



**Foods of the Month**  
**Coloring and Activity Sheets**

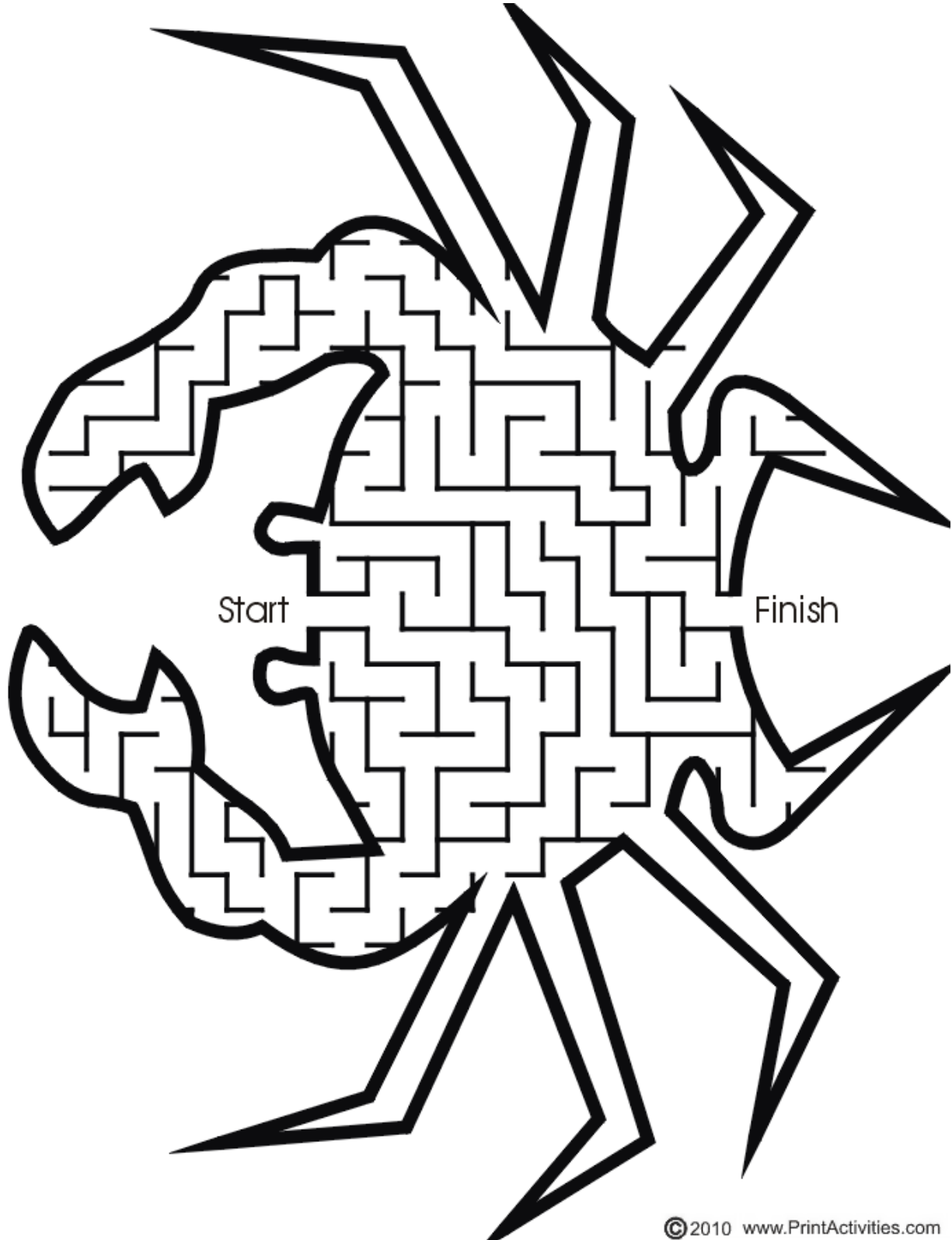
# **Fish & Other Seafood**

## **Grades 3-5**





[www.nrpa.org/CommitToHealth](http://www.nrpa.org/CommitToHealth)

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Help the boy's fishing line reach a fish to catch. Draw the path starting at 5 and counting by 5s up to 500.

			5	10	15	20	45	50	
			130	125	120	25	40	55	60
			135	140	115	30	35	70	65
255	250	165	160	145	110	105	100	75	80
260	245	170	155	150	195	200	95	90	85
265	240	175	180	185	190	205	470	475	480
270	235	230	225	220	215	210	465	460	485
275	280	285	410	415	430	435	450	455	490
310	305	290	405	420	425	440	445	500	495
315	300	295	400	395	380	375			
320	325	340	345	390	385	370			
	330	335	350	355	360	365			

## FISH RIDDLE

### Subtract, Then Decode the Riddle

Solve the math problems, then use the alphabet code to answer the joke.

What part of a fish weighs the most? \_\_\_\_\_

### Alphabet Code:

1 = a	4 = d	7 = g	10 = j	13 = m	16 = p	19 = s	22 = v	25 = y
2 = b	5 = e	8 = h	11 = k	14 = n	17 = q	20 = t	23 = w	26 = z
3 = c	6 = f	9 = i	12 = l	15 = o	18 = r	21 = u	24 = x	

	Number	Use the abc code to get a	Letter
23 - 3 =	20	----->	T
13 - 5 =		----->	
9 - 4 =		----->	
25 - 6 =		----->	
11 - 8 =		----->	
21 - 20 =		----->	
17 - 5 =		----->	
7 - 2 =		----->	
26 - 7 =		----->	

## Seafood Health Scramble

Unscramble the letters to complete each sentence (answers on second page)!

1. Eating nutritious foods and physical activity are good for your (LTEAHH) \_\_\_\_\_ .
2. An animal that swims in the sea and has fins is a (SHIF) \_\_\_\_\_ .
3. Protein, carbohydrates, fat, vitamins, minerals and water are all (TRETNUIN) \_\_\_\_\_ .
4. Vitamin A is necessary for healthy (TEEGYISH) \_\_\_\_\_ .
5. Fish and (SHSEFHILL) \_\_\_\_\_ are seafood.
6. Calcium, a mineral found in some seafood, is necessary for healthy (SNOBE) \_\_\_\_\_ .
7. Sodium is a (AIMNRLE) \_\_\_\_\_ found in ocean water.
8. (REAWT) \_\_\_\_\_ is a nutrient. It also is necessary for sealife.
9. Seafood contains B (STIIVMAN) \_\_\_\_\_ .
10. Seafood is a source of (RENTIOP) \_\_\_\_\_ .
11. Protein helps build (SMECULS) \_\_\_\_\_ .
12. A quick source of energy is found in foods that contain (ARABCDEHORSTY) \_\_\_\_\_ .
13. Seafood contains (GMEOA-3) \_\_\_\_\_ - \_ fatty acids that are good for our health.
14. (AFT) \_\_\_ is a nutrient that we should only eat in small quantities.
15. (LORSICAE) \_\_\_\_\_ are a measure of energy in foods.
16. A large amount of (THEELLOOSCR) \_\_\_\_\_ in our bodies is unhealthy for our heart and circulatory system.
17. Vitamin D is in some seafood and is necessary for strong bones and (HEETE) \_\_\_\_\_ .
18. Seafood in our diet can help us (WORG) \_\_\_\_\_ and stay healthy.



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### Seafood Health Scramble - Answers

1. HEALTH
2. FISH
3. NUTRIENT
4. EYESIGHT
5. SHELLFISH
6. BONES
7. MINERAL
8. WATER
9. VITAMINS
10. PROTEIN
11. MUSCLES
12. CARBOHYDRATES
13. OMEGA-3
14. FAT
15. CALORIES
16. CHOLESTEROL
17. TEETH
18. GROW

Source: <http://caseafood.californiawetfish.org/educate/c11hlths.htm>

# Magic squares

Fill in the grid using the missing seafood pictures below. Put only one seafood picture in each box, row and column to complete the puzzle.

x1  x2  x1  x1 

Watch our video about catching sardines at  
[tesco.com/eathappyproject](https://www.tesco.com/eathappyproject)

Find the words about **seafood** in the seafood word search grid. Circle each letter separately but remember that letters on the word search grid may be used in more than one seafood related word. **When the Seafood Word Search puzzle is complete, read the remaining letters from left to right, top to bottom, for a cool fact about a type of seafood.**

### Seafood Word Search Puzzle

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

#### SEAFOOD WORD LIST

ANCHOVIES	PRAWNS
CARP	SALMON
CATFISH	SARDINES
CRAB	SCALLOPS
HADDOCK	SHRIMP
HALIBUT	SNAPPER
HERRING	SOLE
LOBSTER	SQUID
MACKEREL	TROUT
MUSSELS	TUNA





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# Stems

## Grades 3-5



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Fresh for Kids®  
www.freshforkids.com.au

Awesome asparagus  
& banana bender game



Finish

100	99	98	97	96	95	94	93	92	91
90	89	88	87	86	85	84	83	82	81
80	79	78	77	76	75	74	73	72	71
70	69	68	67	66	65	64	63	62	61
60	59	58	57	56	55	54	53	52	51
50	49	48	47	46	45	44	43	42	41
40	39	38	37	36	35	34	33	32	31
30	29	28	27	26	25	24	23	22	21
20	19	18	17	16	15	14	13	12	11
10	9	8	7	6	5	4	3	2	1

### How to play:

- Two or more can play
- Take turns to throw the dice, if the dice rolls '4' move 4 spaces
- If you land on an asparagus climb it
- If you land on a banana slide down it
- The first player who reaches 100 wins!

Start

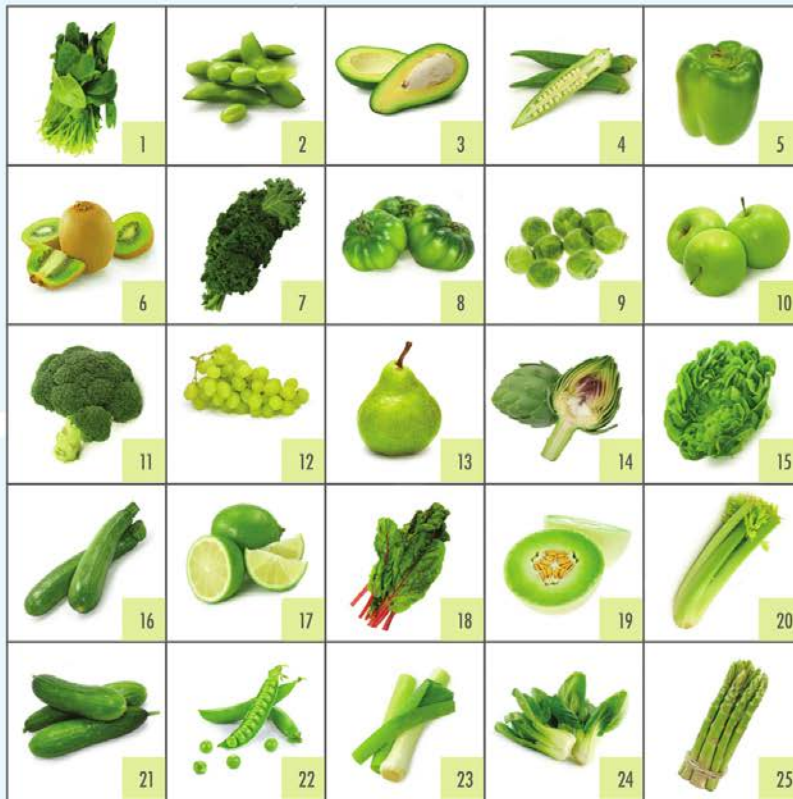
Hint: You can use a coin or any other small object as a marker

### March – Stems

Match the fruits and vegetables to their names and then circle the pictures of the stem vegetables!

# MEET THE GROOVY GREEN GROUP!

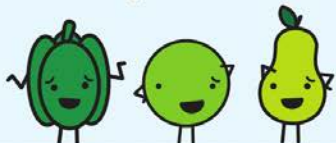
Green power comes from many tasty, fruits and veggies.  
Can you match these fruits and veggies with their names?



- \_\_\_ Asparagus
- \_\_\_ Artichokes
- \_\_\_ Broccoli
- \_\_\_ Bok choy
- \_\_\_ Brussels sprouts
- \_\_\_ Celery
- \_\_\_ Cucumbers
- \_\_\_ Edamame (fresh soy beans)
- \_\_\_ Green peppers
- \_\_\_ Green tomatoes
- \_\_\_ Kale
- \_\_\_ Leeks
- \_\_\_ Lettuce
- \_\_\_ Okra
- \_\_\_ Peas (sweet or sugar snap)
- \_\_\_ Spinach
- \_\_\_ Swiss chard
- \_\_\_ Zucchini
- \_\_\_ Avocado
- \_\_\_ Green apples
- \_\_\_ Green grapes
- \_\_\_ Honeydew
- \_\_\_ Kiwi
- \_\_\_ Limes
- \_\_\_ Peas

### Why are we green?

Our green color shows our special power! We can turn sunshine into energy because we are full of special green pigment called chlorophyll (klor-o-fill). We can do it through a process called photosynthesis (foe-toe-sin-thi-sis). Our green color helps us grow, and helps you grow and power up too!



**March – Stems**

Circle the stem vegetables in a different color than the other vegetables!



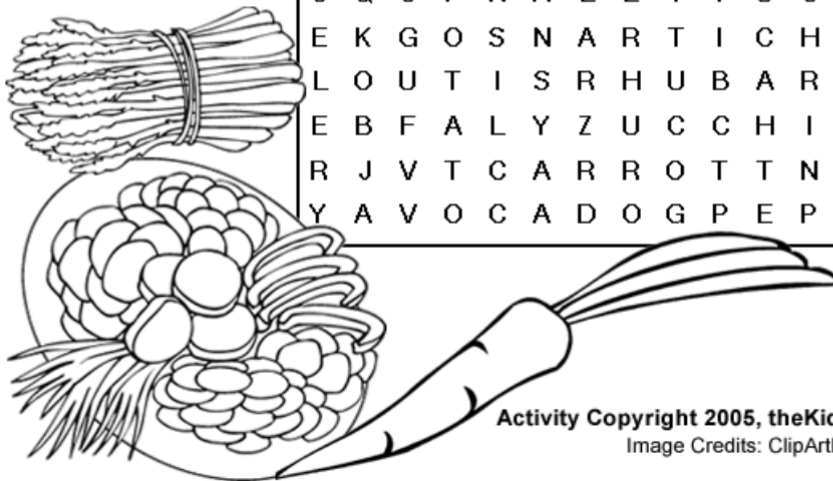
# Vegetables Word Search

Search the puzzle for the words shown in the word list.  
Circle each word that you find until you find all of the 24  
vegetable-related words.

**Word List**

brussels sprouts	
potato	cucumber
pumpkin	lettuce
alfalfa	parsley
artichoke	pepper
asparagus	rhubarb
avocado	carrot
broccoli	radish
cabbage	beans
cauliflower	spinach
celery	zucchini
corn	yam
	pea

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



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