

Coloring & Activity Sheets

Grades K-2





Build Your Own Trail Mix

Dried fruits and veggies can be great in trail mix. If you could build your own what would you include? Use some of the suggestions below! Put check marks next to food you would use, and maybe make a few different “mixes” by using numbers. Place a 1 next to all items in mix 1, and 2 next to all items you would put in your second mix, and so on.

Build Your Own Trail Mix

{ Nuts + Seeds + Grains + Fun Stuff + Seasoning }

<input type="checkbox"/> Peanuts	<input type="checkbox"/> Pecans	<input type="checkbox"/> Pine Nuts
<input type="checkbox"/> Almonds	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Soy Nuts
<input type="checkbox"/> Cashews	<input type="checkbox"/> Hazelnuts	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Brazil Nuts	


<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Hemp	<input type="checkbox"/> Flax
<input type="checkbox"/> Sunflower	<input type="checkbox"/> Sesame	<input type="checkbox"/> Edamame

<input type="checkbox"/> Popcorn	<input type="checkbox"/> Granola	<input type="checkbox"/> Puffed Rice
<input type="checkbox"/> Pretzels	<input type="checkbox"/> Puffed Wheat	<input type="checkbox"/> Whole Grain Cereal

<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Yogurt Raisins	<input type="checkbox"/> Coconut
<input type="checkbox"/> Banana Chips	<input type="checkbox"/> Chocolate Chips	<input type="checkbox"/> Yogurt Chips

<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Sea Salt	<input type="checkbox"/> Pumpkin Pie Spice
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Cayenne Pepper	<input type="checkbox"/> Ginger

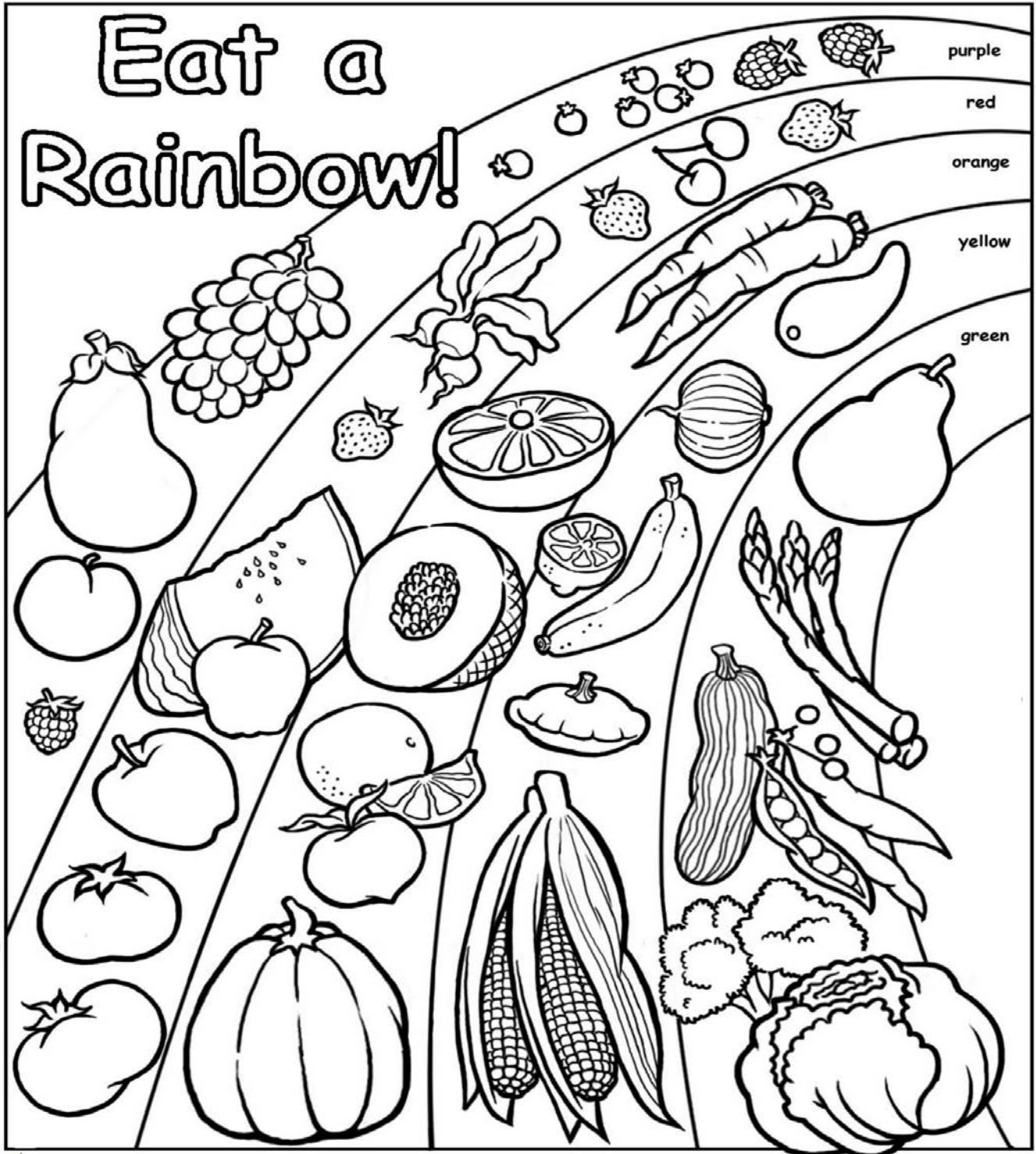
Visit [produceforkids.com](https://www.produceforkids.com) for more healthy recipes & tips!

 **Produce for Kids**
[produceforkids.com](https://www.produceforkids.com)



Eat a Rainbow!

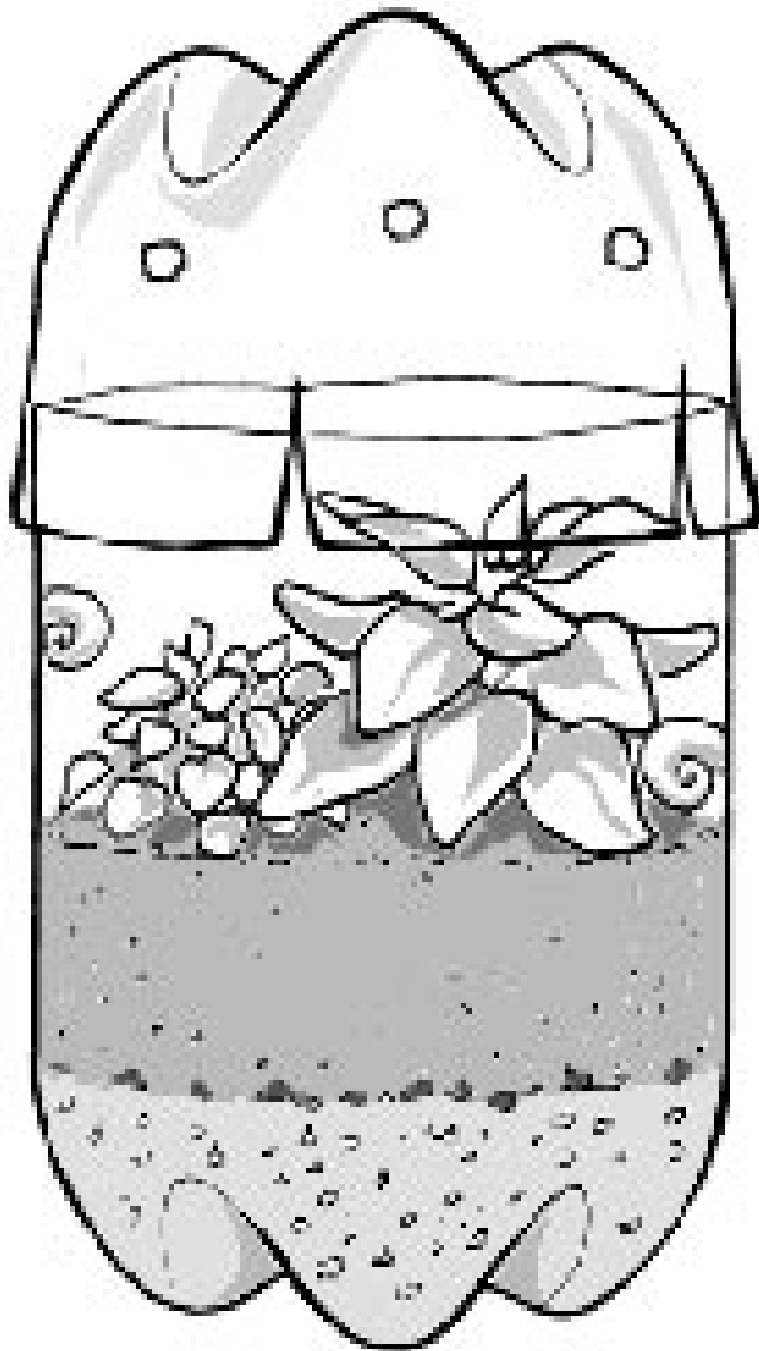
Everyone can enjoy fruits and veggies fresh, frozen, or **dried!** Color the colorful fruits and veggies below. Talk about the fruits and veggies that can be dried, have you tried to eat these?





Edible Terrarium!

Talk about what a terrarium is, and what types of plants (including edibles such as herbs and tomatoes!) can grow in terrariums. Talk about using every day bottles to make a terrarium. Then, have the children color the terrarium below!





January Produce!

Check out what is in season in January! Circle the ones you don't know, put a star next to the ones you want to try that are new to you, and put a box around the ones you know and like!

What's in Season for January?



Grapefruit



Papaya



Oranges

- Broccoli Rabe
- Brussels Sprouts
- Kohlrabi
- Kumquats
- Limes
- Mandarins
- Parsnips
- Pomegranates
- Rutabagas
- Sweet Potatoes
- Tangerines
- Winter Squash

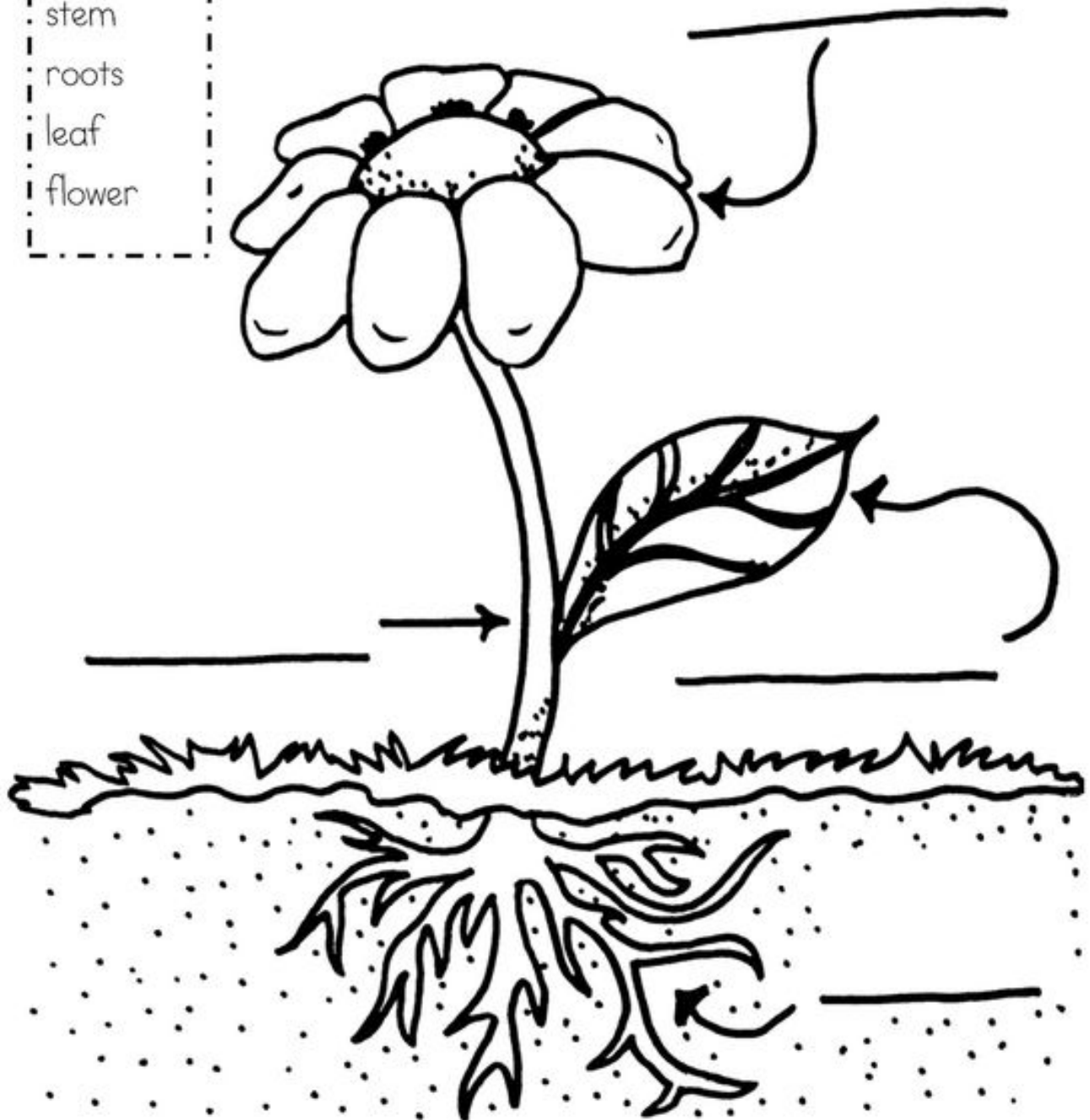
Visit produceforkids.com for more info & recipes!



Name: _____

Label the Flower

- Word Bank:
- stem
 - roots
 - leaf
 - flower





New Year's Resolution!

Ask kids to write a New Year's resolution and encourage them to create healthy goals for the new year! Give them ideas such as drinking more water, eating fruits and veggies multiple times each day, be physically active every day, etc.

What's my New Year Resolution!



My New Years Resolution is ...



Plant Growth

Indoor plants need the same things as outdoor plants! Do the activity below and think about the things that your indoor plants will need in order to grow. Talk about the questions below as a group!

Science
Life Science

What Affects Plant Growth

Circle the things that plants need to grow. Then answer the questions below.



monkey



rain



sunshine



soda



fire



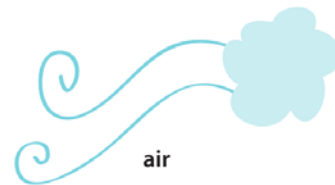
water



hamburger



soil



air

What would happen if a plant got too much sun?

What would happen if a plant got too much water?

What other things could keep a plant from growing?



Raisins Coloring

Did you know raisins are dried grapes? What colors can raisins be? Color this box of raisins and try them as a healthy snack!

