



Foods of the Month
Coloring and Activity Sheets

Cruciferous Vegetables

Grades K-2



www.nrpa.org/CommitToHealth
#CommitToHealth

January – Cruciferous Vegetables

CRUCIFEROUS CRUSADERS



BROCCADACTYL

January – Cruciferous Vegetables

.....Brussels Sprouts.....



Make Half Your Plate

Fruits and Vegetables



January – Cruciferous Vegetables

Cauliflower



Make Half Your Plate

Fruits and Vegetables



January – Cruciferous Vegetables



Harvest
of the
Month.

Cabbage



C is for crunchy
cabbage.



Christy Cabbage



Foods of the Month
Coloring and Activity Sheets

Legumes

Grades K-2

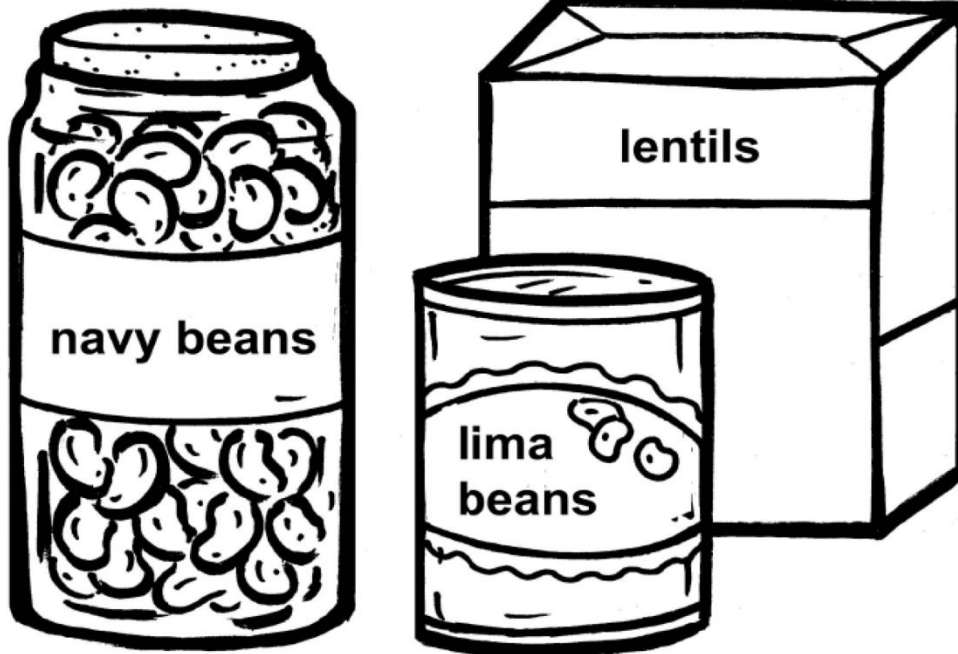


www.nrpa.org/CommitToHealth
[#CommitToHealth](https://twitter.com/CommitToHealth)

January - Legumes

B is for bodacious*

dry beans.



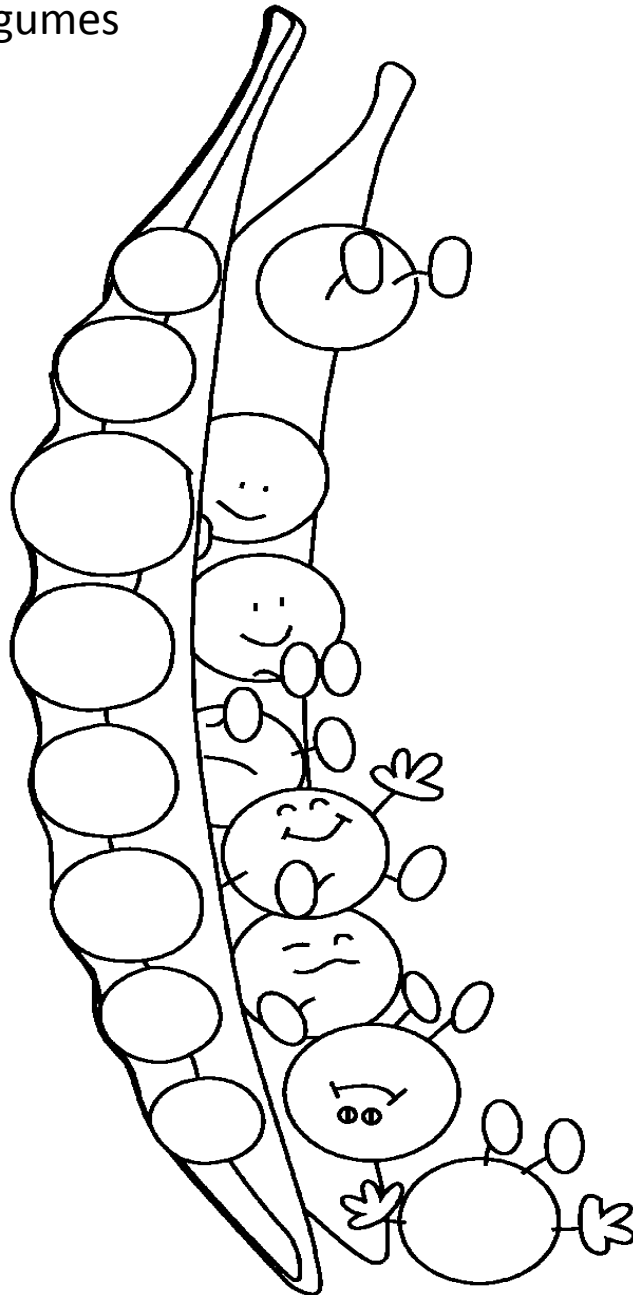
Bodacious [boh-**dey**-shuhs] adjective
Definition: remarkable, outstanding, impressive



Funded by USDA SNAP, known in California as CalFresh.
*California Department of Public Health

Source: http://www.healthylausd.net/_pdfs/HOTM_activitySheets_workbooks/february2013_dryBean/febActSheets.pdf

January - Legumes



Green Pea Gang ©