

Feel Good! Eat Healthy!

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



CALIFORNIA
wic
WOMEN, INFANTS & CHILDREN



United Health Centers
of the San Joaquin Valley

WIC Program
1-888-638-7177

Feel Good! Eat Healthy!



This book belongs to

**The best part of eating healthy foods
is how good they make you feel!**



**Food gives you energy. It helps you grow.
It helps keep our bodies and minds in great shape.**

**Healthy eating means that you choose to eat the right mixture of foods every day like fruit, vegetables, grains, milk, meat, fish and nuts.
Orange you ready to eat healthy? Peas!**



Bread-er explain grains.



**Grains are in bread, cereal, rice and pasta.
Whole grains like 100% wheat bread, brown rice and
oatmeal are even healthier.**

**Lettuce talk about
the importance of vegetables.**



**Popeye was right about spinach! Dark green and yellow
veggies are the healthiest. But broccoli, zucchini, cauliflower
and asparagus are yummy, too!**

Fruit is juicy, sweet and fun to eat. Apples, oranges, cherries, grapes, pears and bananas are yummy and they come in all the colors of the rainbow!



Moo to you, too!



**Milk, yogurt and cheese have calcium
that builds strong bones!**

Meat, poultry, fish, dried beans, eggs and nuts are called protein.



You should eat protein rich foods each day!

Tired?
Grouchy?
Choose a
healthy
snack.



Fruit, nuts, yogurt, cut-up veggies, popcorn, peanut butter crackers, cheese or a piece of whole-grain bread are all snacks that are healthy!

In the Mood for Food?

Try Ants on a Log!

- 1. Spread peanut butter in the u-shaped part of celery, from one end to the other.**
- 2. Press raisins gently into the peanut butter.**
- 3. Crunch and enjoy your Ants on a Log!**
- 4. Yummy!**



WORD SALAD

THE WORDS ARE
ALL TOSSED AROUND.

Can you unscramble the words?

HINT: The word begins with the letter in black

1. ctute**le** _____

2. moat**ot** _____

3. roc**a**tr _____

4. in**oo**n _____

5. rec**l**ey _____

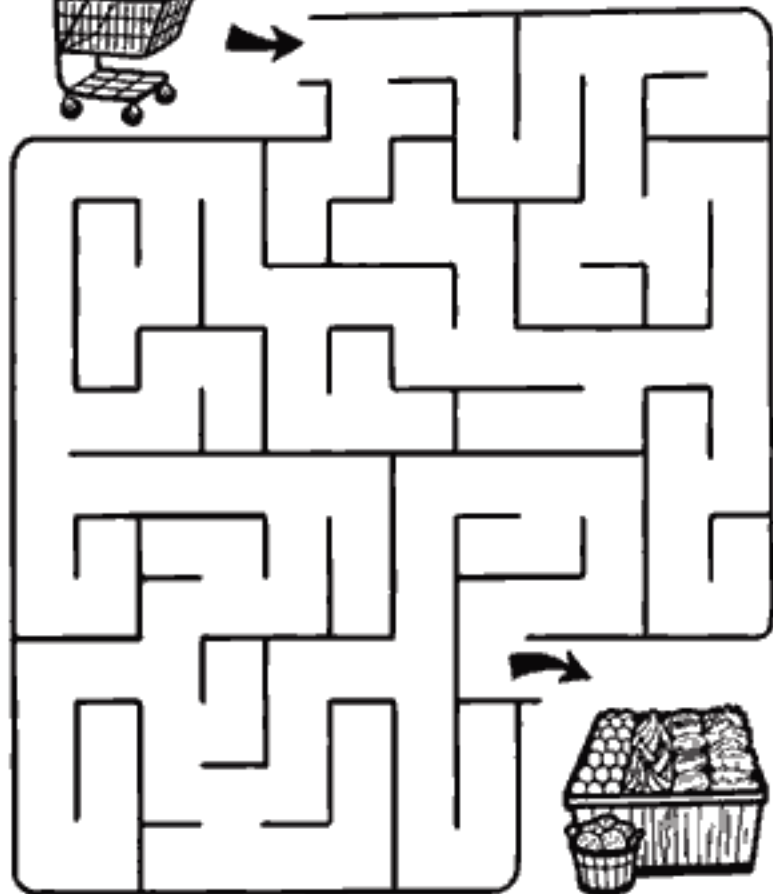
6. shid**a**r _____

7. pr**p**epe _____

8. ot**p**tao _____

FOOD FUN MAZE!

Find your way through the grocery store
to the fruit and vegetable department.



FIND THE WORDS

Can you find these hidden words
in the puzzle and circle them?

Banana

Celery

Onion

Beans

Peach

Tomato

Carrot

Apple

Grape

Corn

| | | | | | | |
|---|---|---|---|---|---|---|
| T | B | A | N | A | N | A |
| O | E | P | E | A | C | H |
| M | A | P | P | L | E | C |
| A | N | D | E | K | L | O |
| T | S | C | O | R | E | R |
| O | N | I | O | N | R | N |
| G | R | A | P | E | Y | F |
| Q | C | A | R | R | O | T |

WHICH ONE IS DIFFERENT?



What are some Healthy Eating tips?



Fill in the missing word.

1. You should eat _____
bread every day!
2. Food gives you _____.
3. Strong bones need calcium
found in _____ and _____.
4. Eat fruits and veggies for a
healthy _____.

Food Funnies

QUESTIONS:

1. Why did the boy sprinkle sugar on his pillow before he went to sleep?
2. Why don't seagulls fly over the bay?
3. What do you get from a pampered cow?
4. Why did the tomato turn red?
5. Have you heard the joke about the butter?
6. What are two things you cannot have for breakfast?
7. How do you know carrots are good for your eyes?



ANSWERS:

1. So he could have sweet dreams. 2. Because then they would be called beach! 3. Spoiled milk. 4. It saw the salad dressing! 5. I better not tell you, it might spread. 6. Lunch and dinner. 7. Because you never see carrots wearing glasses!

Feel Good! Eat Healthy!

*I promise to eat healthy foods
and do everything I can to keep my body
and mind in great shape!*

Sign your name here



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