

FREEBIE

Nutrition & Healthy Eating

5 activities for early learners!

by *The Constant Kindergartener*



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Additional information

Graphics by

www.scrappindoodles.com

www.melonheadzillustrating.blogspot.com

Fonts by

www.kevinandamanda.com



Name: _____

Date: _____



Let's taste some fruits and veggies!



A/An...	Looks like 	Smells like 	Tastes like 	Feels like 	Sounds like 
apple					
orange					
_____ _____					
_____ _____					
_____ _____					

Name: _____

Date: _____

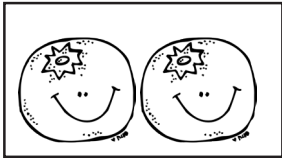


Find and write the nutrients! Research Sheet.



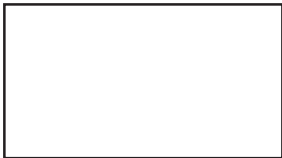
If I eat/drink...

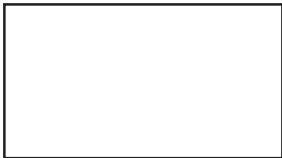
I get a lot of...



oranges

vitamin C



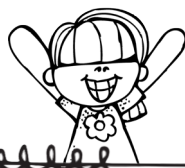






Name:


Date:



Draw and write!



My favorite food is: _____
.....

Here is a drawing of it! 

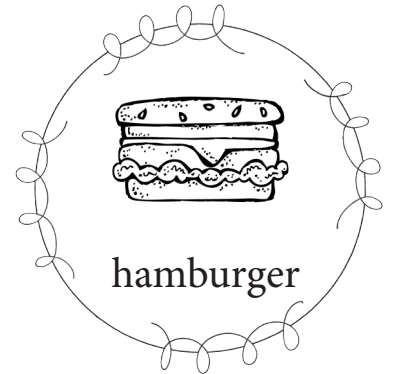
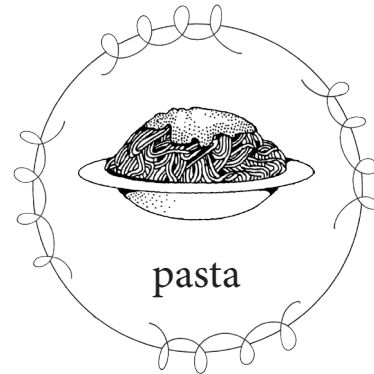
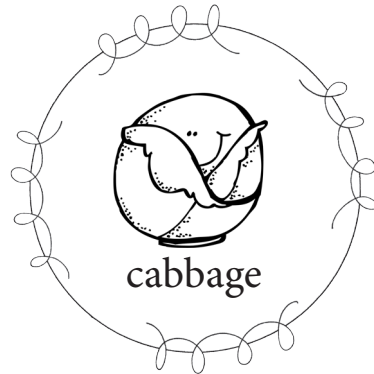
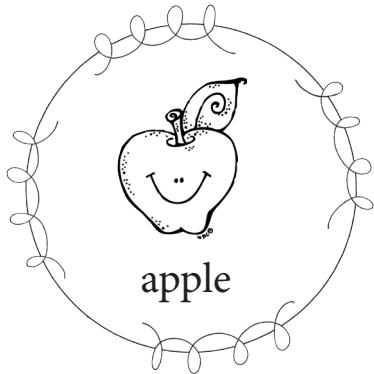
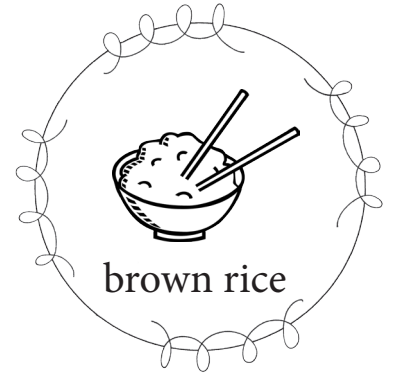
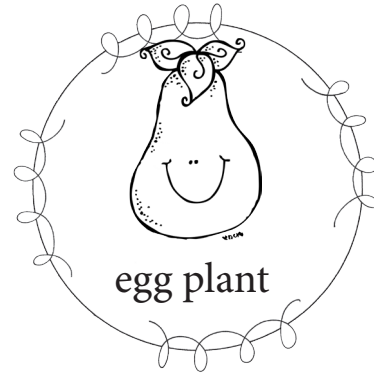
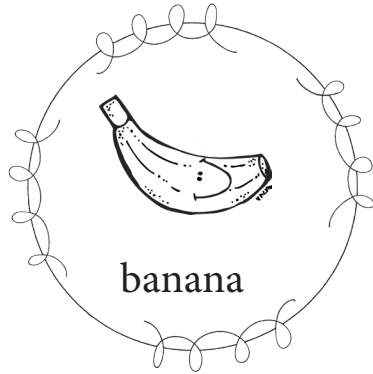
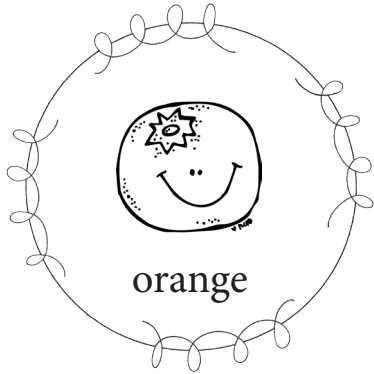
I like it a lot because... _____
.....

I could make it healthier by... _____
.....

Name: _____

Date: _____

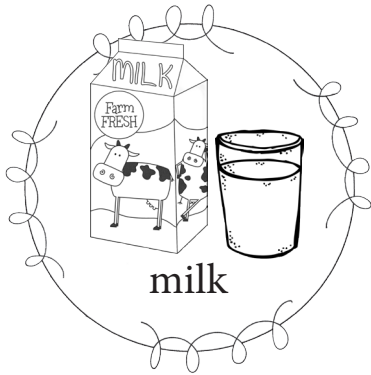
Color only the healthier foods!



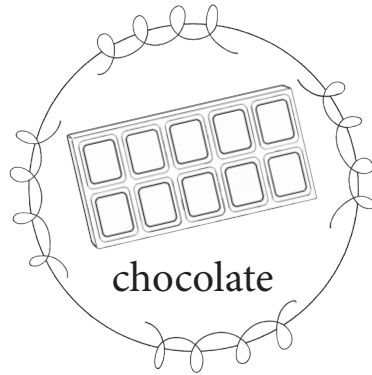
Name: _____

Date: _____

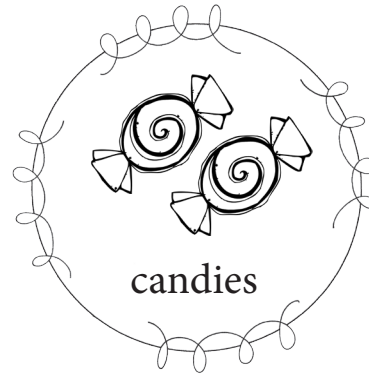
Color only the foods which help us have healthy teeth!



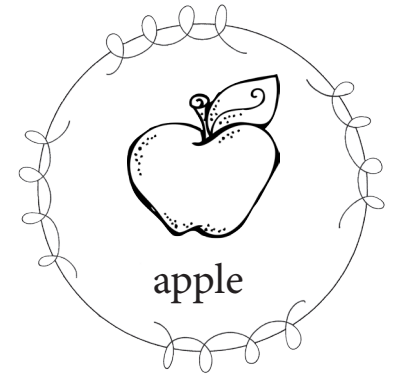
milk



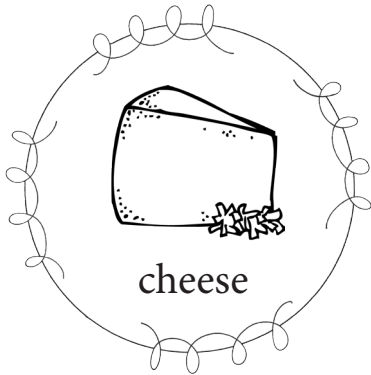
chocolate



candies



apple



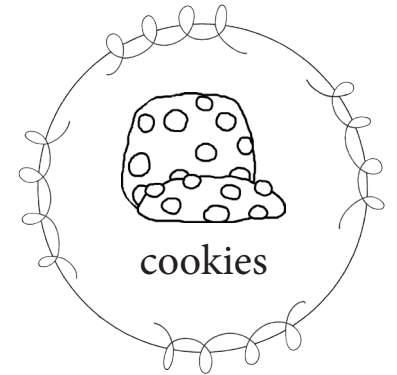
cheese



chocolate
muffin



cottage
cheese



cookies

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downloading!

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