

Name _____

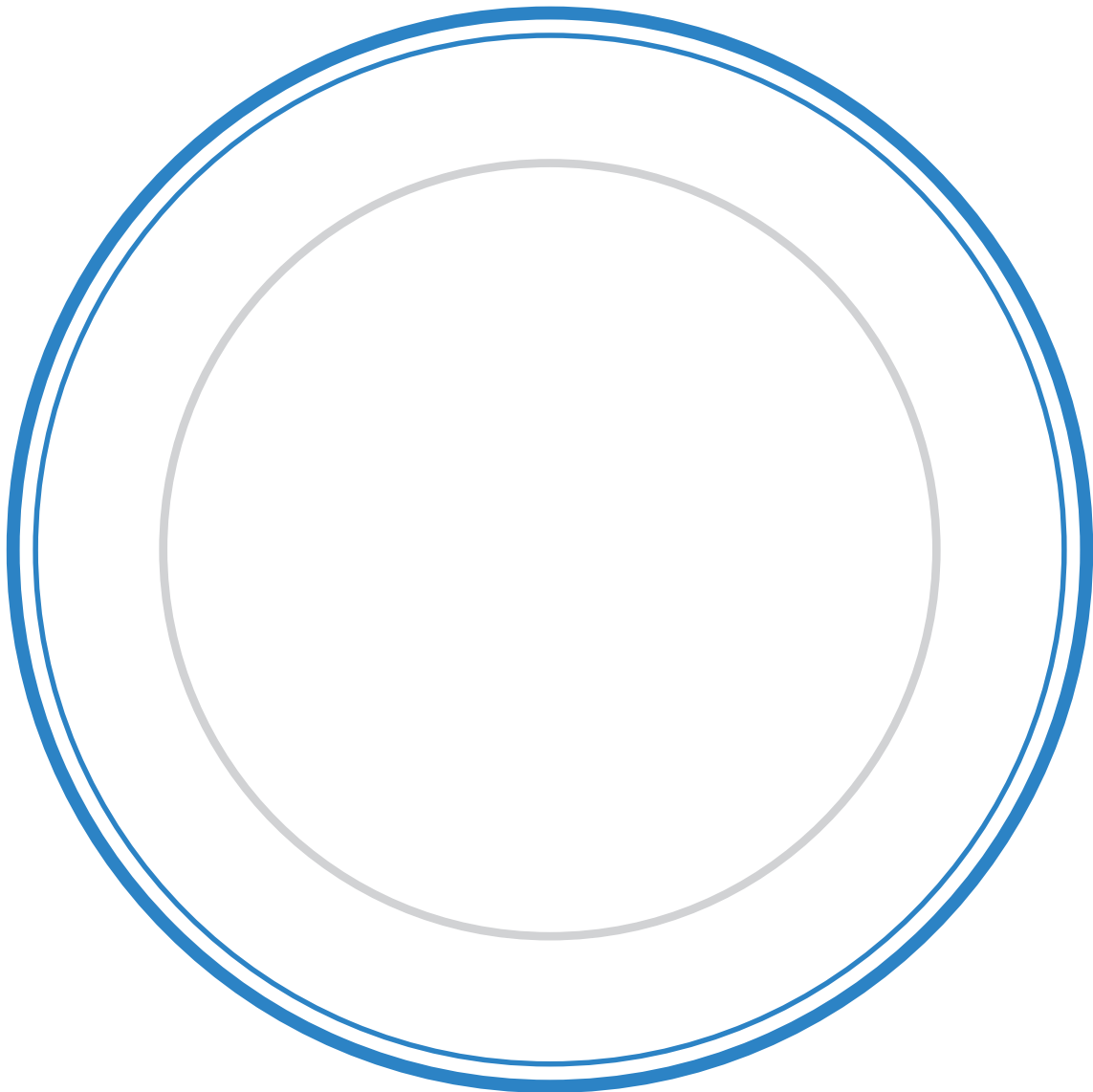


Healthy Food Hunt

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! 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.



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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.

What You Need:

1. A pencil
2. 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 sibling or friend. See who can find four foods first.



Remember:

Healthy foods are great!

Look for healthy foods when you are hungry.

Share With a Grown-Up:

- 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 a grown-up can use your game to help make the grocery list.

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Healthy Food Hunt

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

Fruits



bananas

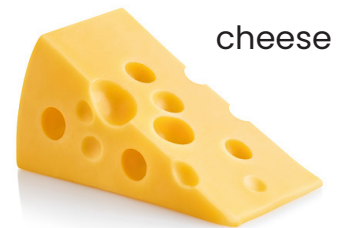


orange

Dairy



milk



cheese



yogurt

Grains



whole-grain bread



oats

Vegetables



leafy greens



carrots

Proteins



beans



eggs



chicken



green beans