

Coloring & Activity Sheets

Grades 3-5



Fruit and Veggie Activity

Fruit and veggie infused water is colorful and tasty! Write an F next to the fruits below and an V next to the vegetables, and then circle the ones you would want to try in your water.

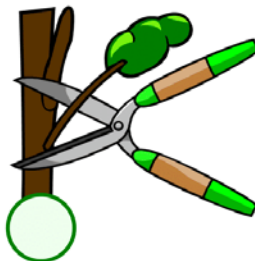


GARDENING TOOLS VOCABULARY WORDSEARCH PUZZLE

FIND AND CIRCLE THE WORDS IN THE WORDSEARCH PUZZLE AND NUMBER THE PICTURES



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



- 1) AXE
- 2) GARDEN FORK
- 3) HOE
- 4) HOSE
- 5) LAWN MOWER
- 6) RAKE
- 7) SCYTHE
- 8) SHEARS
- 9) SHOVEL
- 10) TROWEL
- 11) WATERING CAN
- 12) WHEELBARROW

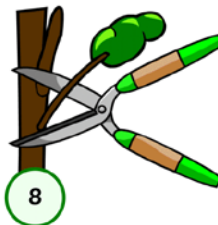
GARDENING TOOLS VOCABULARY WORDSEARCH PUZZLE ANSWER KEY

FIND AND CIRCLE THE WORDS IN THE WORDSEARCH PUZZLE AND NUMBER THE PICTURES



W + E H T Y C S + L G H O S E
 + H + S + + + + A E A + + + +
 + + E + R + + W + W R + + + +
 + + + E + A N + L O D + + + +
 + + + + L M E E + R E R + + + +
 + + + + O B V H + T N + A + + +
 + + + W + O A + S H F + + K + +
 + + E + H + + R O + O + + + E +
 + R + S + + + E R + R + + + + +
 + + + + + + + + + O K + + + + +
 + + + + + + + + + W + A + + + +
 + W A T E R I N G C A N X + + + +
 + + + + + + + + + + + + + + + +
 + + + + + + + + + + + + + + + +

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Healthy Valentine's Day Cards!

Kids can color the cute and healthy Valentine's Day cards and then give them to their friends on Valentine's Day at home or at school! It's a fun and healthy way for kids to celebrate the holiday. There are 4 different cards on the page with a different health and nutrition theme

Fun Healthy Valentine's Cards- Healthy Food Cards

Your heart loves vegetables!
Happy Valentine's Day



Pyramid Games- www.chefsolus.com

Healthy foods come from trees.
Happy Valentine's Day



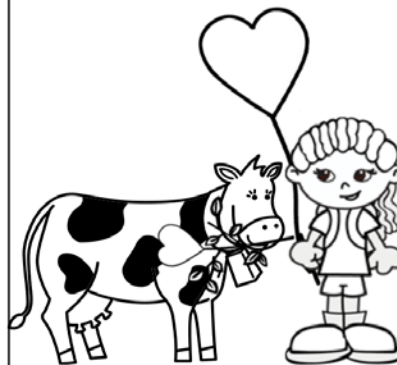
Pyramid Games- www.chefsolus.com

Your heart loves plant foods like
fruits, vegetables and beans!
Happy Valentine's Day



Pyramid Games- www.chefsolus.com

Your bones love milk foods!
Happy Valentine's Day



Pyramid Games- www.chefsolus.com



My Plate Coloring Sheet!

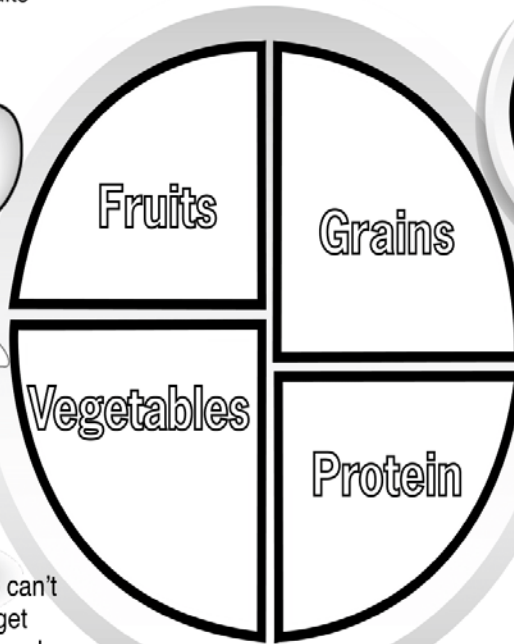
Your Heart Loves Foods From the My Plate



We love
fruits

Eat grains
that are
100% whole
grains!

Go
for low fat
or nonfat
and we'll
thank you!



Go
for
lean
meats



We can't
get
enough
vegetables.

Valentine's Day is part of Healthy Heart Month! The My Plate gives us lots of choices to keep our hearts healthy and HAPPY!



I need exercise
everyday- run, walk
and jump!



Valentine Word Scramble!

Chef Solus Valentine Healthy Dessert Toppings Word Scramble

Chef Solus is decorating a healthy sweet treat for Valentine's Day. Unscramble this word puzzle and find the names of some of Chef Solus' favorite toppings!



sprbreiresa



bnaaan



ycehrr



altwof otruyg



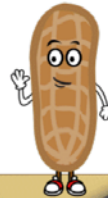
asrini



tusn



oewhl wtaeh rrekcac



enpatu





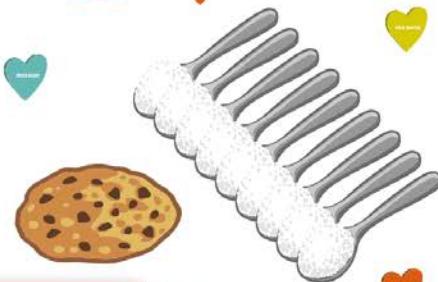
Valentine's Candy Count! Do the activity below to see how many teaspoons of sugar are in common Valentine's treats – you may be surprised to learn how much sugar is in each! After completing the activity below, turn the page over and make a list of healthy foods that may be nice to share on Valentine's Day that do not have as much sugar in them!

Valentine's Candy Count

Chef Solus enjoys a sweet treat on Valentine's Day. Can you help him count just how many teaspoons of sugar is in each treat? Write the answer on the line.



=



=



Sweetheart Candy
1 oz box



=





Water Infusion Brainstorming Activity

Drinking water is not only important but can also be fun! Infusing water with fruits, vegetables, and herbs makes a delicious and colorful treat! If you could make your own, which fruits, vegetables, and herbs would you want to try in your water? Write down your ideas below.

| fruits | vegetables | Herbs |
|--------|------------|-------|
| | | |