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2024-2025 Activity Worksheets





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Week 1 Activity Worksheets

Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods
    



























1. Eat more _____ , _____ and whole grains
          

2. Eat foods lower in solid _____
  

3. Get your _____ rich _____
         

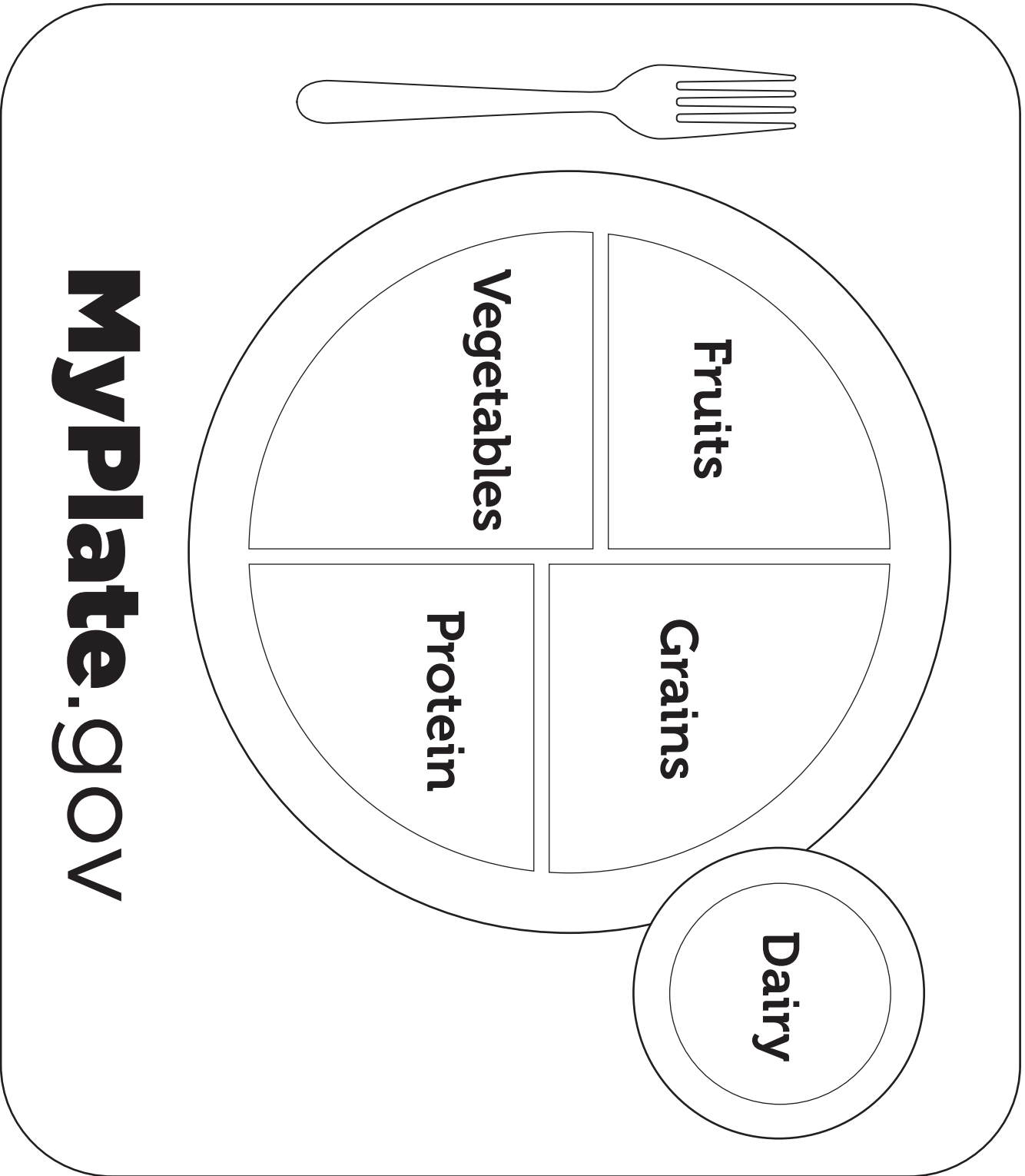
4. Be _____
          

Code

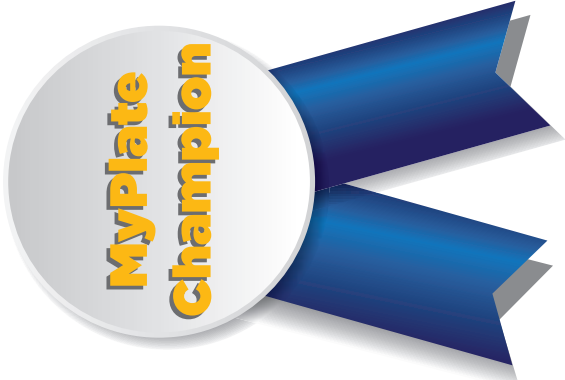
A= 	N= 	B= 	O= 	C= 	P= 	D= 	Q= 	E= 	R= 	F= 	S= 	G= 	T= 	H= 	U= 	I= 	V= 	J= 	W= 	K= 	X= 	L= 	Y= 	M= 	Z= 
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United States
Department of
Agriculture



MyPlate.gov

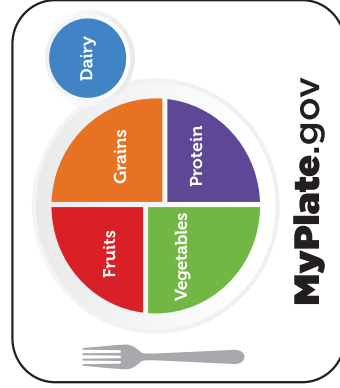


MyPlate Pledge for

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:

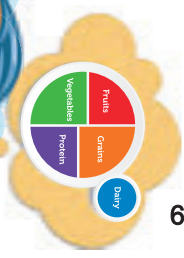
- Eat more fruits & veggies.
- Try whole grains.
- Re-think my drink.



- 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

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

Down

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





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 
Apple 	Avocado 	Bread 	Beans 	Milk 
Blueberries 	Broccoli 	Cereal 	Chicken 	Cottage Cheese 
Cantaloupe 	Corn 	Free Space 	Eggs 	Soy Milk 
Grapes 	Sweet Potato 	Popcorn 	Peanut Butter 	Cheese 
Orange 	Tomatoes 	Rice 	Tuna Fish 	Yogurt 

ChooseMyPlate.gov/Families



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.

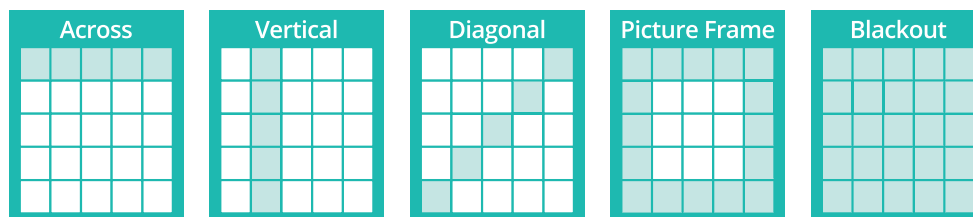
INSTRUCTIONS:

- 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 2 Activity Worksheets

Who Am I? The Grains Group

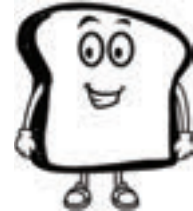


We are the grains food group. Can you guess our name? We come from different grains like oats, barley, wheat and rice. Look for 100% whole grains to be sure you are getting the real deal! We have lots of fiber that helps you feel great and be healthy!

Draw a line from the grain food to the name.
Color the page when you are done!



oatmeal



bread



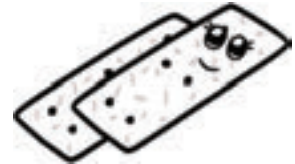
pancake



ravioli



rice



popcorn



spaghetti



cereal



bagel



waffle



cracker

pretzel



macaroni



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

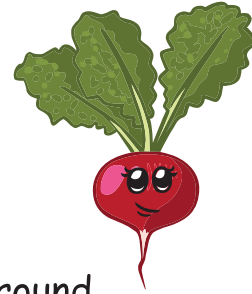


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Week 3 Activity Worksheets

Top 5 Ways To Get Kids To Eat More Vegetables

Cut vegetables of different colors into different shapes and let kids play a bit. Let them make some fun artwork with their vegetables. Then provide some different dips for them to taste their artwork. Infuse a little fun time with veggies!



Have your children participate in some of the decisions around vegetables. Let them choose which vegetable to include at mealtime and discuss what are the different ways to add that vegetable to the meal. Children become more interested when they have taken part in the decision making.



Be creative and add more finely chopped vegetables to soups, casseroles and sauces. You can even add it to hamburger patties. It may sound a little sneaky but sometimes you have to help children see how delicious vegetables are in different foods.

Have your child plant a vegetable and take care of it. Treat it like a very special "pet" that needs time, attention and care. Kids will be more interested in trying a vegetable that they have nurtured and helped harvest.



Many vegetables can be eaten raw. Kids are funny about smells and texture. See what type of vegetables appeals most: soft, crunchy, smooth? Have a tasting test game with the whole family.





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



LETTUCE



TOMATO



BELL PEPPER



CHEESE



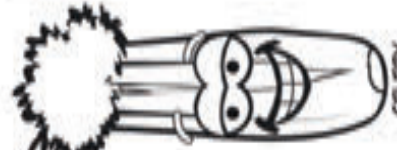
HARD BOILED EGGS



OLIVES



CARROTS



CELERY



BRUSCOOLI



APPLES



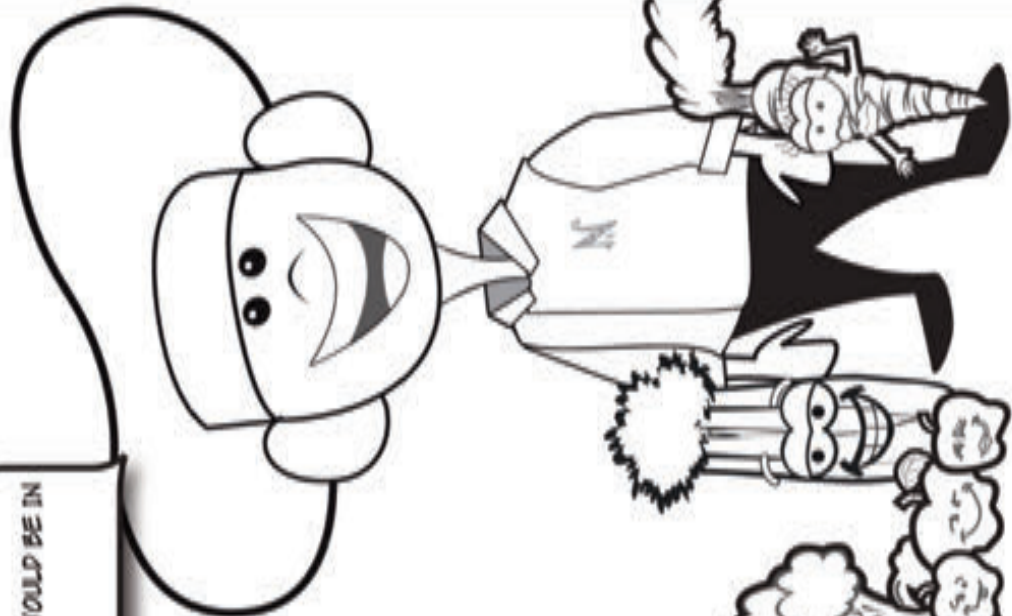
RADISH



MUSHROOM

CAN YOU CIRCLE WHAT WOULD BE IN YOUR SALAD?

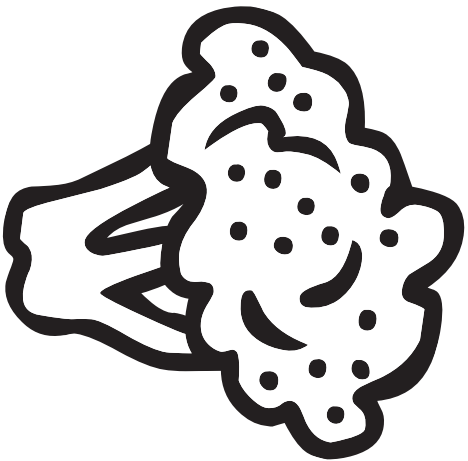
PICK US! WE'RE GREAT IN A SALAD!



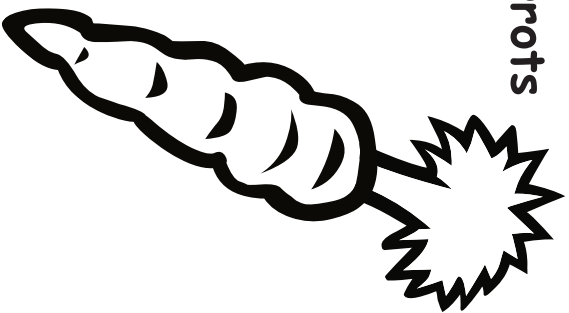
Vegetable Food Images for Kids



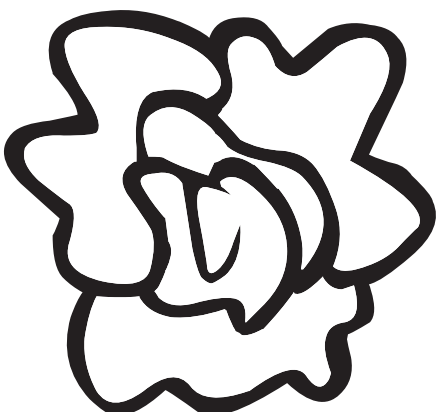
Broccoli



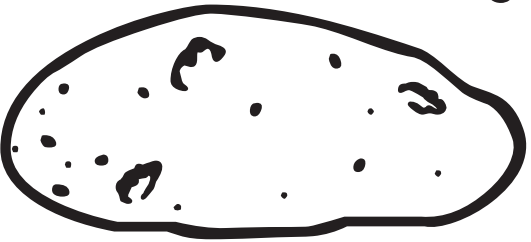
Carrots



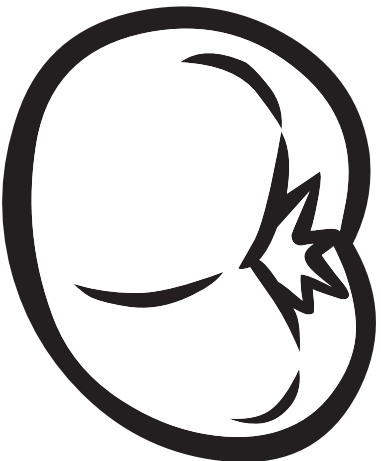
Lettuce



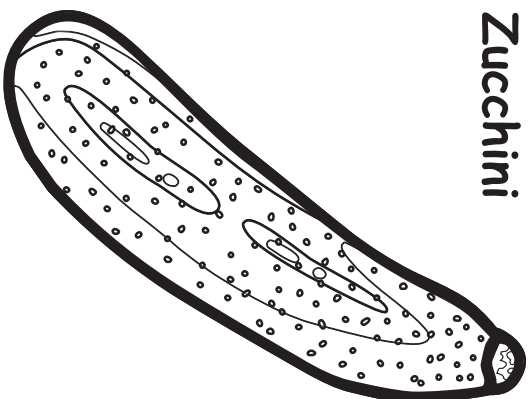
Potato



Tomato



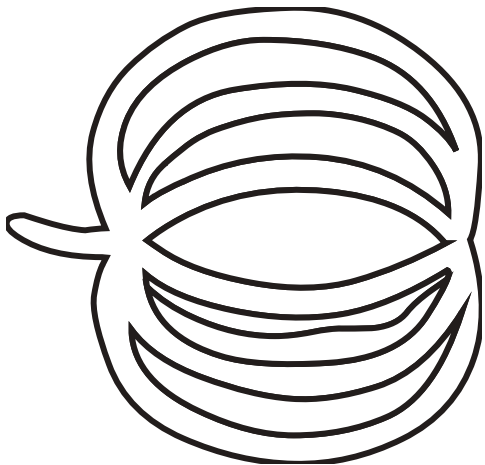
Zucchini



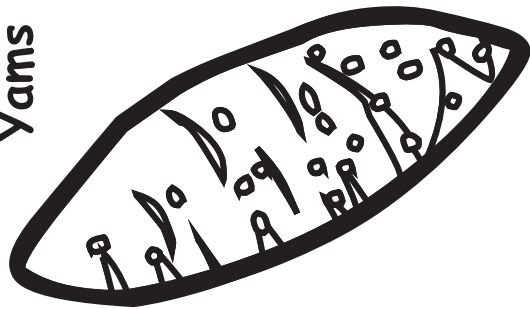


Vegetable Food Images for Kids

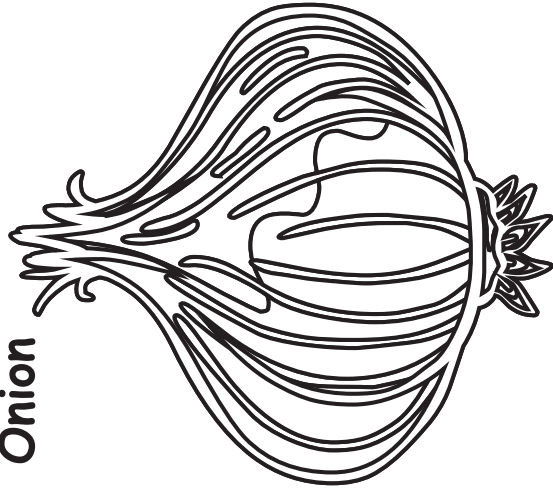
Pumpkin



Yams



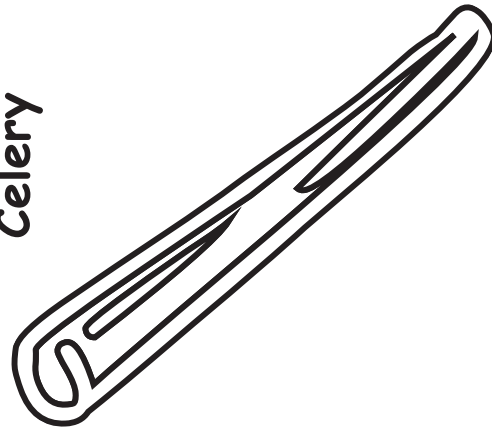
Onion



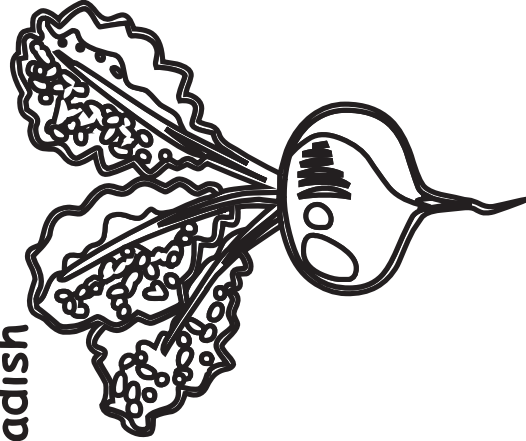
Artichoke



Celery



Radish



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!

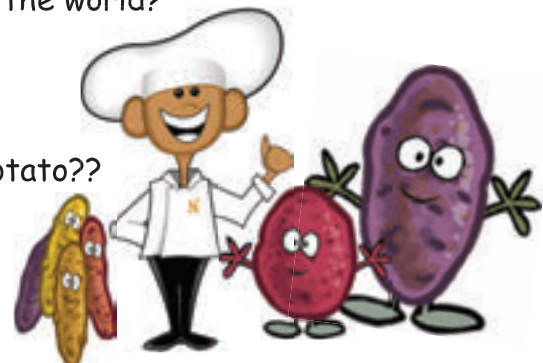
My Plate - Find the Vegetables Activity Sheet

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



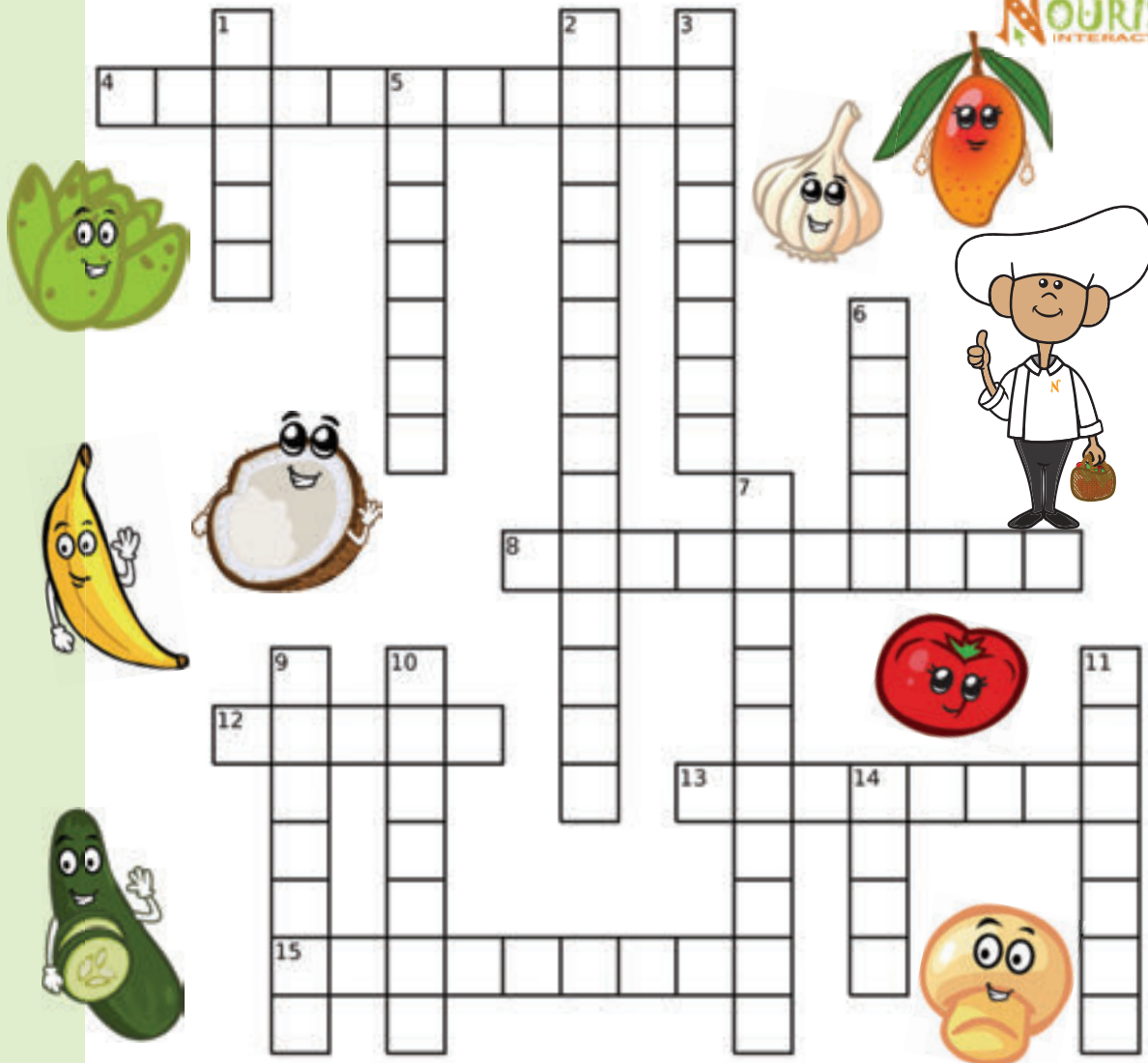


1. Do you know how many pounds of potatoes most people eat a year?
 - a. 227 lbs
 - b. 4410 lbs
 - c. 66 lbs
2. When were potatoes first eaten in North America?
 - a. 1860
 - b. 1719
 - c. 1546
3. Who was given credit for introducing French Fries to America?
 - a. Albert Einstein
 - b. George Washington
 - 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



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!

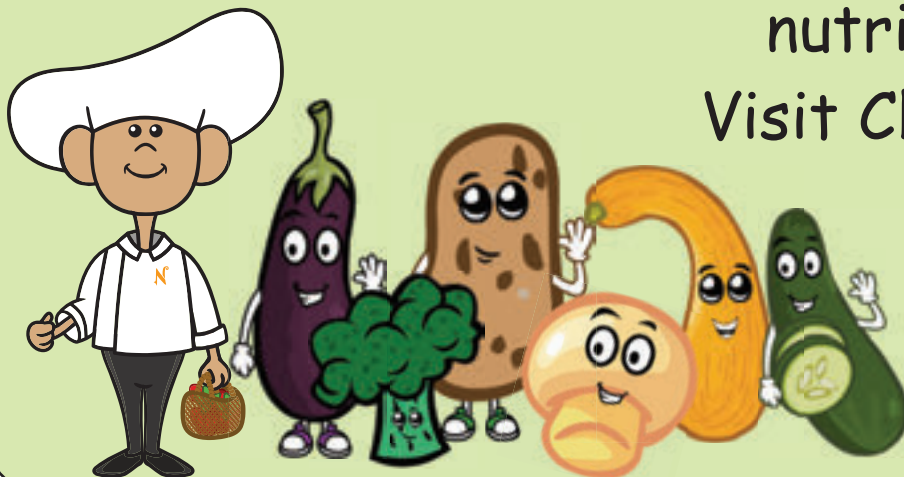
B K T O M A T O S P
A P J R O K L F Z J
C G C N N Q G K X I
A Z I O F E H R P B
R E O P P M V L E H
R V E G G I E E P E
O D P M F J T N P A
T T R Z W S T M E L
S K F I B E R L R T
Q N L I J S H V T H
Y L I W X N E M Z O



BEETS
TOMATO
PEPPER
CARROT
HEALTH
FIBER
VEGGIE

Vegetable Group

For more fun
nutrition games
Visit ChefSolus.com





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Week 4 Activity Worksheets

Chef Solus Protein Group Word search Puzzle!

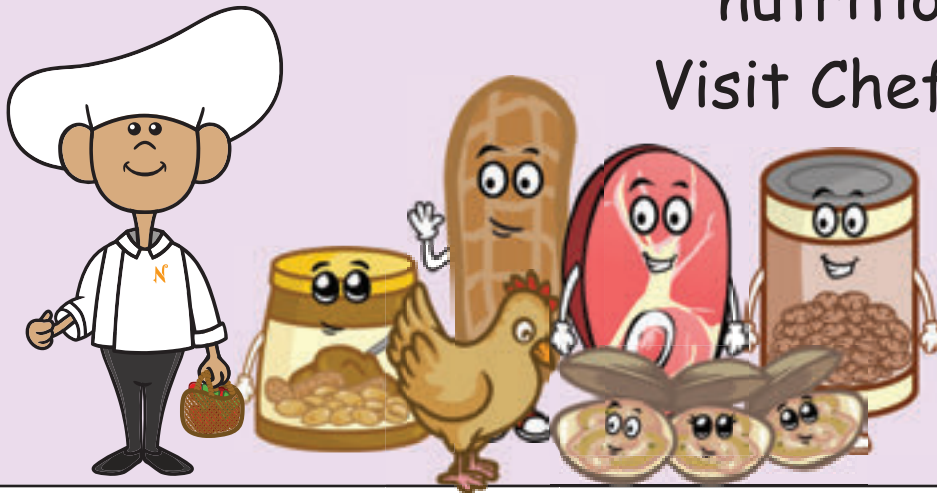
S T U N A E P I L J
 A A K W H K R O P O
 F U G M A U E F F S
 I Y Q N X L X U E G
 S O Y B E A N S E G
 H M V X H K V U B E
 N A E L X S C P T Y
 S N A E B T E I H S
 N I E T O R P E H L
 N E Y F L F Q F D C
 S E L C S U M T A S




























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

Protein Group


























For more fun
 nutrition games
 Visit ChefSolus.com



FOOD GROUPS BINGO CARD

Fruits	Vegetables	Protein	Dairy	Grains
				
				
				
				
				

FOOD GROUPS BINGO CARD

Fruits	Vegetables	Protein	Dairy	Grains
				
				
				
				
				

Day 14: Review – Healthy Eating

Developed by Duane W. Baker, Ph.D., MEd, Coleman, Ph.D., and Charlotte Wallinga, Ph.D. The University of Georgia and F. W. W. State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability. The University of Georgia is committed to principles of equal opportunity and affirmative action. Their materials available at <http://j22222@athleticoextension.org/>



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FOOD GROUPS BINGO CARD

Fruits	Vegetables	Protein	Dairy	Grains

Day 14: Review – Healthy Eating

For more activities, visit eathealthybeactive.net

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FOOD GROUPS BINGO CARD

Fruits	Vegetables	Protein	Dairy	Grains


























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FOOD GROUPS BINGO CARD

Fruits	Vegetables	Protein	Dairy	Grains
				
				
				
				
				


























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FOOD GROUPS BINGO CARD

Fruits	Vegetables	Protein	Dairy	Grains
				
				
				
				
				

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FOOD GROUPS BINGO CARD

Fruits	Vegetables	Protein	Dairy	Grains

Day 14: Review – Healthy Eating

For more activities, visit easthealthybeactive.net

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FOOD GROUPS BINGO CARD

Fruits	Vegetables	Protein	Dairy	Grains

Day 14: Review – Healthy Eating

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FOOD GROUPS BINGO CARD

Fruits	Vegetables	Protein	Dairy	Grains

FOOD GROUPS BINGO CARD

Fruits	Vegetables	Protein	Dairy	Grains

THESE ARE THE FOODS PICTURED ON THE BINGO CARDS. CUT APART THESE FOODS AND PLACE THEM IN A BAG OR BOWL.



Day 14: Review - Healthy Eating

For more activities, visit eathhealthybeactive.net

FOODS PICTURED ON BINGO CARDS



Day 14: Review - Healthy Eating

For more activities, visit eathhealthybeactive.net

FOODS PICTURED ON BINGO CARDS



Day 14: Review - Healthy Eating

For more activities, visit eathhealthybeactive.net

FOODS PICTURED ON BINGO CARDS



Day 14: Review - Healthy Eating

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FOODS PICTURED ON BINGO CARDS



Day 14: Review - Healthy Eating

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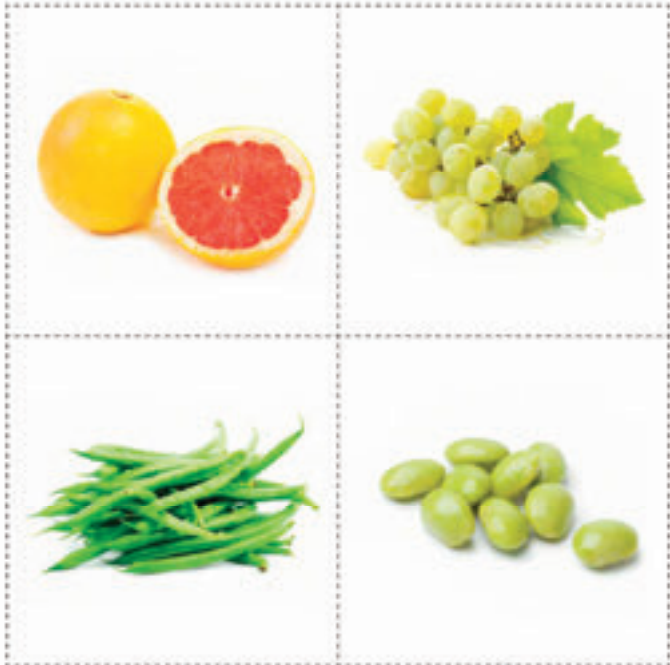
FOODS PICTURED ON BINGO CARDS



Day 14: Review - Healthy Eating

For more activities, visit eathhealthybeactive.net

FOODS PICTURED ON BINGO CARDS



Day 14: Review - Healthy Eating

For more activities, visit eathhealthybeactive.net

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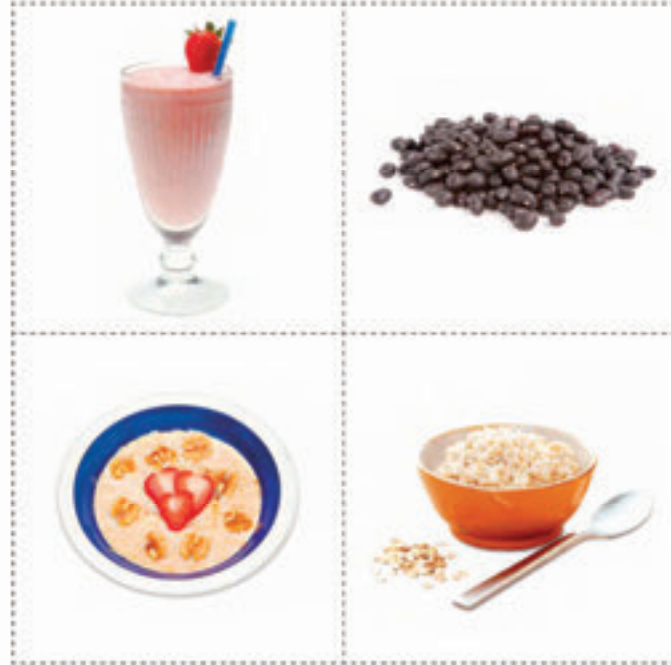
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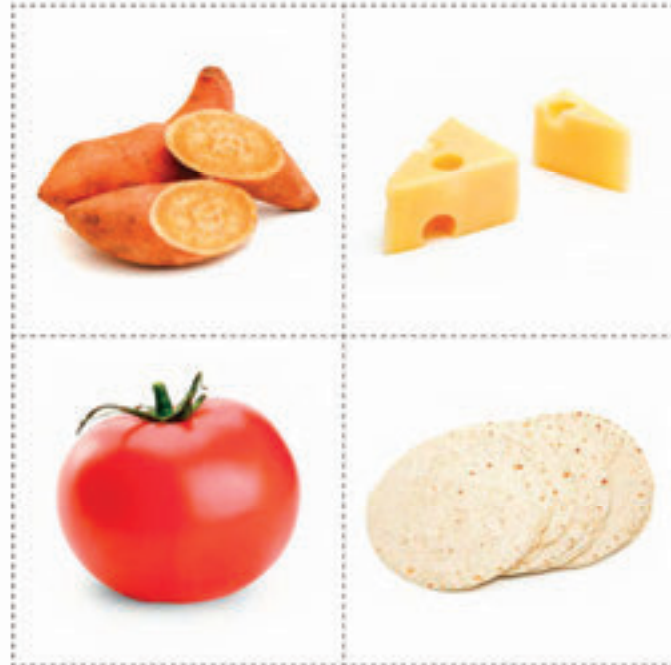
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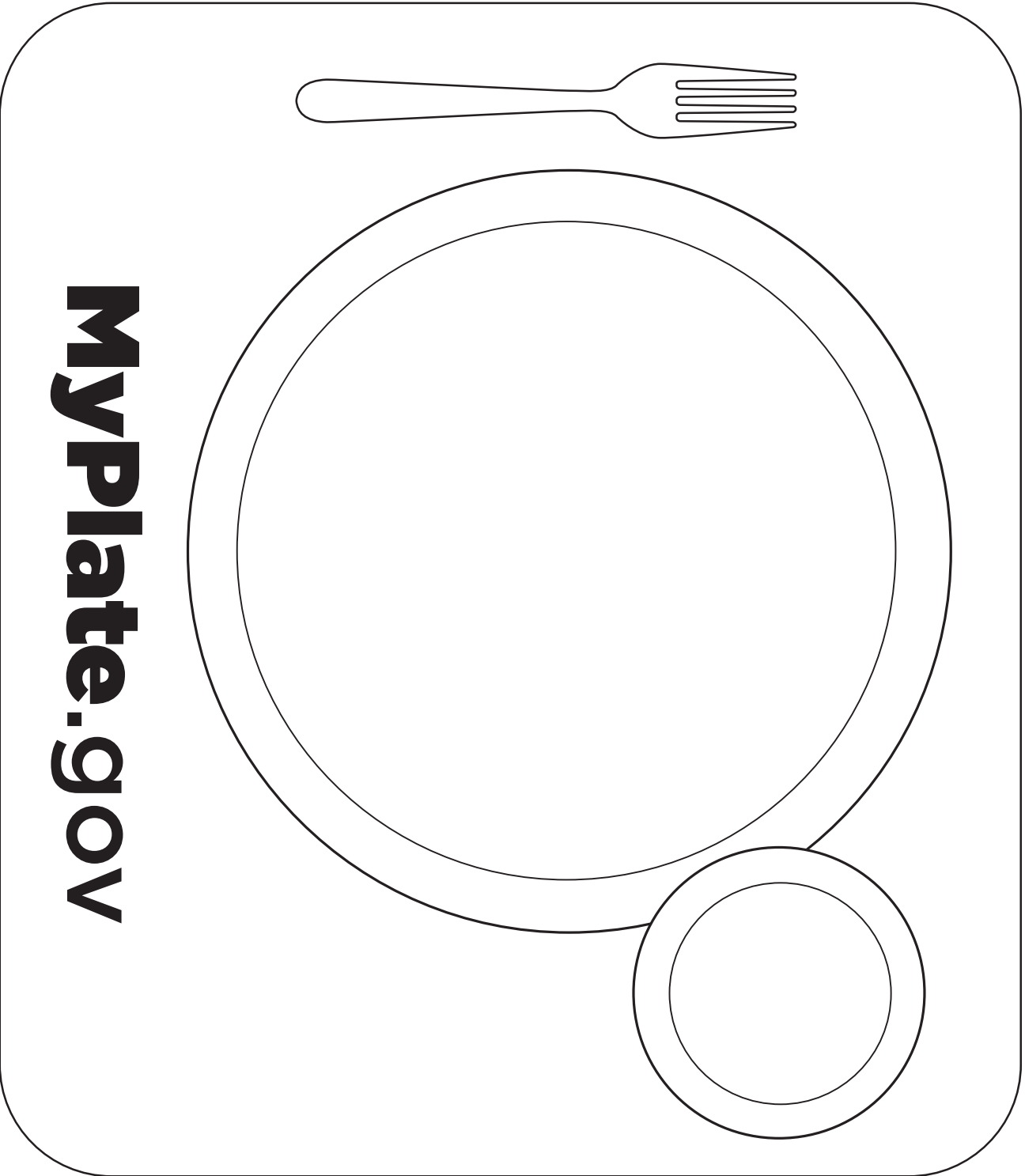


Sponsored by UnitedHealthcare

Week 5 Activity Worksheets



United States
Department of
Agriculture



Week 5 Level Up Activity: Make a Meal Plan

Based on everything you have learned so far, we know that a variety of foods and 3 meals a day are important!

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 for your meal plan (can you find ways to include more food groups at each meal)?

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



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.



DRAW FOOD HERE!

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.



Week 5 of Kids in the Kitchen: Breakfast and Snacks

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

snack

chocolate chips

cranberries

apple

breakfast

raisins

honey

sunflower seeds

oats

peanut butter

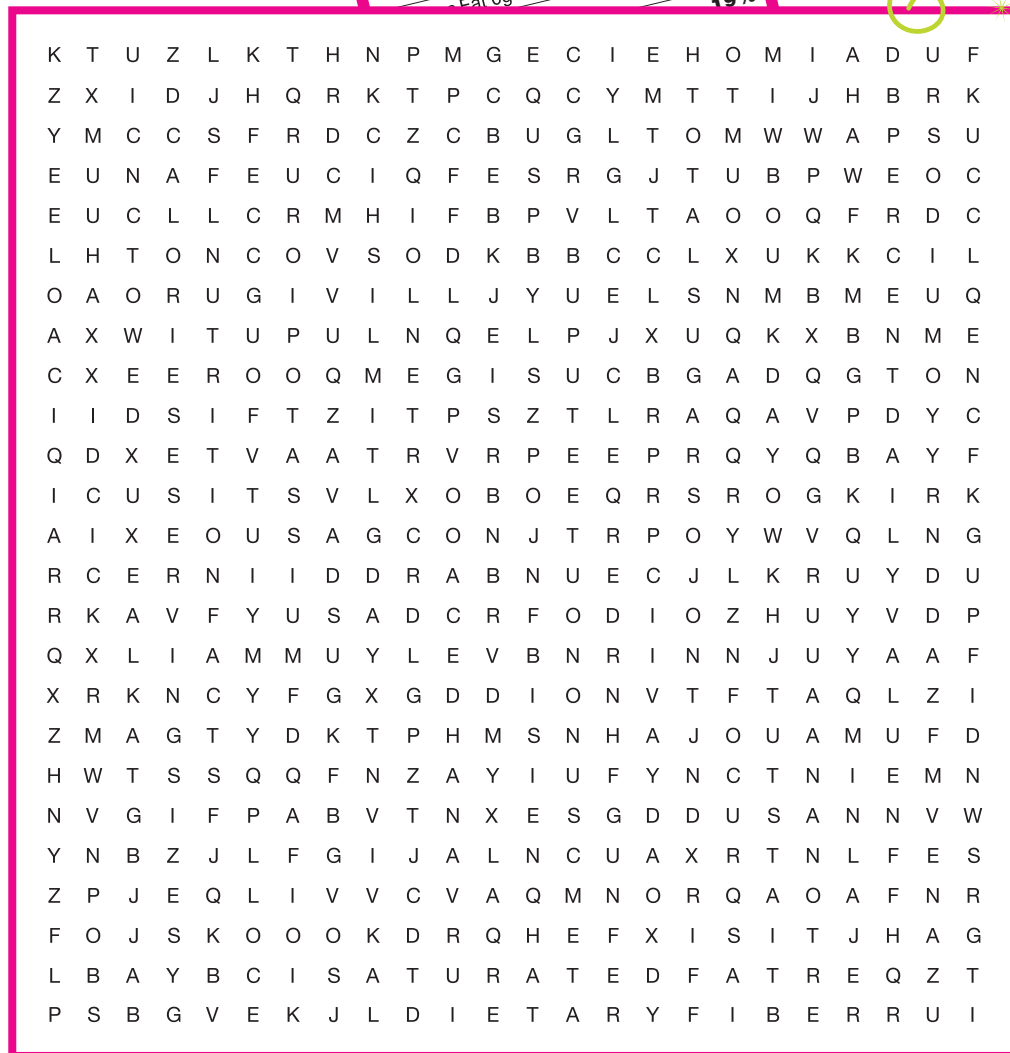
Make Smart Choices!

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!

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.

Nutrition Facts

Read the Label

