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2025 – 2026

Activity Workbook



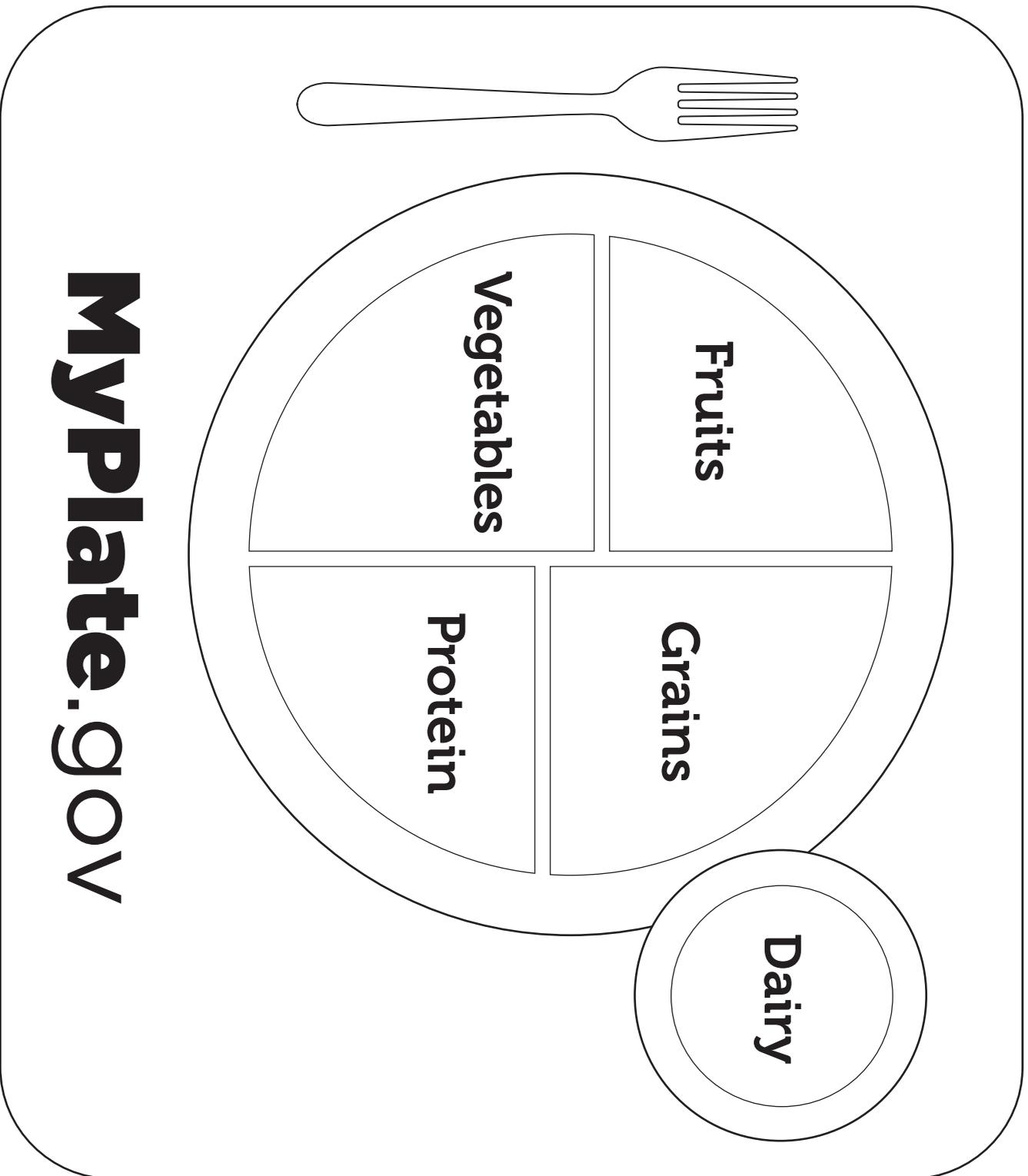


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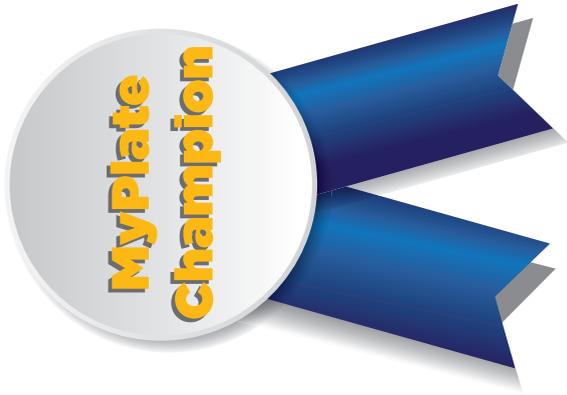
Week 1 Activity Worksheets



United States
Department of
Agriculture



MyPlate.gov



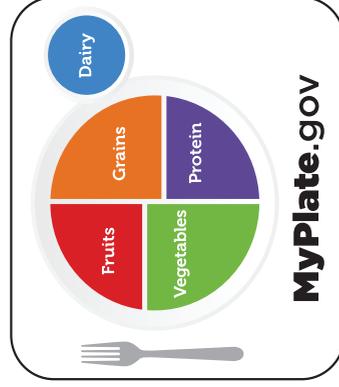
MyPlate Pledge

for

I pledge to be a MyPlate Champion. I will choose healthy foods from the five food groups at school and at home (or elsewhere) to keep my body and mind healthy. I pledge to find fun ways to be active everyday. I will also encourage my friends and family to make smart food choices and be active.

I pledge MyPlate! Everyday I will:

- Eat more fruits & veggies.
- Try whole grains.
- Re-think my drink.



- Focus on lean protein.
- Slow down on sweets.
- Be active my way.

MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

Across

- Use the My _____ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- _____ are an orange vegetable.
- Try fat-free or low _____ foods when you can.
- Use whole-grain _____ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
- Fits into the grains group of MyPlate. Goes great with stir-fry.
- MyPlate is a _____ to help you eat a variety of foods for a healthy body.
- Spaghetti is a type of _____.

Down

- Chicken and turkey are examples of _____.
- Eat a variety of _____ from all of the groups.
- Broccoli and green beans are examples of a _____.
- These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
- Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
- Vegetable or olive _____ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your _____?
- Salmon and trout are examples of _____.
- Lean _____ is an excellent source of protein, iron, and zinc.



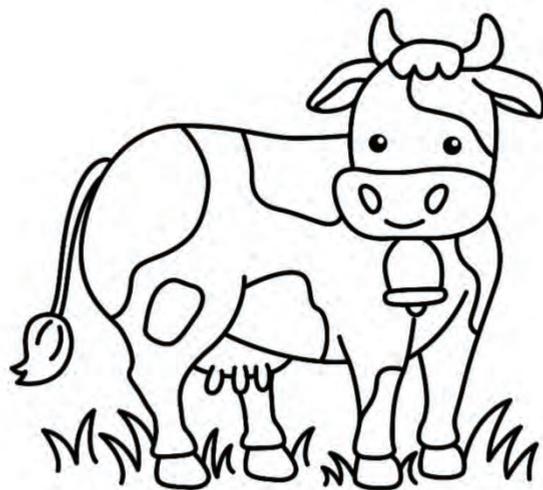




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Week 2

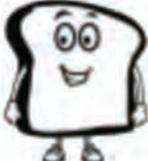
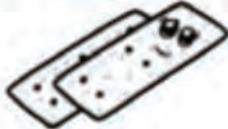
Activity Worksheets



Who Am I? The Grains Group

We are the grains food group. Can you guess our name? We come from different grains like oats, barley, wheat and rice. Look for 100% whole grains to be sure you are getting the real deal! We have lots of fiber that helps you feel great and be healthy!

Instructions: Draw a line from the grain food to the name. You can even color the page when you finish!

	Bagel	
	Bread	
	Cereal	
	Cracker	
	Macaroni	
	Oatmeal	
	Pancake	
	Popcorn	
	Pretzel	
	Ravioli	
	Rice	
	Spaghetti	
	Waffle	

Dairy Cow MAD LIBS

A M-O-O-O-O-VING STORY ABOUT MILK

DIRECTIONS:

1. Answer the questions below.
2. Use the words from this page to fill in the story on the following page.

NOTE: NO peeking at the story before you answer these questions!

Name a type of truck

A

Favorite variety of cheese

B

Your best friend's name

C

Favorite animal

D

Favorite sport

E

Name a material that is very hard

F

Favorite Holiday

G

The type of milk that you usually drink

H

Favorite song

I

The month of your birthday

J

The town where you live

K

Favorite color

L



A M-O-O-O-O-VING STORY ABOUT MILK

While cruising along in my _____
A
_____, I suddenly came across a _____
B L
cow. Right beside
her was a _____, singing _____
D I
as loudly
as he could. When the _____
D
saw me, he stopped, stared at me for a
moment, and asked me what I was carrying in my _____
A.

I replied, "I have a load of dairy products that I'm delivering to _____, just
K
in time for the _____
G
celebration. Did you know that those folks always
celebrate _____
G
in _____?"
J

The cow, who introduced herself as _____,
C

H
milk, yogurt and cheese in my truck. She asked me if I knew why
dairy products were important for good health.

The _____
D
interrupted, anxious to tell me that dairy foods have a lot of
calcium, a nutrient that makes bones as strong as _____
F.

C
agreed and also mentioned that you need strong bones to do your
best at _____.
E

After a snack of crackers, grapes and _____,
B
I said goodbye and
rushed along on my way to _____,
K
delivering my goods just in time for
_____.
G







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Week 3 Activity Worksheets

Eat the Rainbow!



Five Fun Ways to Eat More

VEGGIES

1. MAKE VEGGIE ART!

CUT VEGGIES INTO COLORFUL SHAPES AND DESIGNS. BUILD SILLY FACES, RAINBOW SKEWERS, OR VEGGIE MONSTERS, THEN DIP AND TASTE YOUR CREATIONS! TRY HUMMUS, RANCH, OR YOGURT DIPS FOR EXTRA FUN.

2. BE THE CHEF!

PICK A VEGGIE TO INCLUDE IN TONIGHT'S MEAL. TALK ABOUT HOW TO COOK IT: ROASTED, GRILLED, RAW, OR BLENDED IN. WHEN YOU HELP PLAN OR COOK, IT TASTES EVEN BETTER!

3. CHEF'S SECRET: SNEAK IT IN!

DICE VEGGIES SMALL AND MIX THEM INTO PASTA SAUCE, TACOS, OR BURGERS. YOU'LL BE AMAZED HOW MUCH FLAVOR THEY ADD—AND YOU MIGHT NOT EVEN NOTICE THEM!

4. GROW IT YOURSELF!

PLANT A SEED AND CARE FOR IT EVERY DAY. WATCH IT GROW INTO SOMETHING DELICIOUS! IT FEELS AWESOME TO EAT SOMETHING YOU HELPED GROW FROM THE GROUND UP.

5. VEGGIE TASTE TEST CHALLENGE!

TRY RAW VEGGIES AND RATE THEM: CRUNCHY, SOFT, SMOOTH, OR JUICY. VOTE FOR YOUR FAVORITES AND CROWN A "VEGGIE OF THE WEEK!" INVITE YOUR FAMILY TO JOIN THE TASTE TEST AND COMPARE NOTES.

BONUS IDEA:

CREATE A COLORFUL VEGGIE TRACKER! EACH TIME YOU TRY A NEW VEGETABLE, COLOR IN A SQUARE. HOW MANY COLORS OF THE RAINBOW CAN YOU EAT THIS MONTH?



Farm to Table Coloring Sheets - Make a fresh and healthy salad



JOIN CHEF SOLUS AND THE FRESH PRODUCE BUNCH, IN CREATING A HEALTHY AND BALANCED MEAL!

CAN YOU CIRCLE WHAT WOULD BE IN YOUR SALAD?



LETTUCE



TOMATO



BELL PEPPER



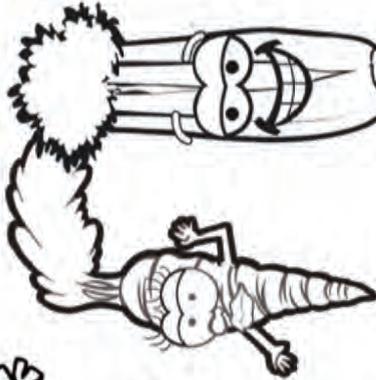
CHEESE



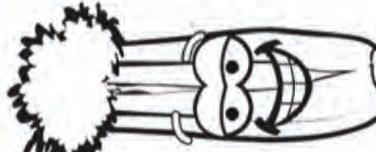
HARD BOILED EGGS



OLIVES



CARROTS



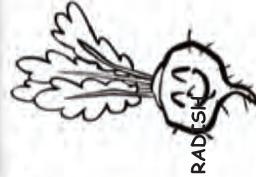
CELERY



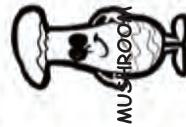
BROCCOLI



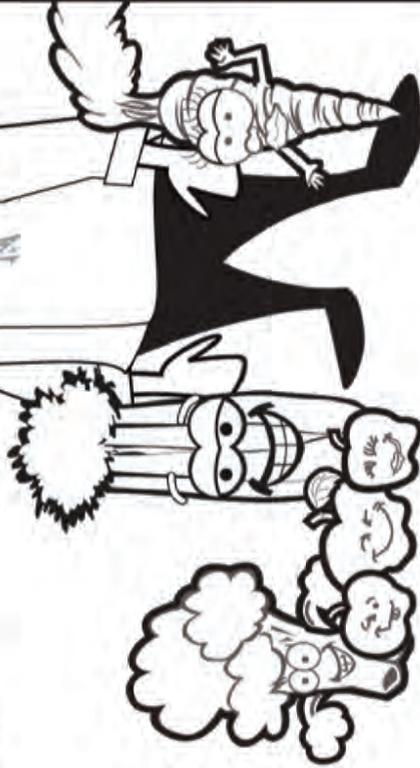
APPLES



RADISH



MUSHROOM



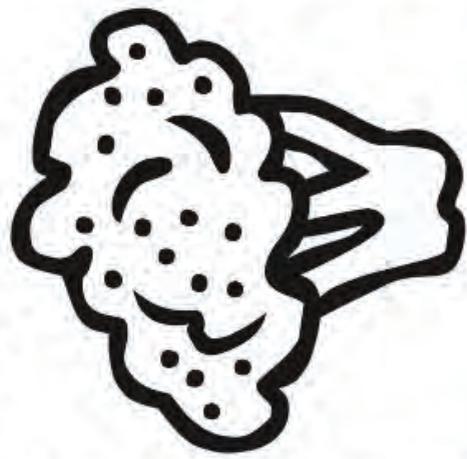
PICK US! WE'RE GREAT IN A SALAD!



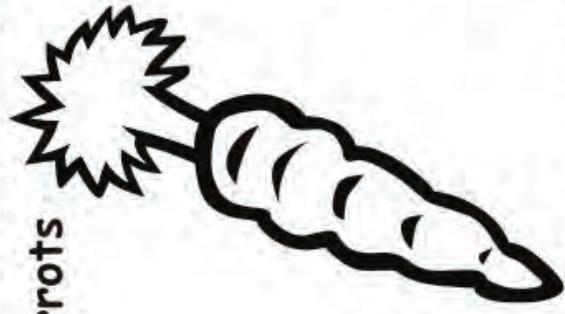


Vegetable Food Images for Kids

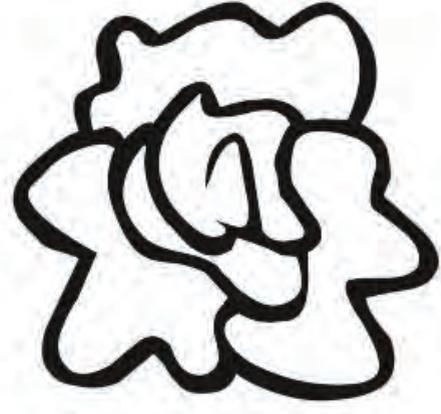
Broccoli



Carrots



Lettuce



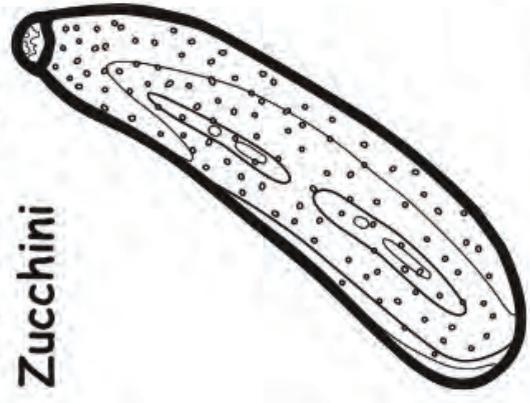
Potato



Tomato



Zucchini



My Healthy Food Friends

Color these healthy Veggies Friends
See If You can Name Each Vegetable.



My Favorite veggie friend is: _____

The fun way to learn about nutrition.

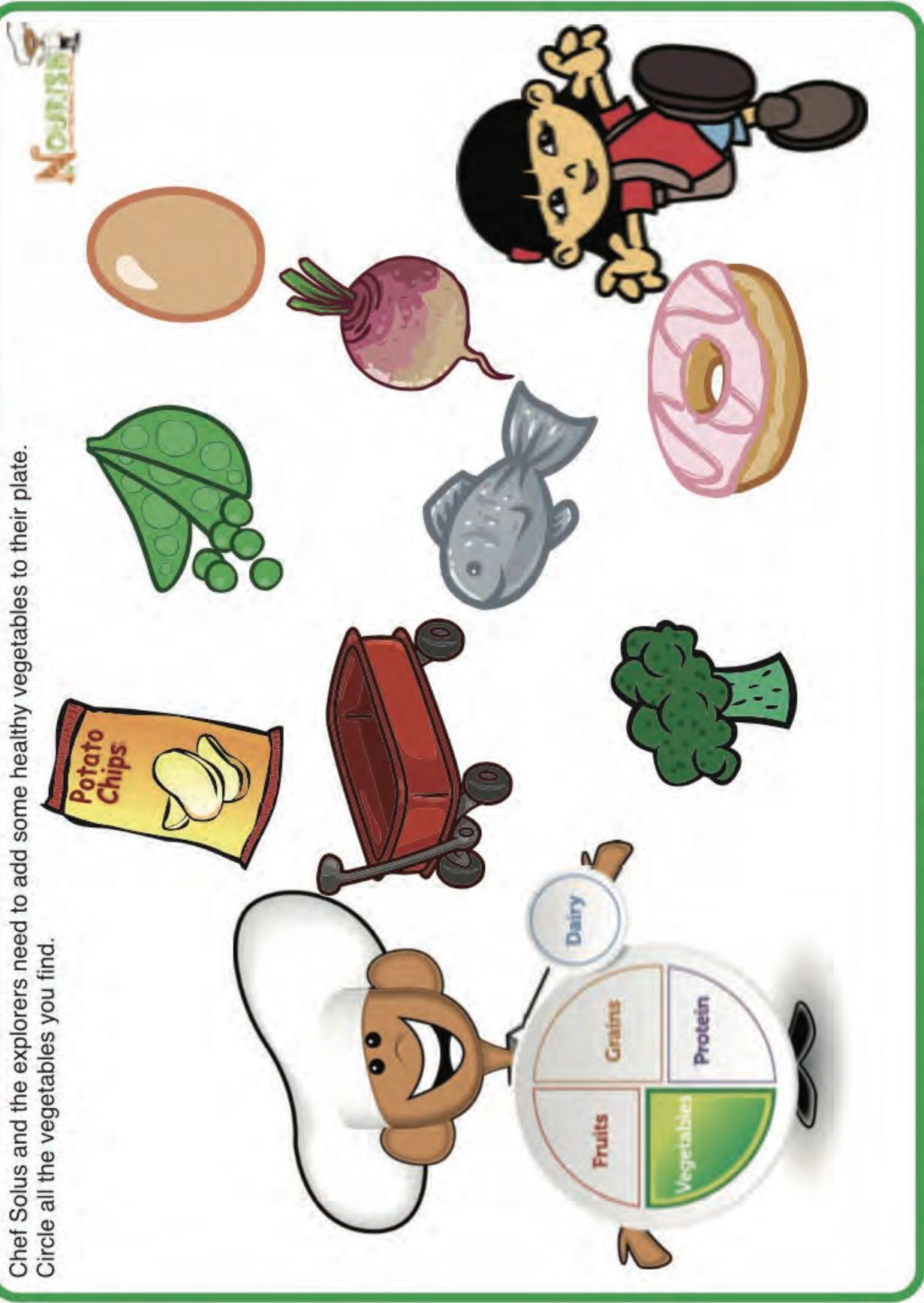


Visit www.ChefSolus.com for printable worksheets for kids, nutrition education games, puzzles, activities and more!

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My Plate - Find the Vegetables Activity Sheet

Chef Solus and the explorers need to add some healthy vegetables to their plate. Circle all the vegetables you find.

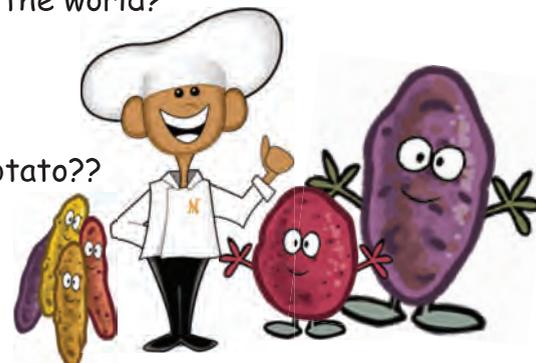
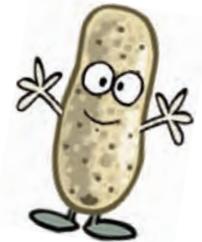




*Chef Solus' Tater Trivia Time!



1. Do you know how many pounds of potatoes most people eat a year?
 - a. 227 lbs
 - b. 4410 lbs
 - c. 66 lbs
2. When were potatoes first eaten in North America?
 - a. 1860
 - b. 1719
 - c. 1546
3. Who was given credit for introducing French Fries to America?
 - a. Albert Einstein
 - b. George Washington
 - c. Thomas Jefferson
4. How many different countries grow potatoes?
 - a. 100
 - b. 125
 - c. 230
5. In what unique way did the Incas use the potato?
 - a. Medicine
 - b. To measure time
 - c. Sports
6. Who were the first people to eat potatoes 6,000 years ago?
 - a. Europeans
 - b. Canadians
 - c. Peruvians
7. Which country is the largest potato producer?
 - a. United States
 - b. China
 - c. Europe
8. How big was the largest potato recorded in history?
 - a. 100 pounds
 - b. 50 pounds 6 ounces
 - c. 18 pounds 4 ounces
9. How many different potato varieties are there in the world?
 - a. 2,000-3,000
 - b. 100-200
 - c. 4,000-5,000
10. Most of the fiber is found in what part of the potato??
 - a. the outside skin of the potato
 - b. the inside of the potato



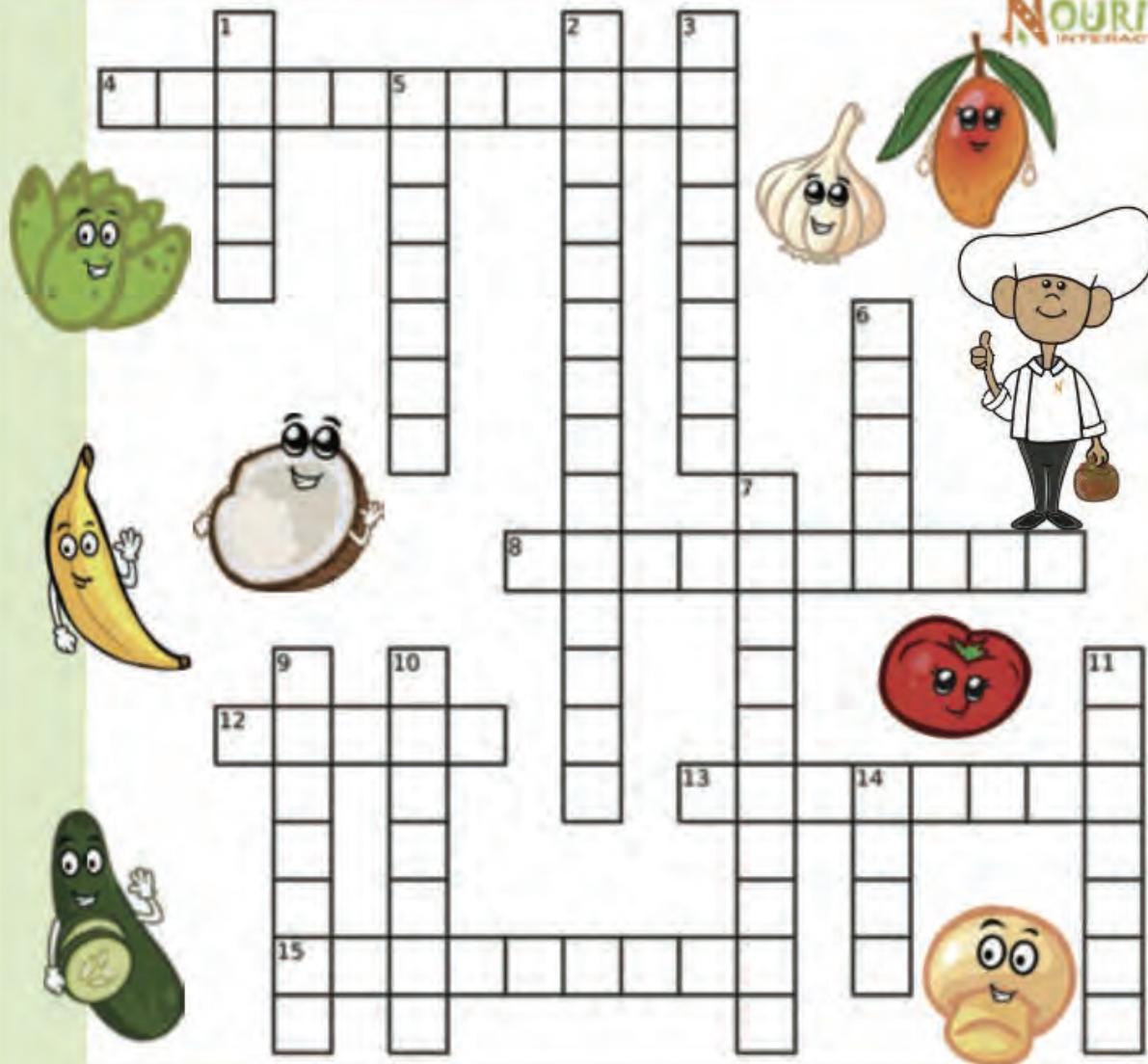
Visit us for more www.ChefSolus.com for free nutrition education materials for kids and families!

For more potato recipes and information visit www.potatogoodness.com

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Chef Solus Fruit and Veggies Crossword Puzzle

NOURISH INTERACTIVE 



Across

- 4 The opposite of a sour potato
- 8 The outside of this melon looks like a web
- 12 Tomatoes, cucumbers and lettuce make a nice ____
- 13 This vegetable looks like a mini tree
- 15 Dip the leaves in butter and enjoy the heart of an ____

Down

- 1 This is a fuzzy stone fruit
- 2 This is a side dish at Thanksgiving
- 3 A palm tree grows these
- 5 One popular big squash at Halloween
- 6 This tropical fruit has a big seed in the middle.
- 7 This looks like an orange but is smaller
- 9 Monkeys love them
- 10 Dip these into Ranch dressing
- 11 Dried grapes are called ____
- 14 This vegetable has ears (think of cob)

Chef Solus Vegetable Group Word search Puzzle!

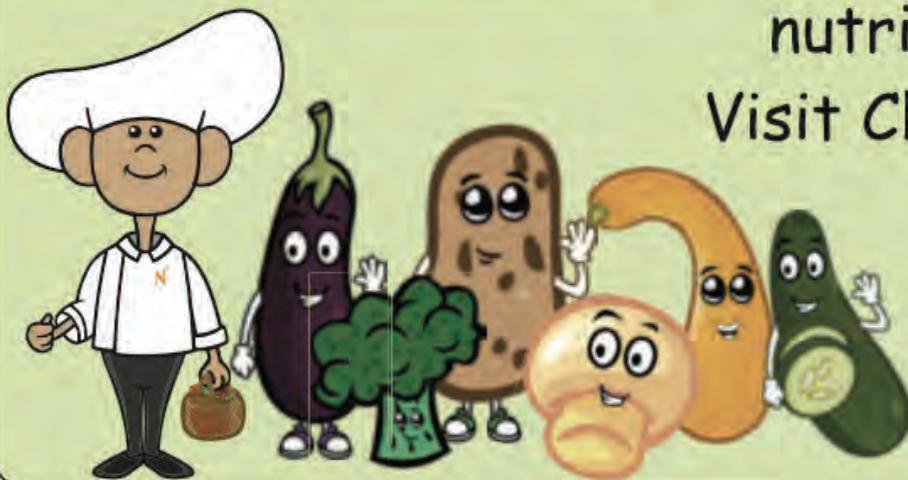
B K T O M A T O S P
A P J R O K L F Z J
C G C N N Q G K X I
A Z I O F E H R P B
R E O P P M V L E H
R V E G G I E E P E
O D P M F J T N P A
T T R Z W S T M E L
S K F I B E R L R T
Q N L I J S H V T H
Y L I W X N E M Z O



BEETS
TOMATO
PEPPER
CARROT
HEALTH
FIBER
VEGGIE

Vegetable Group

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nutrition games
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Week 4 Activity Worksheets

Week 4 Activity: Protein Food Groups Coloring Page



U.S. DEPARTMENT OF AGRICULTURE

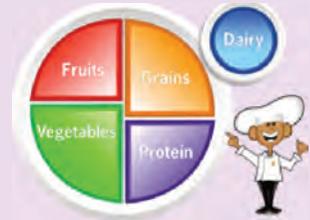
Protein Foods Group Coloring Page

Protein helps us grow and build strong muscles. Color the different sources of protein from around the world.



Activity: Word Search Solutions

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



CHICKEN
SOYBEANS
PORK
FISH
BEANS
BEEF
WALNUTS
PROTEIN
SEEDS
PEANUTS
LEAN
MUSCLES
EGGS



United States Department of Agriculture

MYPLATE GROCERY STORE BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

 Fruits	 Vegetables	 Grains	 Protein	 Dairy
<p>Apple</p> 	<p>Avocado</p> 	<p>Bread</p> 	<p>Beans</p> 	<p>Milk</p> 
<p>Blueberries</p> 	<p>Broccoli</p> 	<p>Cereal</p> 	<p>Chicken</p> 	<p>Cottage Cheese</p> 
<p>Cantaloupe</p> 	<p>Corn</p> 	<p>Free Space</p> 	<p>Eggs</p> 	<p>Soy Milk</p> 
<p>Grapes</p> 	<p>Sweet Potato</p> 	<p>Popcorn</p> 	<p>Peanut Butter</p> 	<p>Cheese</p> 
<p>Orange</p> 	<p>Tomatoes</p> 	<p>Rice</p> 	<p>Tuna Fish</p> 	<p>Yogurt</p> 

ChooseMyPlate.gov/Families

August 2016

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INFORMATION FOR ADULTS

With a variety of sights and smells, grocery shopping can be an exciting activity for kids. It can also be a little stressful for adults trying to buy groceries while keeping children entertained. MyPlate Grocery Store Bingo is a fun and educational activity that will focus the attention of your little ones while also allowing you to get your shopping done. That's what we like to call a "MyPlate, MyWin!"

AGES: 5 & UP

While most appropriate for elementary school-aged children, this activity can be modified for other ages.

- For older children, consider giving them their own shopping list so they can help you shop.
- For younger children, ask them to find foods of various colors and shapes.

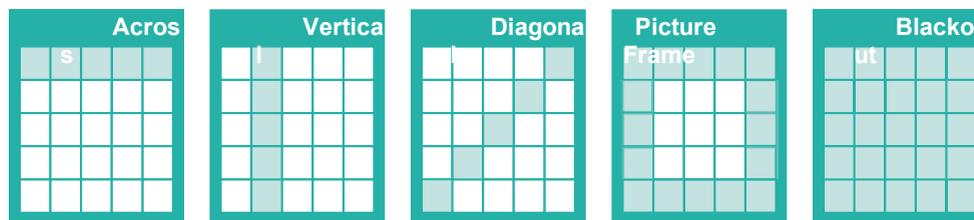
INSTRUCTIONS:

- Print off the bingo cards for kids accompanying you on a grocery shopping trip.
- Give them a pen or pencil and let them circle foods they see in the store while you shop.
- Explain that we need foods from all five food groups.
- Explain that fresh, frozen, and canned varieties all count.



Tips:

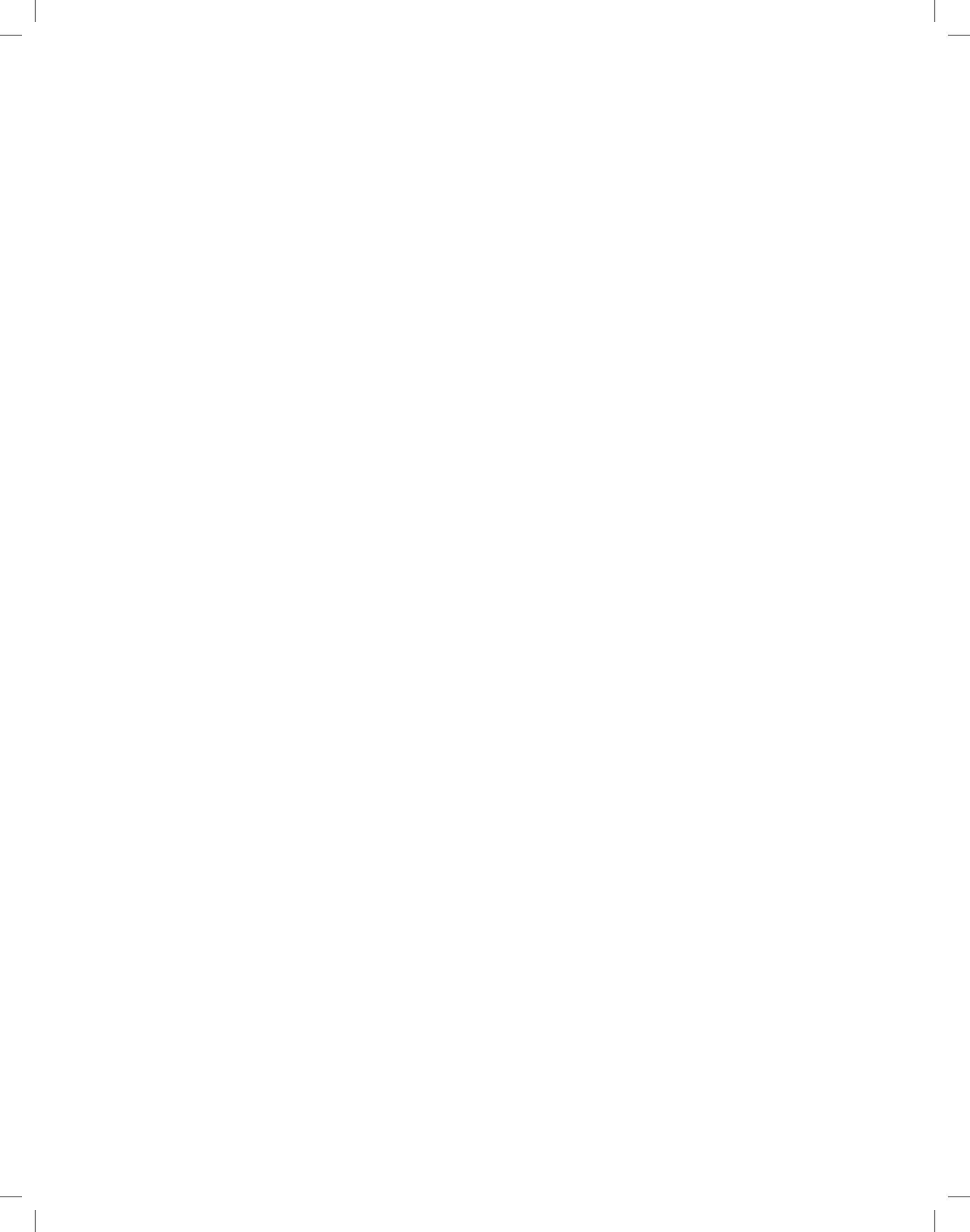
You can use this bingo card multiple times. In addition to the traditional style of bingo where you try to get five across, five vertical, or five diagonal, kids can also play picture frame where they try to find all of the foods on the perimeter of the card or black out where they try to find every food on the card.



If you have more than one child with you, kids can either compete against one another- whoever finds five in a row first wins- or work together as a team. This can be especially helpful if you have an older child that can help a younger child.

Consider offering a prize for completing the bingo sheet. For example, take a family trip to the park or go for a bike ride together.







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Week 5 Activity Worksheets

SUPER CHEF

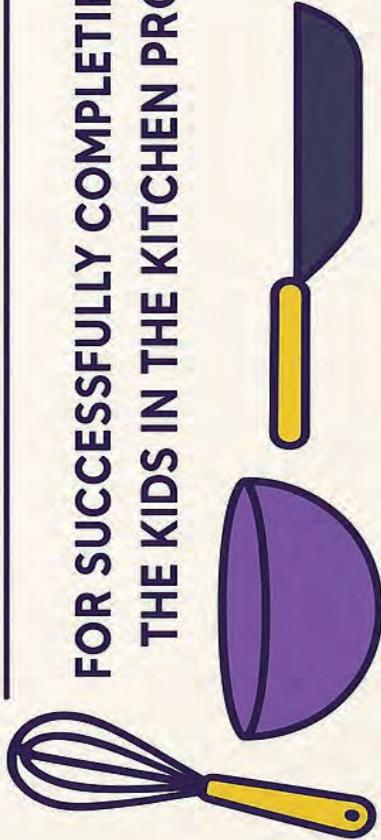
CERTIFICATE OF ACHIEVEMENT

THIS IS PRESENTED TO

FOR SUCCESSFULLY COMPLETING
THE KIDS IN THE KITCHEN PROGRAM



DATE





**You've made lots of tasty recipes over the past 5 weeks!
It's time to show what you've learned! Make your very
own recipe book to take home and share with your
family like a real Super Chef!**



Week 1 Recipe: Food Group Friend *Make a silly snack face using all five food groups!*

<p> SHOPPING LIST</p> <ul style="list-style-type: none"> <input type="checkbox"/> English muffins (energy!) <input type="checkbox"/> Hummus (muscle food!) <input type="checkbox"/> Cucumbers (crunchy greens!) <input type="checkbox"/> Red peppers (colorful veggies!) <input type="checkbox"/> Apples (sweet crunch!) <input type="checkbox"/> Grapes (tiny treats!) <input type="checkbox"/> Cheese sticks (strong bones!) 	
<p> INGREDIENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 English muffin (grain) <input type="checkbox"/> 1 Tbsp hummus (protein) <input type="checkbox"/> 4 cucumber slices, 4 red pepper slices (veggies) <input type="checkbox"/> 2 apple slices, 8 grapes (fruit) <input type="checkbox"/> 1 cheese stick (dairy) 	<p> FUN FACT!</p> <p>Hummus is made from chickpeas — tiny beans full of protein! Your body uses protein to build strong muscles, just like an athlete!</p> <p>Try This: Can you name one new food from each group you want to try this week?</p>
<p> DIRECTIONS</p> <ol style="list-style-type: none"> 1. Cut the English muffin in half. 2. Spread hummus on each side. 3. Use the fruits and veggies to make a funny face! 4. Add cheese for hair, eyes, or a smile! 5. Show off your creation before you eat it! 	<p> NUTRITION CORNER</p> <p>This recipe uses all 5 food groups. WOW!</p> <p>Grains (English muffin) gives your body energy to run, jump, and learn.</p> <p>Protein (hummus) helps your muscles grow strong.</p> <p>Fruits and Veggies (apple, grapes, cucumber, pepper) keeps your body healthy inside and out.</p> <p>Dairy (cheese stick) keeps your bones and teeth strong.</p>

Receta de la Semana 1: Cara Divertida de los 5 Grupos de Alimentos

¡Haz una cara chistosa usando los cinco grupos de alimentos!

<p> LISTA DE COMPRAS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Panecillos ingleses / <i>English muffins</i> (¡energía!) <input type="checkbox"/> Hummus (¡comida para los músculos!) <input type="checkbox"/> Pepinos (¡verdes y crujientes!) <input type="checkbox"/> Pimientos rojos (¡verduras de color!) <input type="checkbox"/> Manzanas (¡crujido dulce!) <input type="checkbox"/> Uvas (¡bocaditos pequeños!) <input type="checkbox"/> Barritas de queso / queso tipo string cheese (¡huesos fuertes!) 	
<p> INGREDIENTES</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 panecillo inglés <input type="checkbox"/> 1 cucharada de hummus <input type="checkbox"/> 4 rodajas de pepino, 4 tiras de pimiento rojo <input type="checkbox"/> 2 rebanadas de manzana, 8 uvas <input type="checkbox"/> 1 barrita de queso 	<p> DATO CURIOSO</p> <p>El hummus está hecho de garbanzos — unos frijoles pequeños llenos de proteína. ¡Tu cuerpo usa la proteína para construir músculos fuertes, como un atleta!</p> <p>Prueba esto: ¿Puedes nombrar un alimento nuevo de cada grupo que quieras probar esta semana?</p>
<p> INSTRUCCIONES</p> <ol style="list-style-type: none"> 1. Corta el panecillo inglés por la mitad. 2. Unta hummus en cada parte. 3. Usa las frutas y verduras para hacer una cara chistosa. 4. Usa el queso para hacer el pelo, los ojos o la sonrisa. 5. ¡Muestra tu creación antes de comértela! 	<p> RINCÓN NUTRICIONAL</p> <ul style="list-style-type: none"> • Este receta usa los 5 grupos de alimentos. ¡GUÁU! • Los cereales (panecillo inglés) le dan a tu cuerpo energía para correr, saltar y aprender. • La proteína (hummus) ayuda a que tus músculos se hagan fuertes. • Las frutas y verduras (manzana, uvas, pepino, pimiento) mantienen tu cuerpo sano por dentro y por fuera. • Los lácteos (barrita de queso) mantienen tus huesos y dientes fuertes.

Week 2 Recipe: Pita Pockets *Make a fruity, creamy pocket that's fun and delicious!*

<p>🛒 SHOPPING LIST</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pita bread (grains = energy!) <input type="checkbox"/> Cream cheese (dairy = strong bones!) <input type="checkbox"/> Strawberries (vitamin C boost!) <input type="checkbox"/> Bananas (potassium power!) <input type="checkbox"/> Honey (sweet drizzle!) 	
<p>📋 INGREDIENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 pita (sliced in half) <input type="checkbox"/> 1 Tbsp cream cheese <input type="checkbox"/> 3–5 strawberry slices <input type="checkbox"/> 3–5 banana slices <input type="checkbox"/> Drizzle of honey <p><i>Adjust the amount of fruit and honey to your taste!</i></p>	<p>🧠 FUN FACT!</p> <p>Did you know? Bananas are technically berries! They give you potassium, which helps your muscles and heart stay strong.</p> <p>Try This: Add blueberries or a sprinkle of granola for extra crunch! Can you make a smiley face inside your pita pocket?</p>
<p>👉 DIRECTIONS</p> <ol style="list-style-type: none"> 1. Cut your pita in half (with adult help if needed). 2. Spread cream cheese inside each pocket. 3. Add your strawberry and banana slices. 4. Drizzle honey on top for sweetness. 5. Fold, smile, and enjoy your tasty creation! 	<p>★ NUTRITION CORNER</p> <p>Your body needs dairy to help your bones and teeth stay strong! Here are some easy ways to get your daily intake: A slice of cheese 🧀 Half a cup of yogurt 🥛 A glass of milk 🥛 *Cream cheese is yummy but doesn't have much calcium. Try ricotta or yogurt for a stronger choice!</p>

Receta de la Semana 2: Pita Pocket de Fruta

¡Haz un bolsillo de pan relleno de frutas, cremoso y delicioso!

<p> LISTA DE COMPRAS</p> <ul style="list-style-type: none"><input type="checkbox"/> Pan pita (cereales = ¡energía!)<input type="checkbox"/> Queso crema (lácteos = ¡huesos fuertes!)<input type="checkbox"/> Fresas (¡suben la vitamina C!)<input type="checkbox"/> Plátanos / bananas (¡poder del potasio!)<input type="checkbox"/> Miel (¡toque dulce!)	
<p> INGREDIENTES</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 pan pita (cortado a la mitad)<input type="checkbox"/> 1 cucharada de queso crema<input type="checkbox"/> 3–5 rebanadas de fresa<input type="checkbox"/> 3–5 rebanadas de plátano<input type="checkbox"/> Un chorrito de miel <p>*Ajusta la cantidad de fruta y miel a tu gusto.</p>	<p> DATO CURIOSO</p> <p>¿Sabías que los plátanos son técnicamente bayas? Te dan potasio, que ayuda a que tus músculos y tu corazón se mantengan fuertes.</p> <p>Prueba esto: Agrega arándanos o un poco de granola para más crunch. ¿Puedes hacer una carita feliz dentro de tu pita pocket?</p>
<p> INSTRUCCIONES</p> <ol style="list-style-type: none">1. Corta el pan pita por la mitad (pide ayuda a un adulto si la necesitas).2. Unta queso crema dentro de cada mitad.3. Agrega las rebanadas de fresa y plátano.4. Echa un chorrito de miel por encima para darle dulzor.5. Dobla, sonríe y ¡disfruta tu rico bolsillo de frutas!	<p> RINCÓN NUTRICIONAL</p> <ul style="list-style-type: none">• Tu cuerpo necesita lácteos para ayudar a que tus huesos y dientes se mantengan fuertes. Algunas ideas fáciles para tu día:<ul style="list-style-type: none">○ Una rebanada de queso○ Media taza de yogur○ Un vaso de leche• <i>El queso crema es rico, pero no tiene mucho calcio. ¡Prueba ricotta o yogur para más fuerza!</i>

Week 3 Recipe: Veggie Tortilla Roll-Up *A colorful wrap filled with veggies and creamy goodness!*

<p> SHOPPING LIST</p> <ul style="list-style-type: none"> <input type="checkbox"/> ½ large cucumber (peeled into ribbons) <input type="checkbox"/> 1¼ cups spinach (chopped) <input type="checkbox"/> ½ cup carrots (shredded) <input type="checkbox"/> ½ container cream cheese (or swap for hummus/guacamole) <input type="checkbox"/> 4 large tortilla wraps (burrito size — try wheat or spinach wraps!) 	
<p> INGREDIENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> ½ large cucumber (peeled into ribbons) <input type="checkbox"/> 1¼ cups spinach (chopped) <input type="checkbox"/> ½ cup carrots (shredded) <input type="checkbox"/> ½ container cream cheese (or hummus) <input type="checkbox"/> 4 large wraps (burrito size) 	<p> FUN FACT!</p> <p>Did you know? The more colors you have on your plate, the more nutrients your body gets! Try to eat a rainbow every day — red, orange, yellow, green, and purple foods! </p> <p>Try This: Swap your cream cheese for guacamole or hummus to try new flavors! Can you make your roll-up look like a rainbow?</p>
<p> DIRECTIONS</p> <ol style="list-style-type: none"> 1. Wash and dry your vegetables. 2. Chop spinach and peel cucumber into ribbons. 3. Spread cream cheese or hummus over each tortilla wrap. 4. Add spinach, carrots, and cucumber on top. 5. Roll up tightly and slice into bite-sized pinwheels (get help using a knife!). 6. Secure with a toothpick if needed and enjoy your colorful veggie roll-ups! 	<p> NUTRITION CORNER</p> <p>Veggies come in all different colors, and each color gives your body something special!</p> <p><i>Green veggies</i> like spinach give your body iron and helps your muscles grow strong</p> <p><i>Orange veggies</i> like carrots help your eyes stay sharp</p> <p><i>Cucumbers</i> help you stay hydrated.</p> <p><i>Whole-grain tortillas</i> give you energy to play and learn all day!</p>

Receta de la Semana 3: Rollito de Tortilla con Verduras

¡Un wrap de colores lleno de verduras y crema rica!

<p> LISTA DE COMPRAS</p> <ul style="list-style-type: none"> <input type="checkbox"/> ½ pepino grande (pelado en tiras) <input type="checkbox"/> 1¼ tazas de espinaca (picada) <input type="checkbox"/> ½ taza de zanahorias (ralladas) <input type="checkbox"/> ½ envase de queso crema (o cambia a hummus/guacamole) <input type="checkbox"/> 4 tortillas grandes (tamaño burrito — ¡prueba tortillas de trigo integral o de espinaca!) 	
<p> INGREDIENTES</p> <ul style="list-style-type: none"> <input type="checkbox"/> ½ pepino grande (pelado en tiras) <input type="checkbox"/> 1¼ tazas de espinaca (picada) <input type="checkbox"/> ½ taza de zanahorias (ralladas) <input type="checkbox"/> ½ envase de queso crema (o hummus) <input type="checkbox"/> 4 tortillas grandes (tamaño burrito) 	<p> DATO CURIOSO</p> <p>¿Sabías que mientras más colores tengas en tu plato, más nutrientes recibe tu cuerpo? ¡Trata de comer un arcoíris todos los días — alimentos rojos, naranjas, amarillos, verdes y morados! 🌈</p> <p>Prueba esto: Cambia el queso crema por guacamole o hummus para probar nuevos sabores. ¿Puedes hacer que tu rollito parezca un arcoíris?</p>
<p> INSTRUCCIONES</p> <ol style="list-style-type: none"> 1. Lava y seca bien las verduras. 2. Pica la espinaca y pela el pepino en tiras largas. 3. Unta queso crema o hummus sobre cada tortilla. 4. Agrega la espinaca, las zanahorias y el pepino encima. 5. Enrolla bien apretado y corta en rueditas pequeñas (pide ayuda para usar el cuchillo). 6. <input type="checkbox"/> Si quieres, ponles un palillo para que no se desarmen y ¡disfruta tus rollitos de verduras! 	<p> RINCÓN NUTRICIONAL</p> <ul style="list-style-type: none"> • Las verduras vienen en muchos colores, y cada color le da algo especial a tu cuerpo. • Las verduras verdes como la espinaca te dan hierro y ayudan a que tus músculos se hagan fuertes. • Las verduras naranjas como la zanahoria ayudan a que tus ojos vean mejor. • El pepino te ayuda a mantenerte hidratado (con agua). • Las tortillas de grano entero te dan energía para jugar y aprender todo el día.

Week 4 Recipe: Sandwich Kabobs *A fun, build-your-own lunch idea with colorful bites on a stick!*

<p> SHOPPING LIST</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 slice of sandwich meat (like turkey or ham) <input type="checkbox"/> 1 string cheese <input type="checkbox"/> 2 grape tomatoes <input type="checkbox"/> 1 baby pickle (optional) <input type="checkbox"/> 1 slice of whole wheat bread (cut into fun shapes!) 	
<p> INGREDIENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 slice of sandwich meat, cut into 4 pieces <input type="checkbox"/> 1 string cheese, cut into 5 pieces <input type="checkbox"/> 2 grape tomatoes <input type="checkbox"/> 1 baby pickle (optional, cut in half) <input type="checkbox"/> 1 slice of whole wheat bread (cut into small squares) 	<p> FUN FACT!</p> <p>Did you know? A tomato isn't a vegetable — it's actually a fruit! It's packed with potassium and antioxidants that help your body stay healthy.</p> <p>Try This: Use different foods like cucumber slices, bell pepper squares, or grapes for a colorful rainbow kabob!</p>
<p> DIRECTIONS</p> <ol style="list-style-type: none"> 1. Roll up sandwich meat and cut into small pieces. 2. Cut the string cheese into bite-sized chunks. 3. Use cookie cutters to make fun bread shapes! 4. Create kabob: thread bread, cheese, tomato, meat, pickle, and repeat! Enjoy! 	<p> NUTRITION CORNER</p> <p><i>Whole wheat</i> bread gives you fiber for energy.</p> <p><i>Tomatoes</i> are fruits full of vitamin C!</p> <p><i>Cheese</i> gives you calcium to grow strong bones.</p> <p><i>Turkey or ham</i> adds protein for strong muscles.</p>

Receta de la Semana 4: Brochetas de Sándwich

¡Una idea divertida para el almuerzo con bocados coloridos en un palito!

<p> LISTA DE COMPRAS</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 rebanada de jamón o pavo (carne fría para sándwich)<input type="checkbox"/> 1 queso tipo “string cheese” o barrita de queso<input type="checkbox"/> 2 tomatitos uva / tomates cherry<input type="checkbox"/> 1 pepinillo pequeño (opcional)<input type="checkbox"/> 1 rebanada de pan integral (cortado en formas divertidas)	
<p> INGREDIENTES</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 rebanada de jamón o pavo, cortada en 4 pedazos<input type="checkbox"/> 1 barrita de queso, cortada en 5 pedazos<input type="checkbox"/> 2 tomates uva<input type="checkbox"/> 1 pepinillo pequeño (opcional, cortado a la mitad)<input type="checkbox"/> 1 rebanada de pan integral (cortada en cuadritos pequeños)	<p> DATO CURIOSO</p> <p>¿Sabías que el tomate no es una verdura? ¡Es una fruta! Tiene potasio y antioxidantes que ayudan a mantener tu cuerpo sano.</p> <p>Prueba esto: Usa otros alimentos como rebanadas de pepino, cuadritos de pimiento morrón o uvas para hacer una brocheta de arcoíris.</p>
<p> INSTRUCCIONES</p> <ol style="list-style-type: none">1. Enrolla la rebanada de carne (jamón o pavo) y córtala en pedacitos pequeños.2. Corta la barrita de queso en trozos del tamaño de un bocado.3. Usa moldes o cortadores de galleta para hacer formas divertidas con el pan.4. Haz tu brocheta: ensarta pan, queso, tomate, carne, pepinillo y repite. ¡Listo para comer!	<p> RINCÓN NUTRICIONAL</p> <ul style="list-style-type: none">• El pan integral te da fibra y energía.• Los tomates son frutas llenas de vitamina C.• El queso te da calcio para que tus huesos crezcan fuertes.• El pavo o jamón agrega proteína para músculos fuertes.

Week 5 Recipe: Oat Energy Balls *A no-bake snack that gives you energy to play, learn, and grow!*

<p> SHOPPING LIST</p> <ul style="list-style-type: none"> <input type="checkbox"/> Oats (uncooked or steel-cut) <input type="checkbox"/> Peanut butter (or another nut butter) <input type="checkbox"/> Honey <input type="checkbox"/> Chocolate chips <input type="checkbox"/> Ground flaxseed (optional for extra nutrition) 	
<p> INGREDIENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1½ cups oats (uncooked or steel-cut) <input type="checkbox"/> ½ cup peanut butter (or other nut butter) <input type="checkbox"/> ½ cup honey <input type="checkbox"/> ½ cup chocolate chips <input type="checkbox"/> 1 tsp flaxseed (optional) 	<p> FUN FACT!</p> <p>Did you know? Oats are one of the oldest grains in the world! Farmers have grown them for over 2,000 years!</p> <p>Try This: Add raisins, coconut flakes, or crushed pretzels to make your own flavor! What would you name your energy ball creation?</p>
<p> DIRECTIONS</p> <ol style="list-style-type: none"> 1. Add all ingredients to a large bowl (save the chocolate chips for later). 2. Mix everything together; stir in the chocolate chips. 3. Chill in fridge for 30 min., then roll into small balls. 4. Try one and enjoy your homemade energy snack! 5. Store the extras in the refrigerator for later. 	<p> NUTRITION CORNER</p> <p><i>Oats</i> give your body long-lasting energy to keep you moving all day.</p> <p><i>Peanut butter</i> adds healthy fats and protein to help your muscles grow.</p> <p><i>Honey</i> gives you natural sweetness and quick energy.</p> <p><i>Flaxseed</i> adds fiber and helps your heart stay healthy.</p>

Receta de la Semana 5: Bolitas de Energía de Avena

¡Un snack sin horno que te da energía para jugar, aprender y crecer!

<p> LISTA DE COMPRAS</p> <ul style="list-style-type: none"><input type="checkbox"/> Avena (cruda, en hojuelas o de corte de acero)<input type="checkbox"/> Mantequilla de maní / cacahuete (o otra crema de nuez)<input type="checkbox"/> Miel<input type="checkbox"/> Chispas de chocolate<input type="checkbox"/> Semillas de linaza molidas (opcional para más nutrición)	
<p> INGREDIENTES</p> <ul style="list-style-type: none"><input type="checkbox"/> 1½ tazas de avena (cruda, en hojuelas o de corte de acero)<input type="checkbox"/> ½ taza de mantequilla de maní / cacahuete (o de otra nuez)<input type="checkbox"/> ½ taza de miel<input type="checkbox"/> ½ taza de chispas de chocolate<input type="checkbox"/> 1 cucharadita de linaza molida (opcional)	<p> DATO CURIOSO</p> <p>¿Sabías que la avena es uno de los granos más antiguos del mundo? ¡Los agricultores la han cultivado por más de 2,000 años! Prueba esto: Agrega pasas, coco rallado o pedacitos de pretzel para inventar tu propio sabor. ¿Cómo llamarías a tu creación de bolita de energía?</p>
<p> INSTRUCCIONES</p> <ol style="list-style-type: none">1. Pon todos los ingredientes en un tazón grande (guarda las chispas de chocolate para el final).2. Mezcla todo muy bien; al final agrega y revuelve las chispas de chocolate.3. Mete la mezcla al refrigerador por 30 minutos.4. Saca la mezcla y haz bolitas pequeñas con las manos.5. Prueba una y disfruta tu snack de energía hecho en casa.6. Guarda las bolitas que sobran en el refrigerador para después.	<p> RINCÓN NUTRICIONAL</p> <ul style="list-style-type: none">• La avena le da a tu cuerpo energía que dura todo el día.• La mantequilla de maní / cacahuete agrega grasas saludables y proteína para tus músculos.• La miel te da dulzor natural y energía rápida.• La linaza agrega fibra y ayuda a que tu corazón esté sano.

Week 5 Bonus Recipe: Apple Nachos *A sweet and crunchy twist on nachos — made with apples!*

<p> SHOPPING LIST</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Lemon juice <input type="checkbox"/> Sunflower seeds (unsalted, shelled) <input type="checkbox"/> Dried cranberries or raisins <input type="checkbox"/> Mini chocolate chips <input type="checkbox"/> Peanut butter (or sunflower butter) <input type="checkbox"/> Honey 	
<p> INGREDIENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 teaspoon lemon juice <input type="checkbox"/> 1 medium apple (thinly sliced) <input type="checkbox"/> 1 tablespoon sunflower seeds (unsalted + shelled) <input type="checkbox"/> 1 tablespoon dried cranberries or raisins <input type="checkbox"/> 1 tablespoon mini chocolate chips <input type="checkbox"/> 2 tablespoons peanut butter (creamy) <input type="checkbox"/> 1 tablespoon honey 	<p> FUN FACT!</p> <p>Did you know? Apples float in water because they're made up of 25% air! That's why they're perfect for apple-bobbing at fall festivals! 🍏</p> <p>Try This: Try using almond butter, sunflower butter, or yogurt drizzle instead of peanut butter! Can you make your apple nachos look like a smiley face or a rainbow? 🌈</p>
<p> DIRECTIONS</p> <ol style="list-style-type: none"> 1. Rinse the apple under cool running water and slice it thinly (ask an adult for help). 2. Drizzle lemon juice over the slices to keep them fresh and bright. 3. Lay the apple slices flat on a plate. 4. Sprinkle sunflower seeds, cranberries, and chocolate chips on top. 5. In a small bowl, mix peanut butter and honey together. Warm it for 20 seconds to make it easy to drizzle (ask for help!). 6. Drizzle your peanut butter sauce over the apple slices and enjoy your tasty 'nachos'! 	<p> NUTRITION CORNER</p> <p>Apples are full of fiber and vitamins that help your tummy feel full and your body stay healthy.</p> <p>Peanut butter and sunflower seeds add protein and healthy fats that give you energy.</p> <p>Honey is a natural sweetener that gives a quick burst of energy.</p> <p>This recipe is a perfect mix of sweet, crunchy, and healthy!</p>

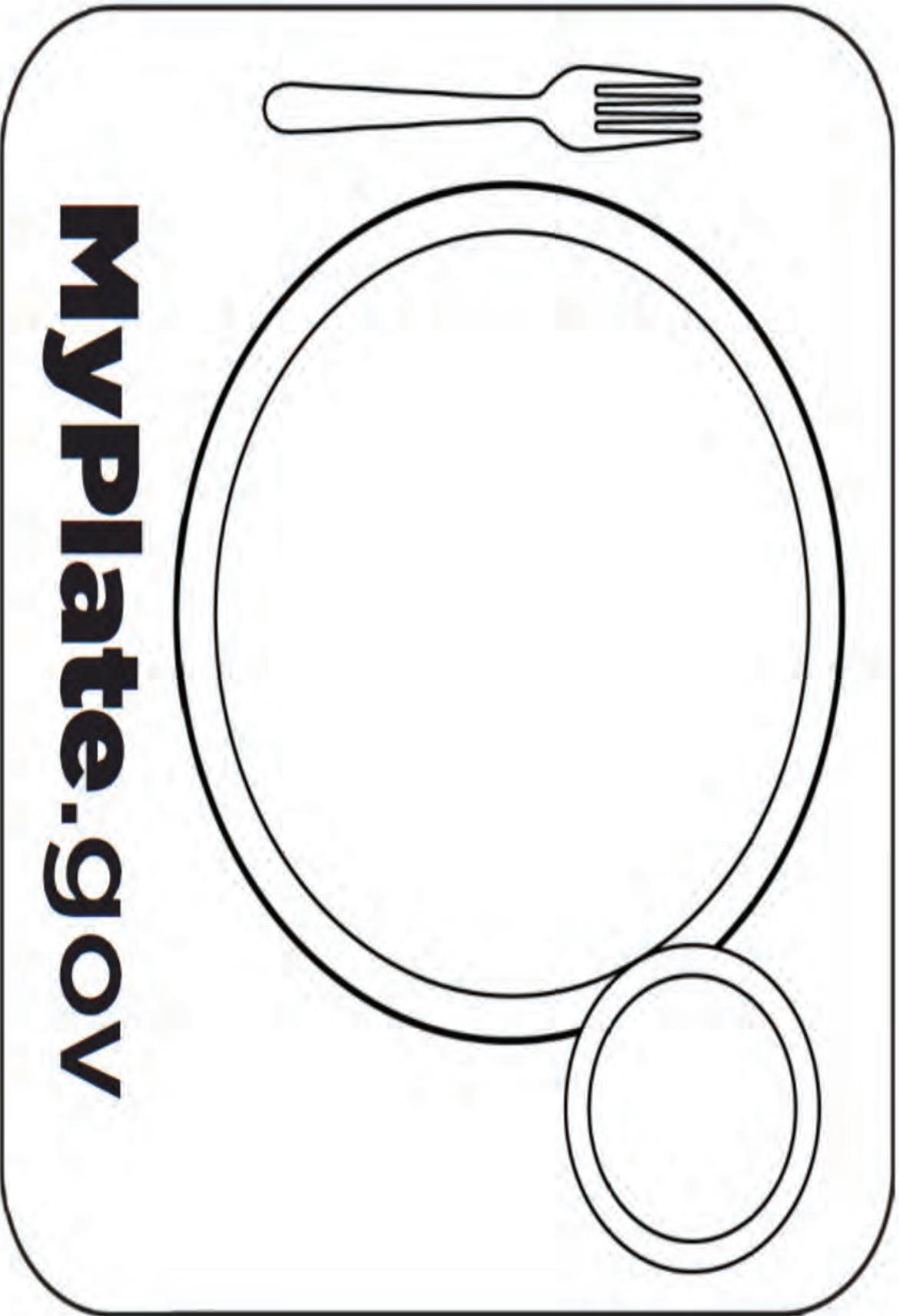
Receta Extra de la Semana 5: Nachos de Manzana

¡Una versión dulce y crujiente de los nachos — hecha con manzanas!

<p> LISTA DE COMPRAS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Manzanas <input type="checkbox"/> Jugo de limón <input type="checkbox"/> Semillas de girasol (sin sal, peladas) <input type="checkbox"/> Arándanos secos o pasas <input type="checkbox"/> Chispas de chocolate mini <input type="checkbox"/> Mantequilla de maní / cacahuete (o mantequilla de semillas de girasol) <input type="checkbox"/> Miel 	
<p> INGREDIENTES</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 cucharadita de jugo de limón <input type="checkbox"/> 1 manzana mediana (cortada en rebanadas delgadas) <input type="checkbox"/> 1 cucharada de semillas de girasol (sin sal y peladas) <input type="checkbox"/> 1 cucharada de arándanos secos o pasas <input type="checkbox"/> 1 cucharada de chispas de chocolate mini <input type="checkbox"/> 2 cucharadas de mantequilla de maní / cacahuete (cremosa) <input type="checkbox"/> 1 cucharada de miel 	<p> DATO CURIOSO</p> <p>¿Sabías que las manzanas flotan en el agua porque tienen un 25% de aire? ¡Por eso son perfectas para los juegos de “atrapar manzanas” en otoño!</p> <p>Prueba esto: Usa mantequilla de almendra, mantequilla de semillas de girasol o un chorrito de yogur en vez de mantequilla de maní. ¿Puedes hacer que tus nachos de manzana parezcan una carita feliz o un arcoíris?</p>
<p> INSTRUCCIONES</p> <ol style="list-style-type: none"> 1. Lava la manzana con agua fría y córtala en rebanadas delgadas (pide ayuda a un adulto). 2. Rocía el jugo de limón sobre las rebanadas para que se mantengan frescas y de color bonito. 3. Coloca las rebanadas de manzana en un plato, como si fueran nachos. 4. Espolvorea encima las semillas de girasol, los arándanos secos y las chispas de chocolate. 5. En un tazón pequeño, mezcla la mantequilla de maní con la miel. Caliéntala 20 segundos en el microondas para que sea más fácil de echar (pide ayuda). 6. Rocía esta mezcla sobre las rebanadas de manzana y ¡disfruta tus “nachos” dulces! 	<p> RINCÓN NUTRICIONAL</p> <ul style="list-style-type: none"> • Las manzanas tienen fibra y vitaminas que ayudan a que tu pancita se sienta llena y tu cuerpo se mantenga sano. • La mantequilla de maní y las semillas de girasol agregan proteína y grasas saludables que te dan energía. • La miel es un endulzante natural que te da un impulso rápido de energía. • ¡Esta receta es una mezcla perfecta de dulce, crujiente y saludable!



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE



Week 5 Level Up Activity: *Make a Meal Plan*

Super kids need super meals! Use your food knowledge to build meals with powerful food groups!

Supplies Needed:
Crayons/Markers

Directions:
List ideas for meals with at least 3 food groups. An example is included to get you started!

Example:

	Food Group 1	Food Group 2	Food Group 3
Breakfast	Scrambled Eggs	Whole Wheat Toast	Fruit

Use the table below to build your super meals. The more food groups you add, the stronger your plate becomes!

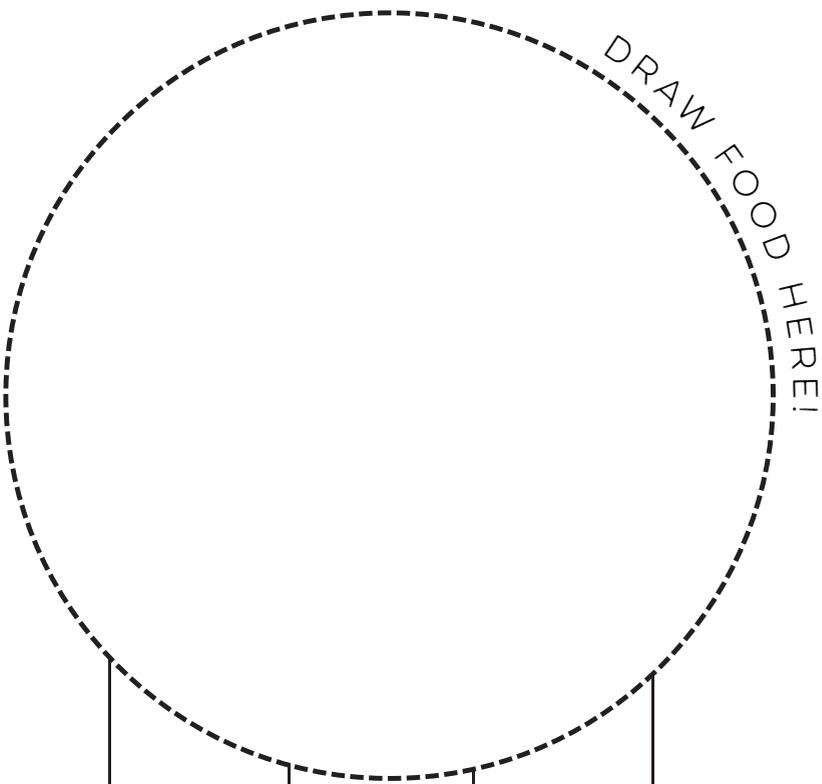
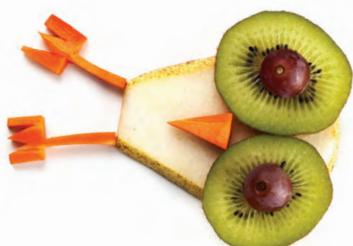
	Food Group 1	Food Group 2	Food Group 3
Breakfast			
Lunch			
Snack			
Dinner			
Breakfast			
Lunch			
Snack			
Dinner			
Breakfast			
Lunch			
Snack			
Dinner			



United States Department of Agriculture

KIDS FOOD CRITIC ACTIVITY

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



Visual Appeal

1 2 3 4 5

Smell

1 2 3 4 5

Taste

1 2 3 4 5

Texture

1 2 3 4 5

TOTAL: _____

TOTAL SCORE

Serve it again?

YES NO

FOR EXTRA FUN:

- Have kids choose and prepare foods and have friends, siblings, or parents sample and rate them.
- Present 3 new recipes to sample and compare them.

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Week 5 Super Chef Review

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

Veggies
Healthy
Energy

Protein
Grains
Dairy

Fitness
Fruits
Water

Make Smart Choices!

Nutrition Label Word Search



All the words hidden below can be found on the **Nutrition Facts** label.

Find them here first ... then use them when comparing and choosing snacks!

- added sugars
- calcium
- calories
- cholesterol
- dietary fiber
- iron
- nutrition facts
- percent daily value
- potassium
- protein
- saturated fat
- serving size
- servings per container
- sodium
- total carbohydrate
- total fat
- total sugars
- trans fat
- vitamin D



No Searching Required!

It's easy to use the **Nutrition Facts** label. Here are some quick tips for smart choices!



Revised: October 2018

1

Size up Servings

Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

2

Consider the Calories

When comparing foods, follow this guide: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

3

Choose Nutrients Wisely

Use % Daily Value (%DV) to see if a serving of the food is high or low in an individual nutrient. When comparing foods, follow this guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

www.fda.gov/nutritioneducation

