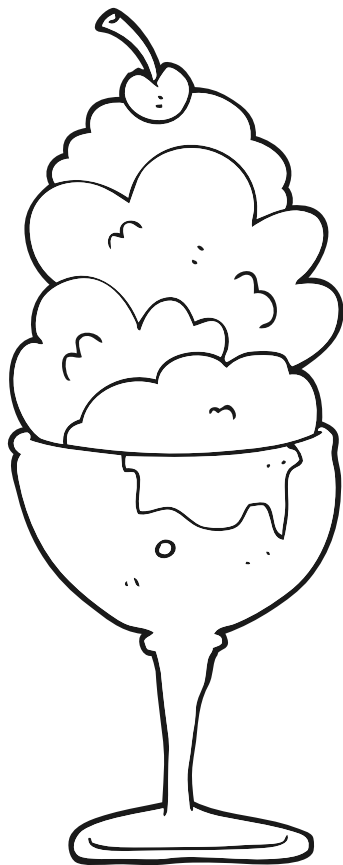
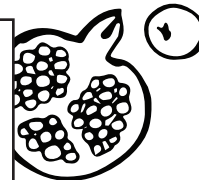
BEST
BETTER
BUTTER
CHIPS

COCONUT OIL
GOOD
ICE CREAM
NONGMO

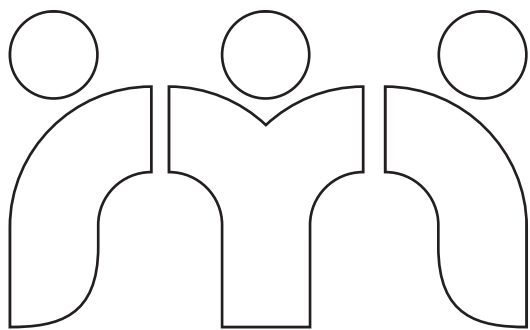
OLIVE OIL
ORGANIC
PIZZA
SPAGHETTI



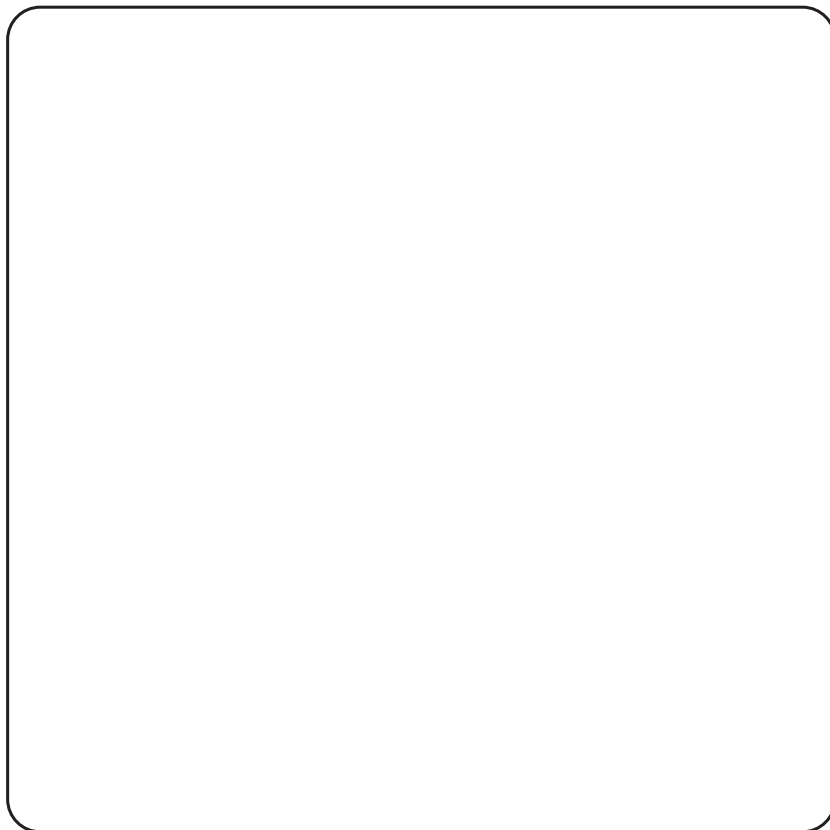
COLORING

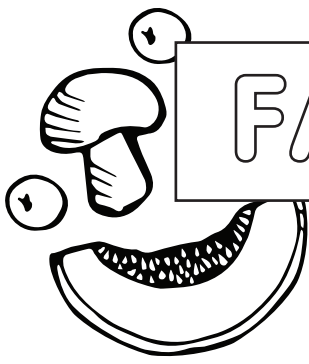


DRAW AND COLOR YOUR FAVORITE
FOOD PRODUCT/SNACK:



million
mom
movement





FAVORITE FOODS



**MAKE A LIST OF YOUR TOP FIVE FAVORITE FOODS
(HEALTHY OR NOT) AND TALK WITH YOUR PARENTS
ABOUT HOW YOU COULD DO A RECIPE MAKEOVER!**

1) _____

2) _____

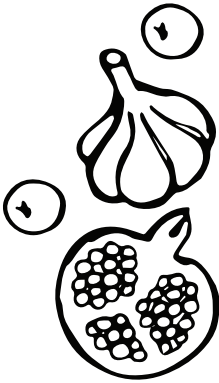
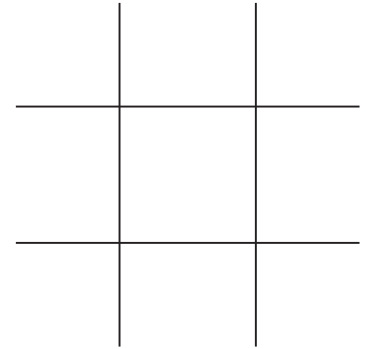
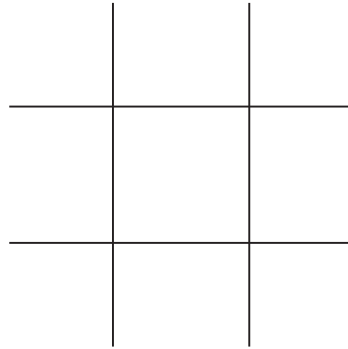
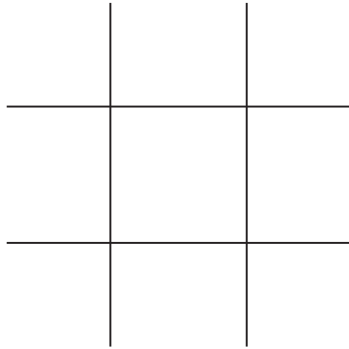
3) _____

4) _____

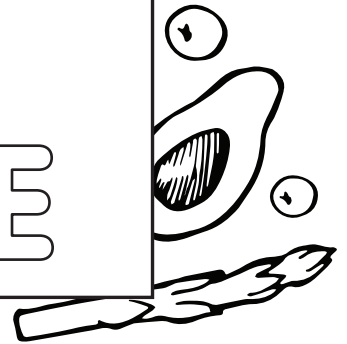
5) _____



TIC TAC TOE



WORD SCRAMBLE



UNSCRAMBLE THESE WORDS!
(HINT: REFERENCE THE WORD SEARCH WORDS ON PAGE 1)

RNOICAG _____

TRUTEB _____

OONMGN _____

IOVEL LIO _____

ODGO _____

IAZZP _____

ERTBET _____

HICSP _____

SEBT _____

TIAESHGTP _____

NOCTUOC LIO _____

ECI ARCME _____