



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

Oils and Good Fats

Grades K-2



www.nrpa.org/CommitToHealth
#CommitToHealth



Harvest
of the
Month.

Avocado



A is for amazing

avocados.



Practice writing uppercase and lowercase and "Aa."

A A

a a

Practice writing the word "avocado."

avocado

I like to eat avocados.



Foods of the Month Experiential Activities

February – Heart Month

Help Celebrate American Heart Month! Share some of these heart-healthy facts with your children this month!

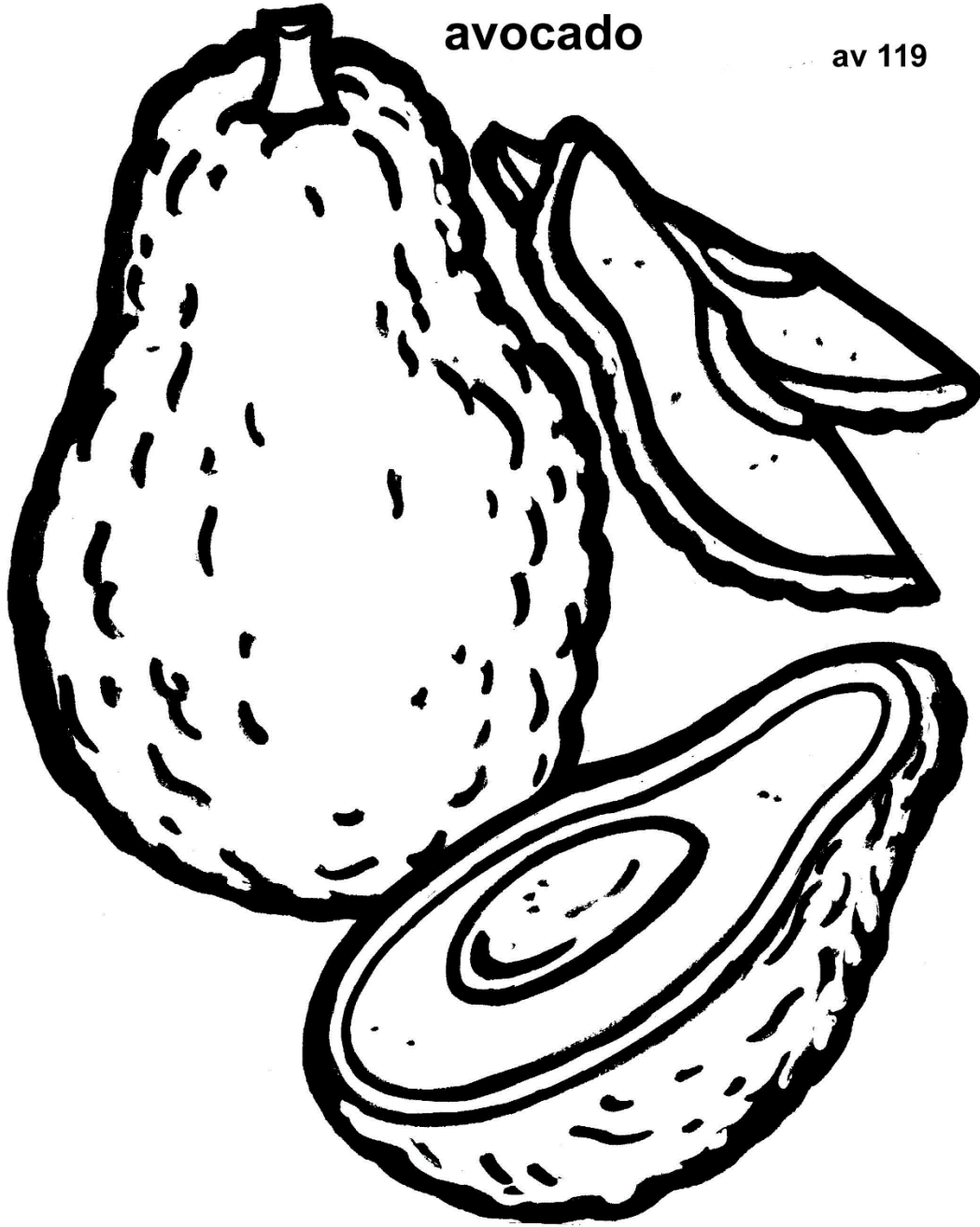
Back in 2009, President Obama and First Lady Mrs. Obama announced that February would be American Heart Month. Each year since then we have been celebrating American Heart Month in February. This helps to increase awareness of heart disease and reinforces ways to keep your heart healthy. Heart disease is the leading cause of death for men and women. People can make healthy changes to lower their risk of developing heart disease or to help them if they already have heart disease. As more people make these changes, fewer people will die from heart disease. Even at your age you can and should make changes to keep your heart healthy and encourage those around you to do the same!

You can:

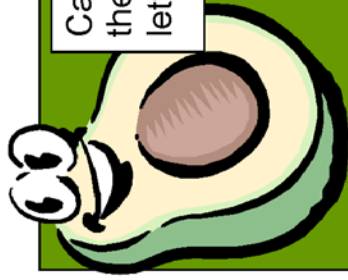
1. Exercise and move your body for at least 30 minutes every day!
2. Eat healthily – every day try to eat some of the Foods of the Month you are learning about!
3. Drink plenty of water and stay away from soda and other unhealthy drinks.
4. If you are around someone who smokes cigarettes, encourage them to quit. You should move away from the smoke and try not to breathe it in because even if you aren't smoking, the smoke from a cigarette is not good for you!

avocado

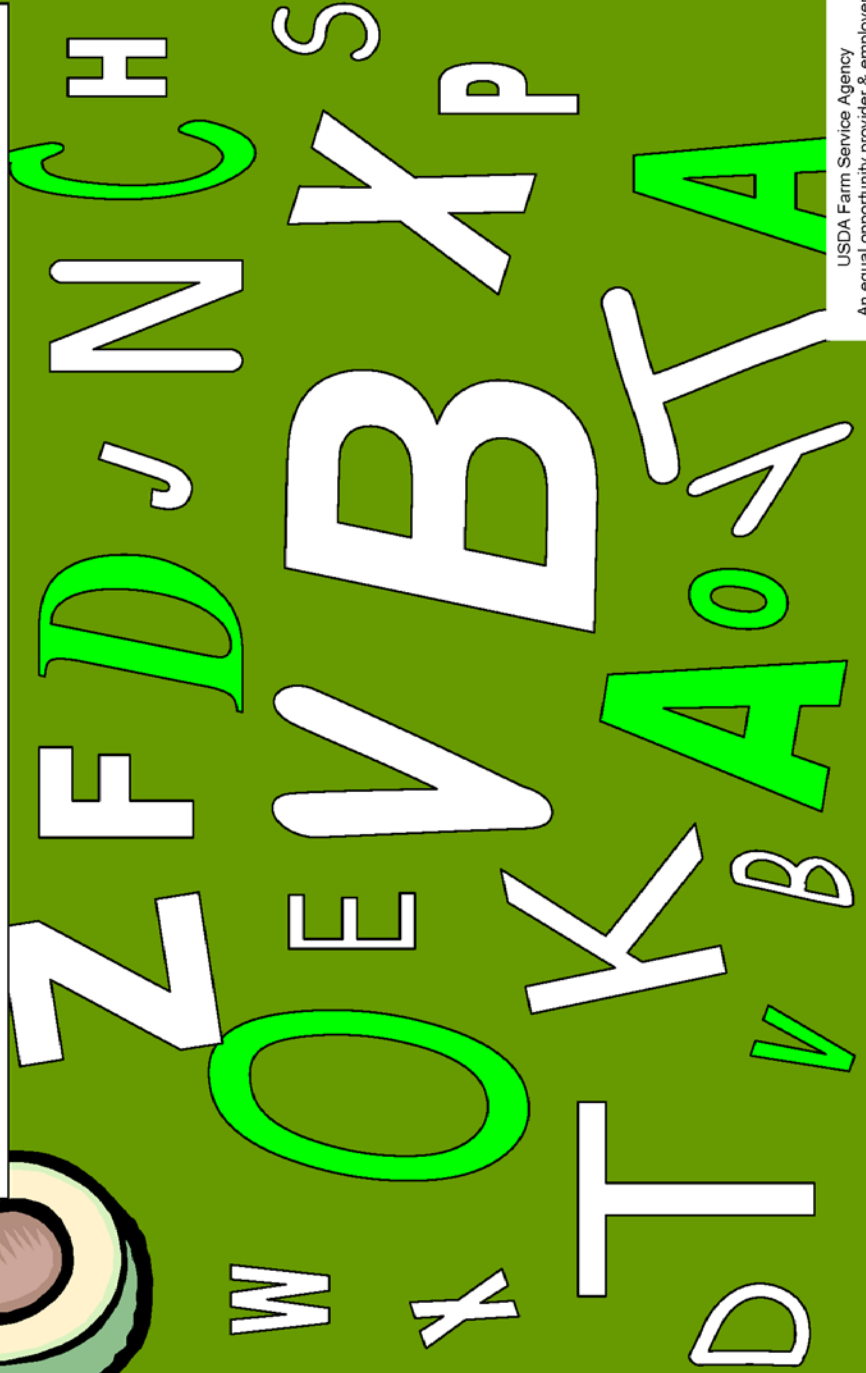
av 119



Foods of the Month
Coloring and Activity Sheets



California farmers grow \$362 million worth of avocados each year. In fact, they lead the nation in avocado production. First find--then color green--the letters in the word A V O C A D O.



February – Good Fats

See if you can color this healthy olive oil in a nice yellow-green!



OLIVE OIL



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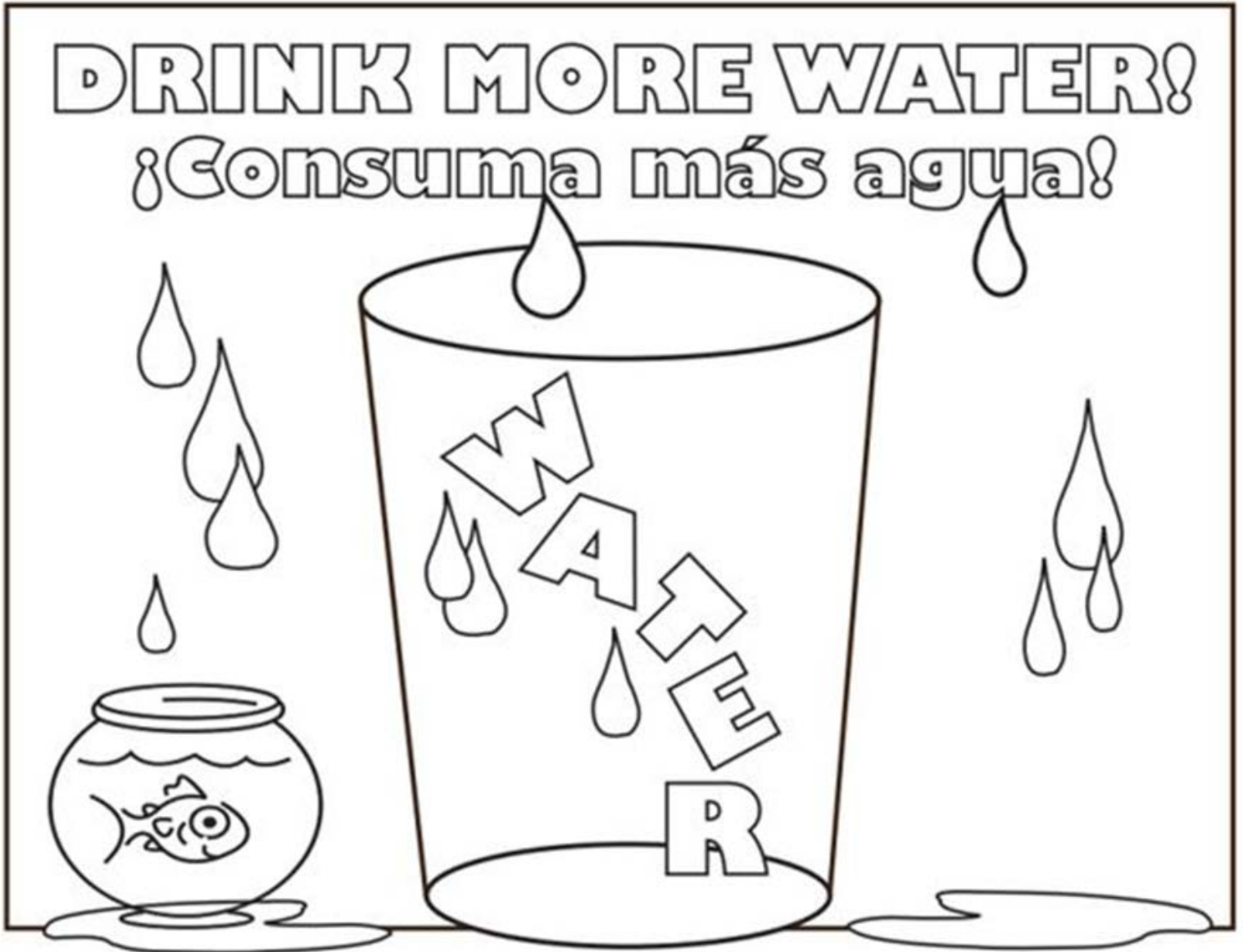
Water

Grades K-2



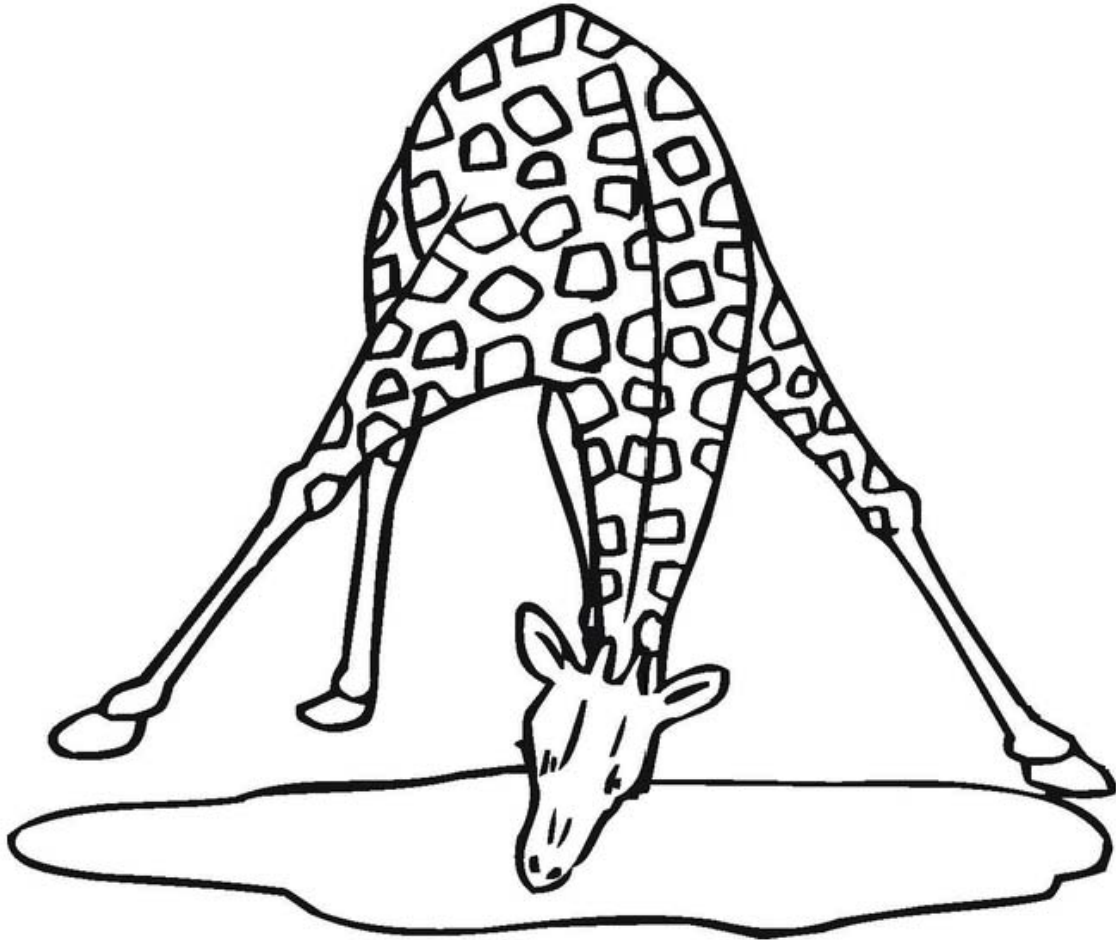
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February – Water



Source: http://www.floridahealth.gov/programs-and-services/wic/nutrition-materials/drink-more-water/_documents/dmw-kids-coloring.pdf

February – Water



Drink Water! Keep Hydrated!

February – Water



What is wrong in this picture?

¿Qué está mal en este dibujo?

rethink
YOUR DRINK

Can you help Potter the Otter and his friends by circling 10 things wrong in this picture?

¿Puedes ayudar a la Nutria Potter y a sus amigos poniendo un círculo en 10 cosas que están mal en este dibujo?

This material was produced by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cdphampionsforchange.net.

Este material fue producido por la Red para una California Saludable del Departamento de Salud Pública de California con fondos de SNAP del USDA, conocido en California como CalFresh (antes conocido como Estampillas de Comida). Estas instituciones son proveedoras y empleadoras que ofrecen oportunidades equitativas. CalFresh ayuda a gente con bajos ingresos a comprar comida nutritiva para una mejor salud. Para información sobre CalFresh, llame al 1-888-9-COMIDA. Para información nutricional, visite www.campesinodetecambio.net.




First 5 Santa Clara offers more tips from Potter the Otter and his friends at www.potterloveswater.com

Primeros 5 Santa Clara ofrece más consejos de la Nutria Potter y sus amigos en www.potterloveswater.com

BRO-233/Ver 06/12

February – Water

Which one is different? | ¿Cuál es diferente?

rethink YOUR DRINK

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