



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

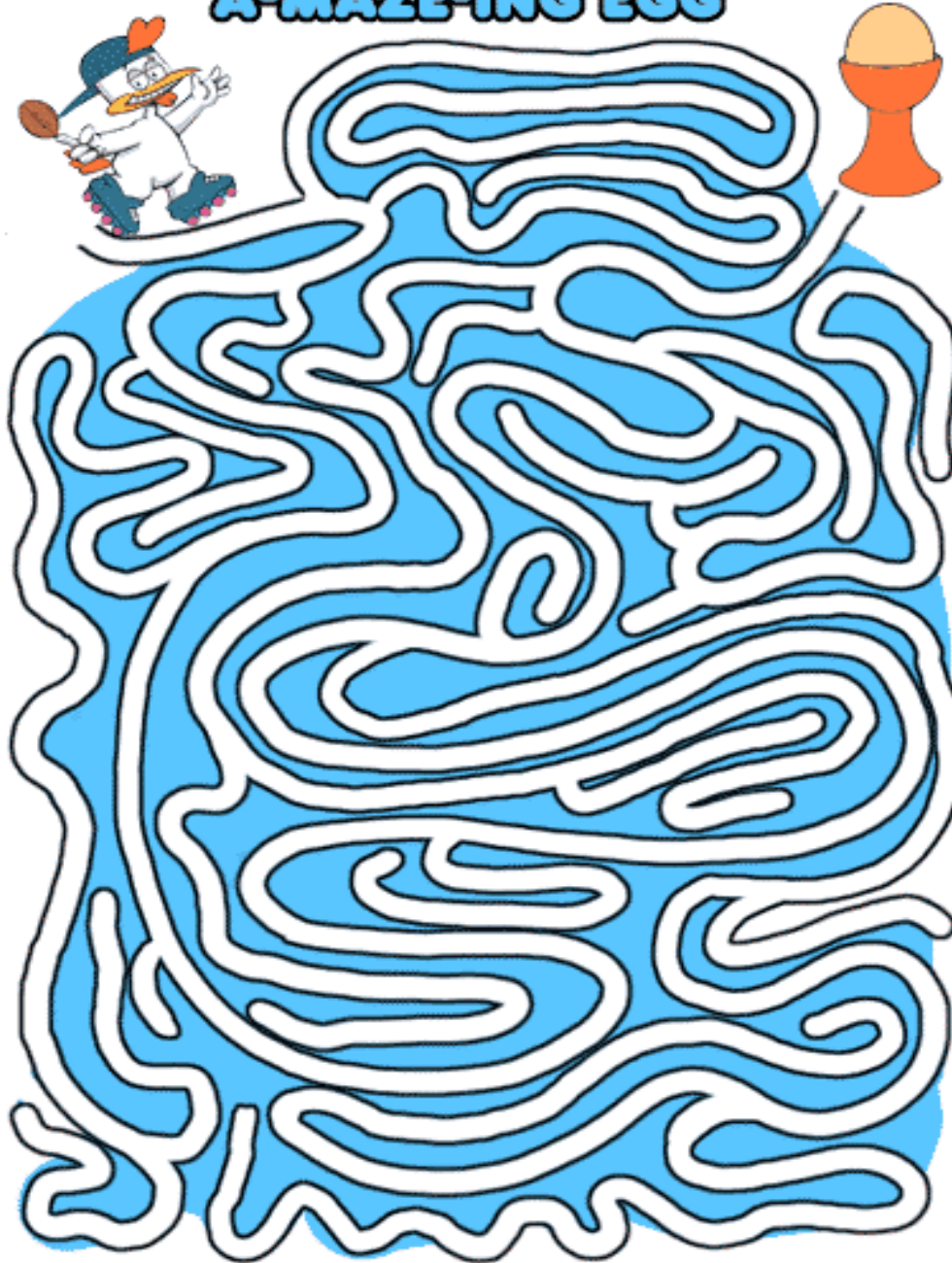
# Eggs

## Grades 3-5

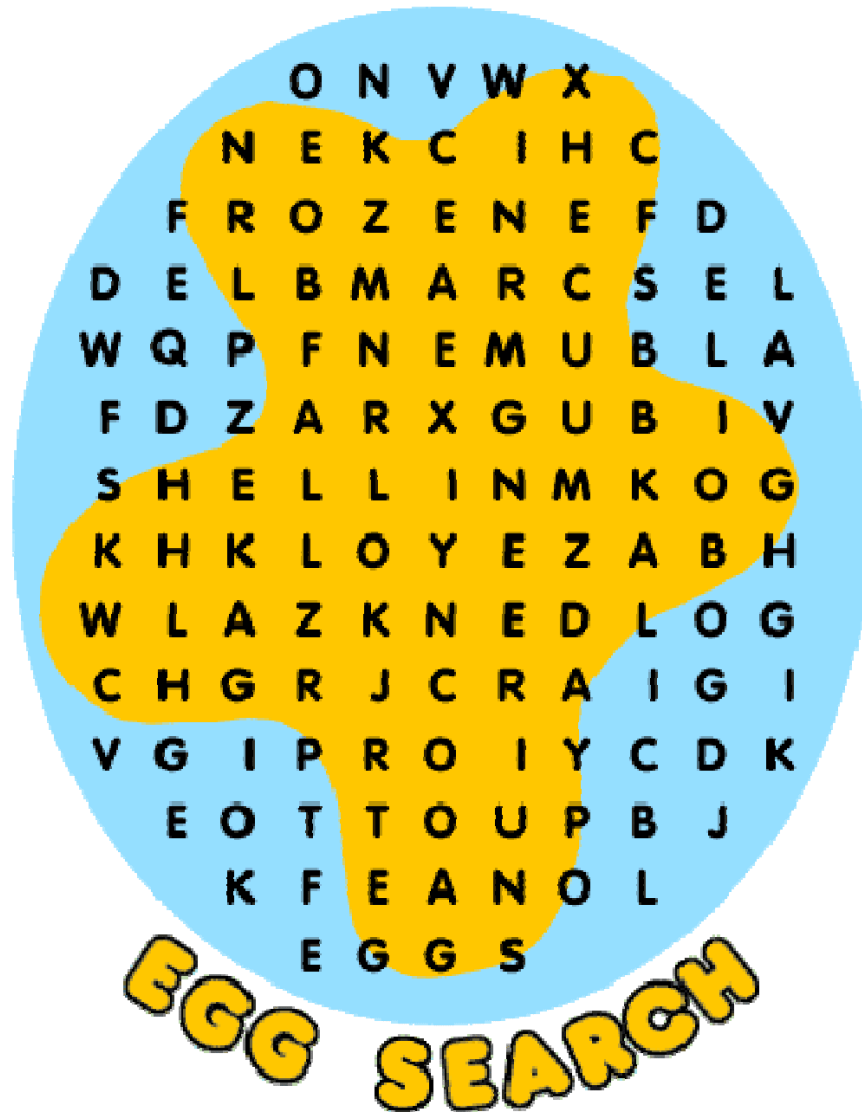


[www.nrpa.org/CommitToHealth](http://www.nrpa.org/CommitToHealth)  
[#CommitToHealth](https://www.instagram.com/CommitToHealth)

**A-MAZE-ING EGG**



Source: [http://www.goldeneggs.com.au/childrens\\_activities/index.html](http://www.goldeneggs.com.au/childrens_activities/index.html)



Find these words inside the egg above. They are written backwards, forwards, horizontally, vertically and diagonally. Good Luck!

GOLDEN  
YOLK  
ALBUMEN  
SHELL

SHARON  
BOILED  
EGGS  
SCRAMBLED  
FRIED

PICKLED  
FROZEN  
WHITE  
CHICKEN

**Remember:**  
Look up words in this list if you do not know their definition!!

# Mend the Eggs

Find the number that will answer each puzzle and draw lines to connect those eggshells.

A dozen plus 1

2 dimes + 2 nickles - 4 pennies

6

5 dozen

60

7

Midnight

26

1/2 hour - 8 minutes

Snow White's friends

22

13

10

Fingers on 4 hands

5

Sides of a pentagon

1/2 dozen

Feet of 5 hens

12

10

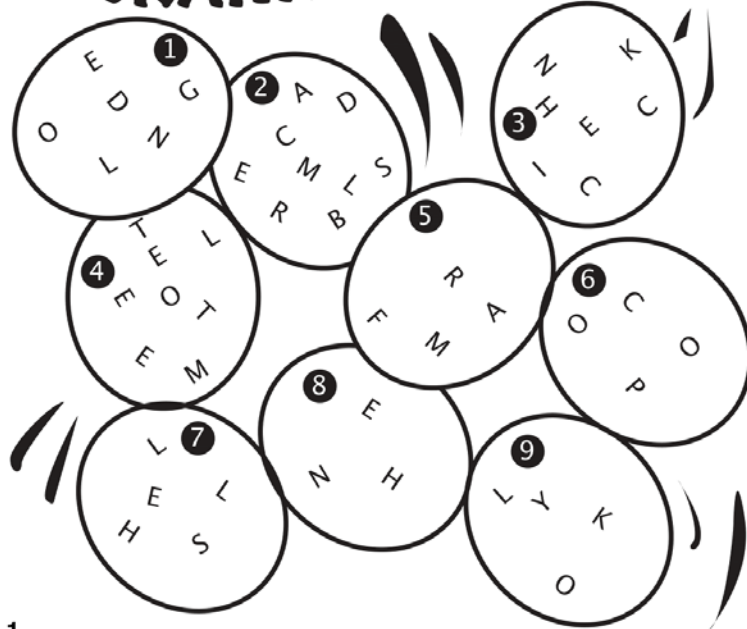
20

**10**





**SCRAMBLED WORDS**



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

**8**



**Why can't you  
tease egg whites** .?

*Because they can't take a yolk.*

Talk with your children about where eggs come from – google a few questions with them so they can unscramble the scrambled eggs below!

**Unscramble the Scrambled Eggs**

1. geg

2. hne

3. koyl

4. htcah

5. lehls

6. oymrbe

7. aekb

8. iecckhn

9. orcuibtna

10. ingsw

11. tapemertrue

12. izdeltirfe

- |          |           |
|----------|-----------|
| 1. _____ | 7. _____  |
| 2. _____ | 8. _____  |
| 3. _____ | 9. _____  |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |

**Unscramble the Scrambled Eggs**

**KEY**



1. egg

2. hen

3. yolk

4. hatch

5. shell

6. embryo

7. beak

8. chicken

9. incubator

10. wings

11. temperature

12. fertilized



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# **Fresh Beans**

## **Grades 3-5**



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



Find the words related to fresh beans

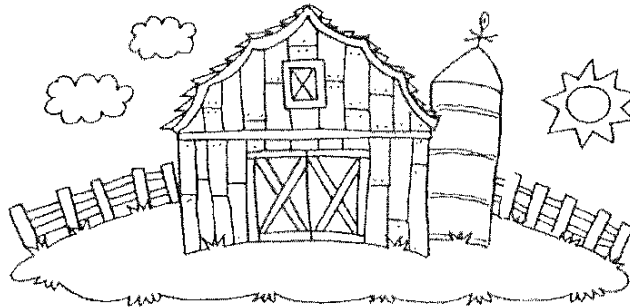
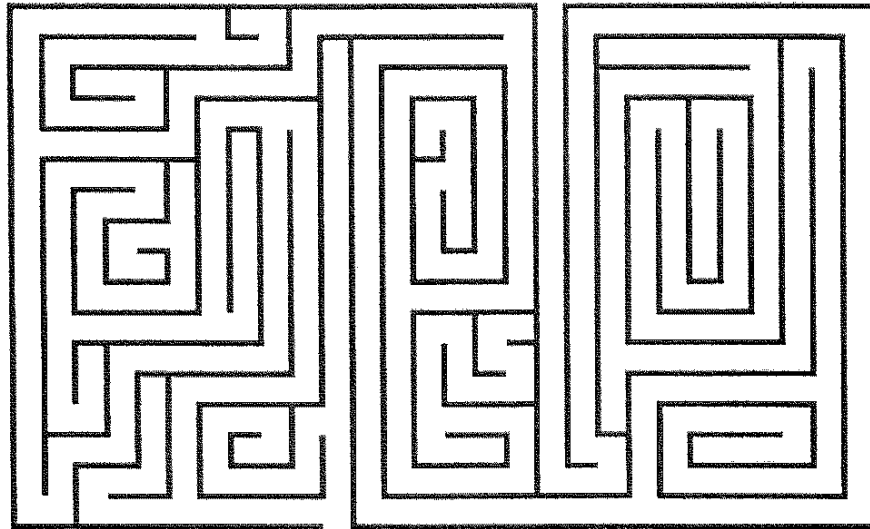
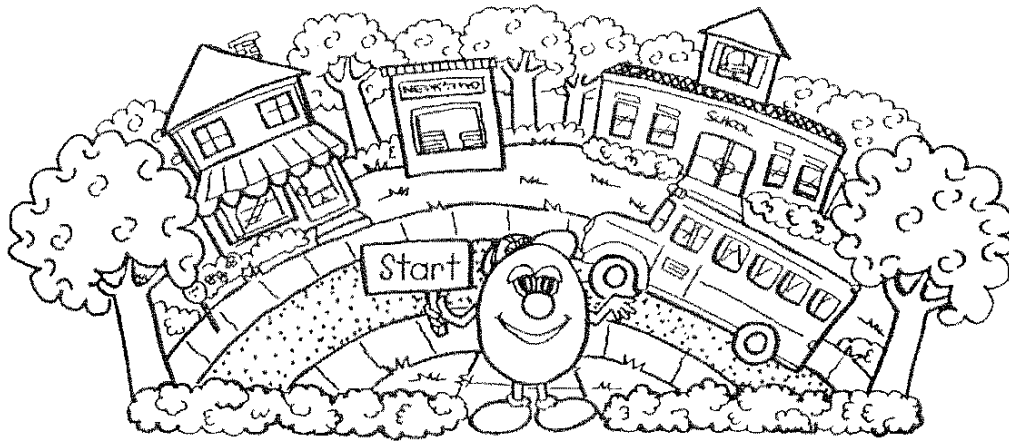
## Fresh Beans!

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

BUSH  
PROTEIN  
EDAMAME  
LIMA  
POLE  
FRESH  
RUNNER  
AMINO ACIDS  
STRING  
FROZEN  
DRIED  
SOYBEAN  
VINING  
GREEN  
POD  
CANNED  
SNAP

Play this puzzle online at : <http://thewordsearch.com/puzzle/117596/>

Bennie needs help. Can you help him find his way from Soytown back to the farm?





# Foods of the Month Coloring and Activity Sheets

## IT'S A *SOY* WORLD

Look across and down to find words that are related to soybeans.

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

Growing Soybeans

Soy Things We Can Eat

Soy Products We Use

- Sunlight
- Water
- Soil
- Combine
- Planter
- Farmer

- Flour
- Tofu
- Margarine
- Cereal
- Oil

- Ink
- Lotion
- Crayon
- Plastic
- Glue