

HEALTHY FOOD HUNT

Let's go on an adventure to find healthy foods!

Healthy foods help your body grow and give you energy to play! Healthy foods are good for you.

Foods like fruits and vegetables are healthy foods! In this book, we call vegetables veggies for fun. Vegetables can be fun to eat! You should eat healthy foods like fruits and veggies every day.

Can you think of a healthy food? Draw it here.

HEALTHY FOOD HUNT

Let's see how many healthy foods you can find in your kitchen!

What You'll Learn

Play this game to learn which foods are good for you to eat so you can be healthy. Get ready to search for healthy foods in your kitchen.

HOW TO PLAY

Get Ready to Play:

1. Get a pencil.
2. Use the picture chart on the next page.

Play:

Go hunting.

1. Look to find foods you see on the picture chart in your kitchen. Look in the refrigerator. Look in the pantry.
2. What can you find? Circle all the healthy foods you see in your kitchen.
3. You can also play this game with a brother or sister or friend. See who can find 4 foods in a row first.

Remember:

Healthy foods are great! Remember to look for healthy foods when you are hungry.

Share With Mom or Dad:

Ask to hang your Healthy Food Hunt on the refrigerator or on a kitchen cupboard. Use your game to remind you of healthy foods in your kitchen that you can eat.

Maybe Mom or Dad can use your game to help make the grocery list.

Healthy Food Hunt

How many foods can you find? Circle each food you find in the kitchen.



Apples



Carrots



Milk



Popcorn



Grapes



Celery



Green Beans



Banana



Cheese



Orange



Cabbage



Bread



Water



Chicken



Black Beans



Eggs