

**STOP LOOK & learn**™

# **Eat Right, Eat Healthy**

**An Educational Coloring & Activity Book**





**Unscramble  
the  
words.**



1. tshaigetp \_\_\_\_\_

2. cbolcroi \_\_\_\_\_

3. yukret \_\_\_\_\_

4. ametosot \_\_\_\_\_

5. elgaebvets \_\_\_\_\_

6. elyahth \_\_\_\_\_

7. naabsan \_\_\_\_\_

8. tintorusiu \_\_\_\_\_

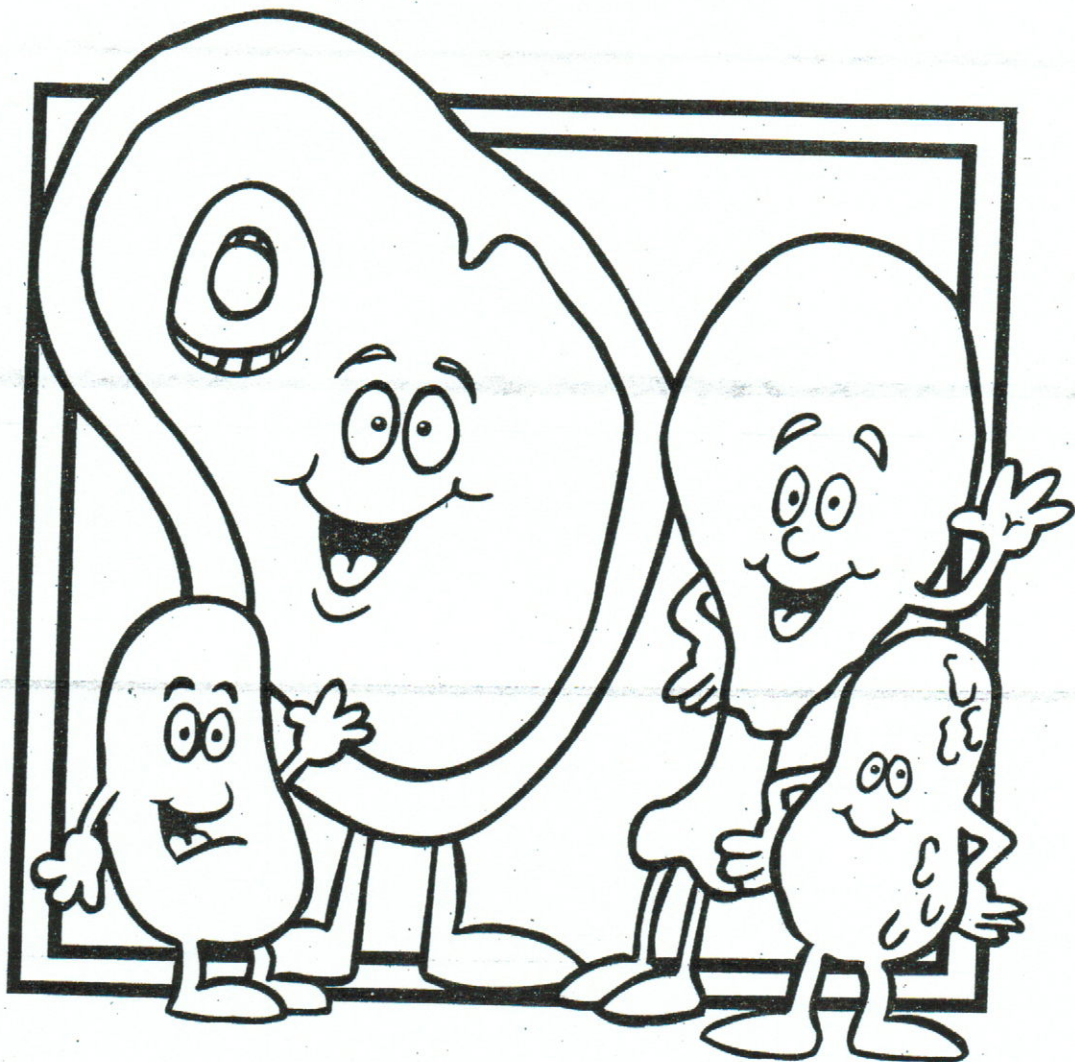
ANSWERS: 1. spaghetti 2. broccoli 3. turkey 4. tomatoes 5. vegetables 6. healthy 7. bananas 8. nutritious



### **Milk, Yogurt & Cheese Group**

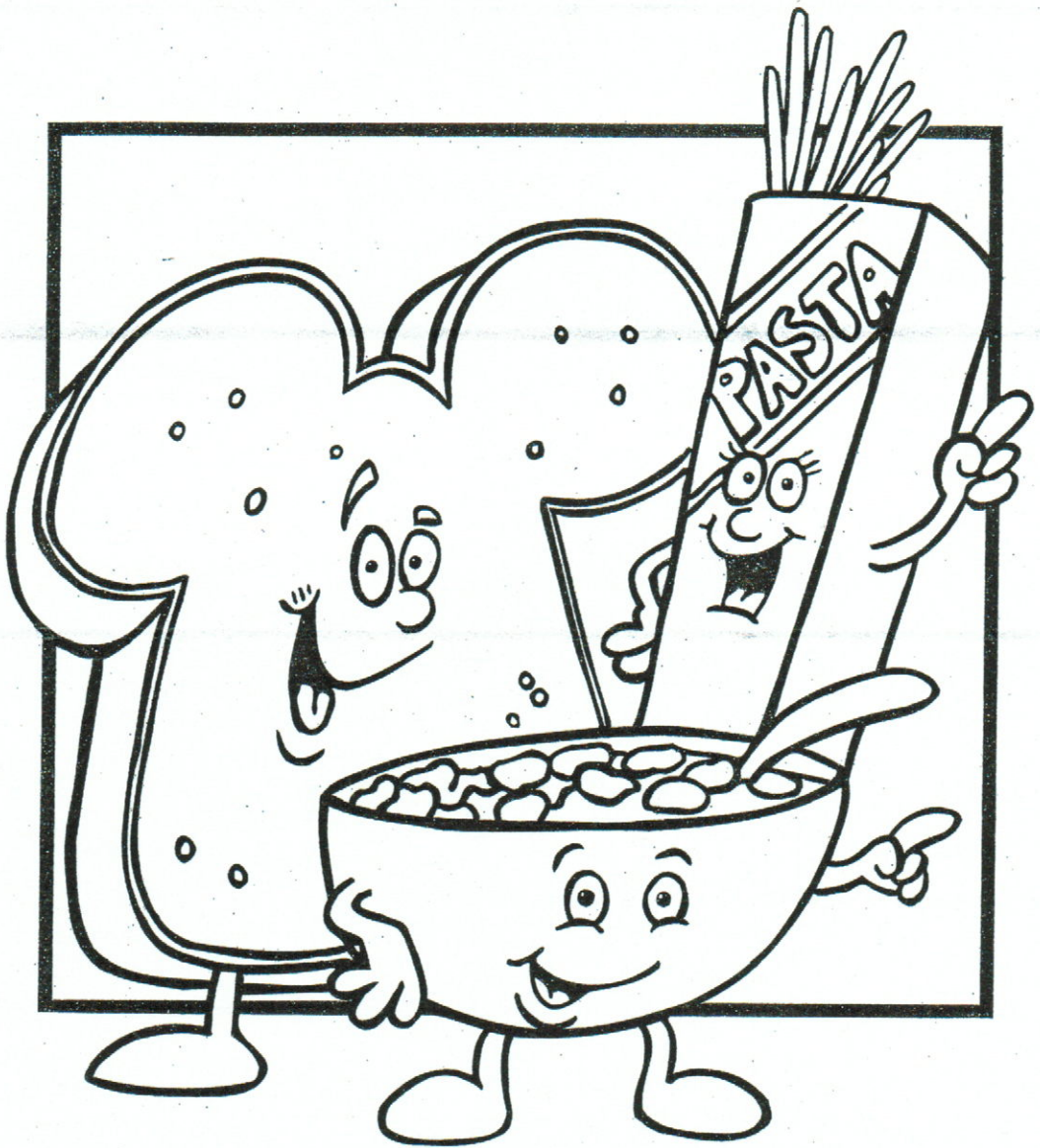
You should eat at least 2-3 servings every day from this food group. It'll help you grow strong bones and teeth!





**Meat, Poultry, Fish,  
Eggs, Nuts & Dry Beans**

This is the food group for protein. You will need to eat 2-3 servings from this group every day.



## **Bread, Cereal, Pasta & Rice**

To get the nutrients you need you should eat at least 6-11 servings every day.



**Your body needs a balanced diet to grow up strong and healthy. A balanced diet means eating the right amount of daily servings from the four basic food groups.**

### **What will you eat today?**

Write down what you have eaten for an entire day. That means everything! Go over the list at the end of the day to see if you are eating a balanced diet.

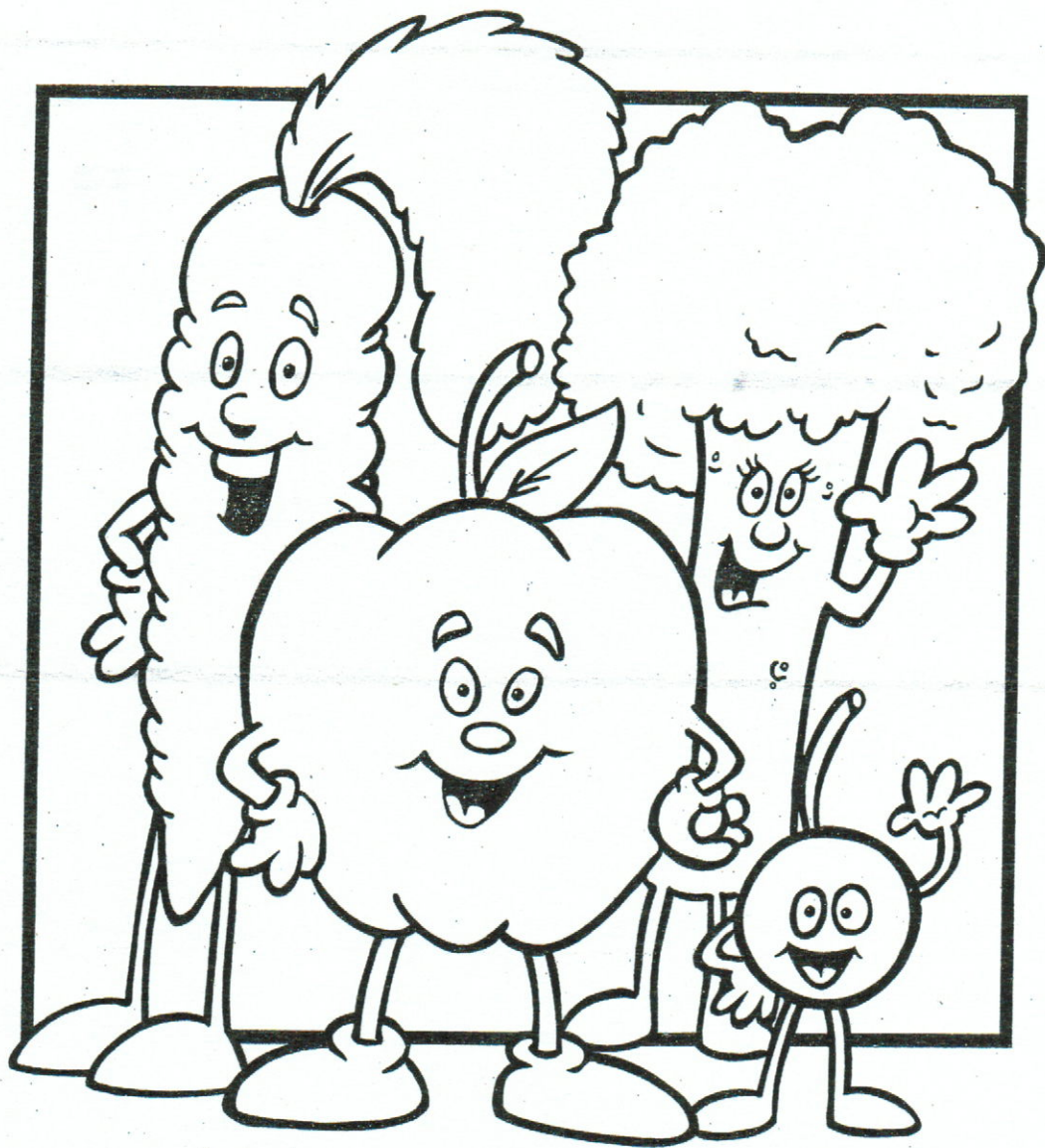
#### **Breakfast**

#### **Lunch**

#### **Dinner**

#### **Snacks**





## **Fruit & Vegetable Group**

To get the nutrients you need you should eat at least 2-4 servings of fruit and 3-5 servings of vegetables every day.

How many words can you make  
using the letters in

# VEGETABLES

.....





**WATCH OUT!**  
Be sure to  
balance  
your diet  
with healthy  
snacks too!



**Don't eat  
too much!**



**Shop wisely!**

Watch for foods that contain sugar and fat. You don't want to eat too many of these foods. Food packaging is labeled and lists how much of each ingredient is in what you are buying.



**Find and circle the words  
in the puzzle.**

VEGETABLES

MEAT

MILK

BREAD

BEANS

EXERCISE

APPLE

BALANCED

CHICKEN

PASTA



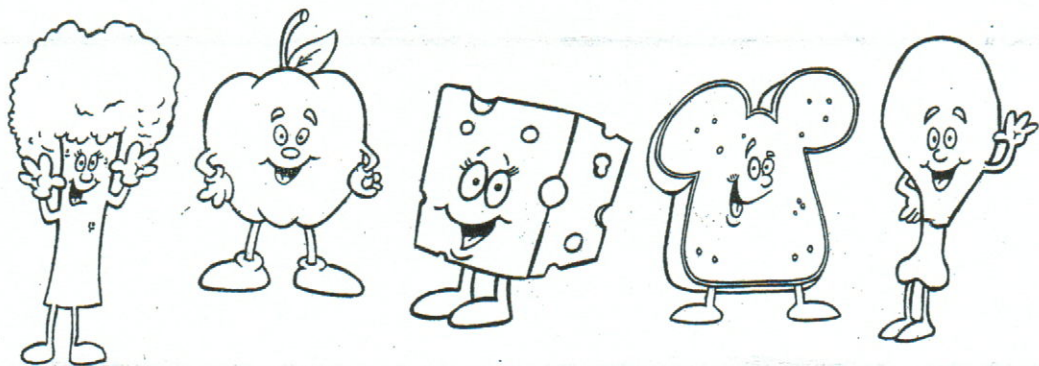
**Healthy foods  
taste good too!**



**Take good care of yourself!**

Eating a balanced diet, exercising, and getting plenty of rest  
will help you grow up healthy!



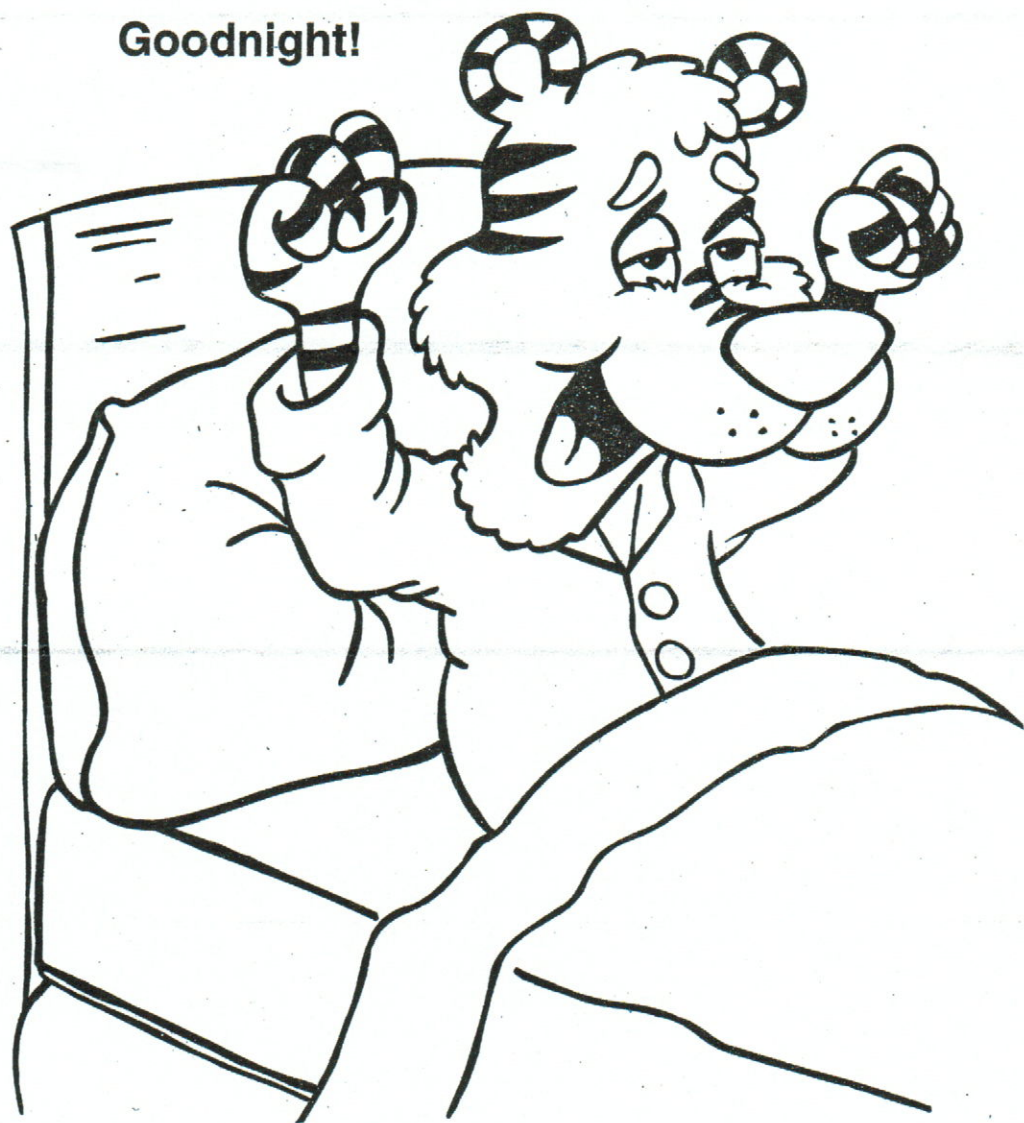


## Can you fill in the missing words?

1. Your body needs a \_\_\_\_\_ diet to grow up strong and healthy.
2. You should eat at least 2-4 servings of \_\_\_\_\_ and 3-5 servings of \_\_\_\_\_ every day.
3. Meat, poultry, fish, eggs, nuts and dry beans is the food group for \_\_\_\_\_.
4. The milk, yogurt and cheese group will help you grow strong \_\_\_\_\_ and \_\_\_\_\_!
5. Watch for foods that contain sugar and \_\_\_\_\_. Don't eat too much!
6. Don't forget to get plenty of \_\_\_\_\_ and rest!

ANSWERS: 1. balanced 2. fruit, vegetables 3. protein  
4. bones, teeth 5. fat 6. exercise

**Goodnight!**

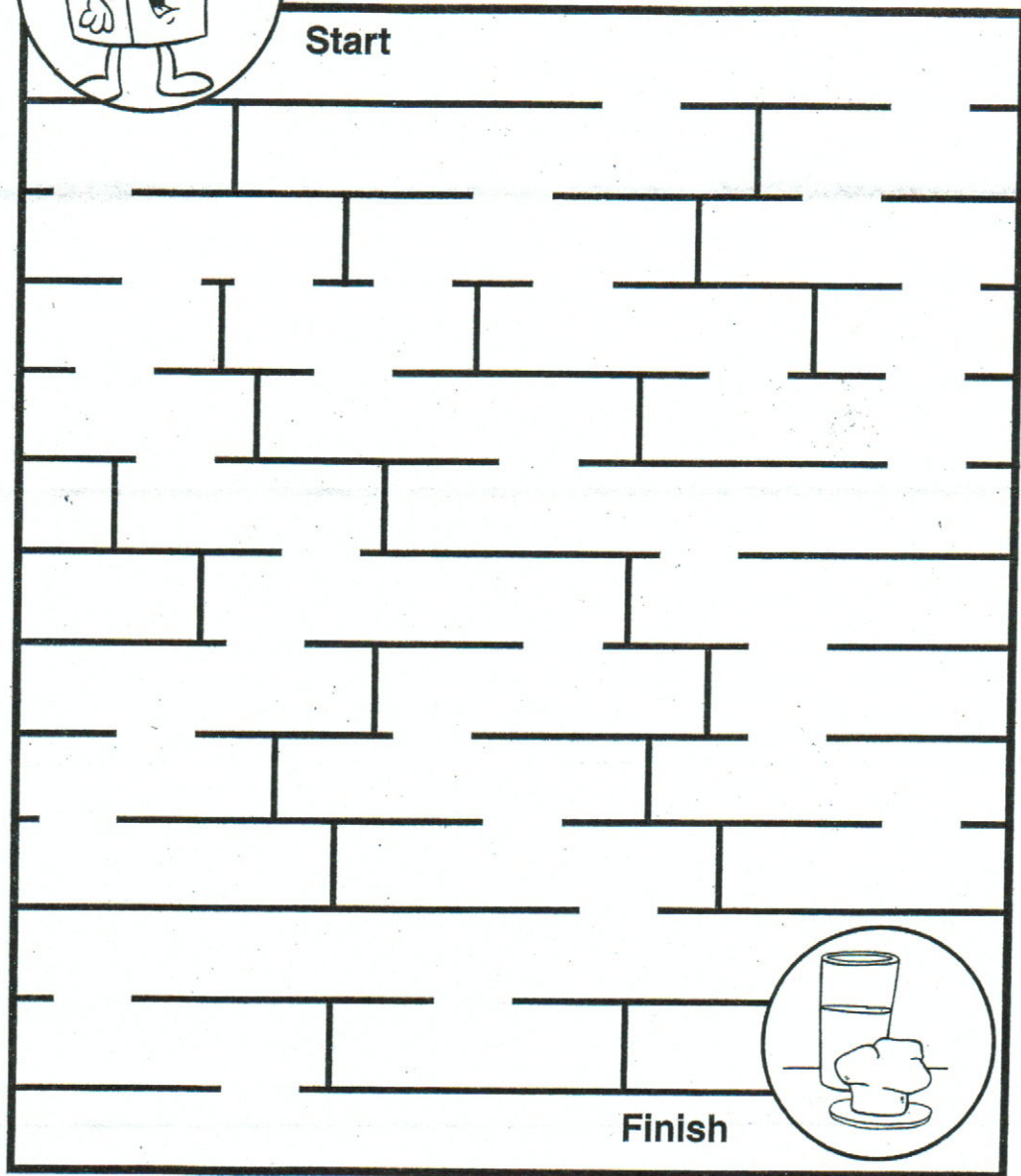


There is something else that is very important too! Your growing body needs lots of rest. Be sure to get enough sleep every night!

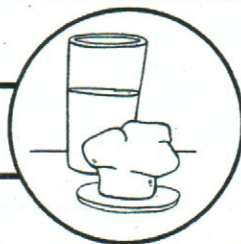


Find your way  
through the maze!

Start

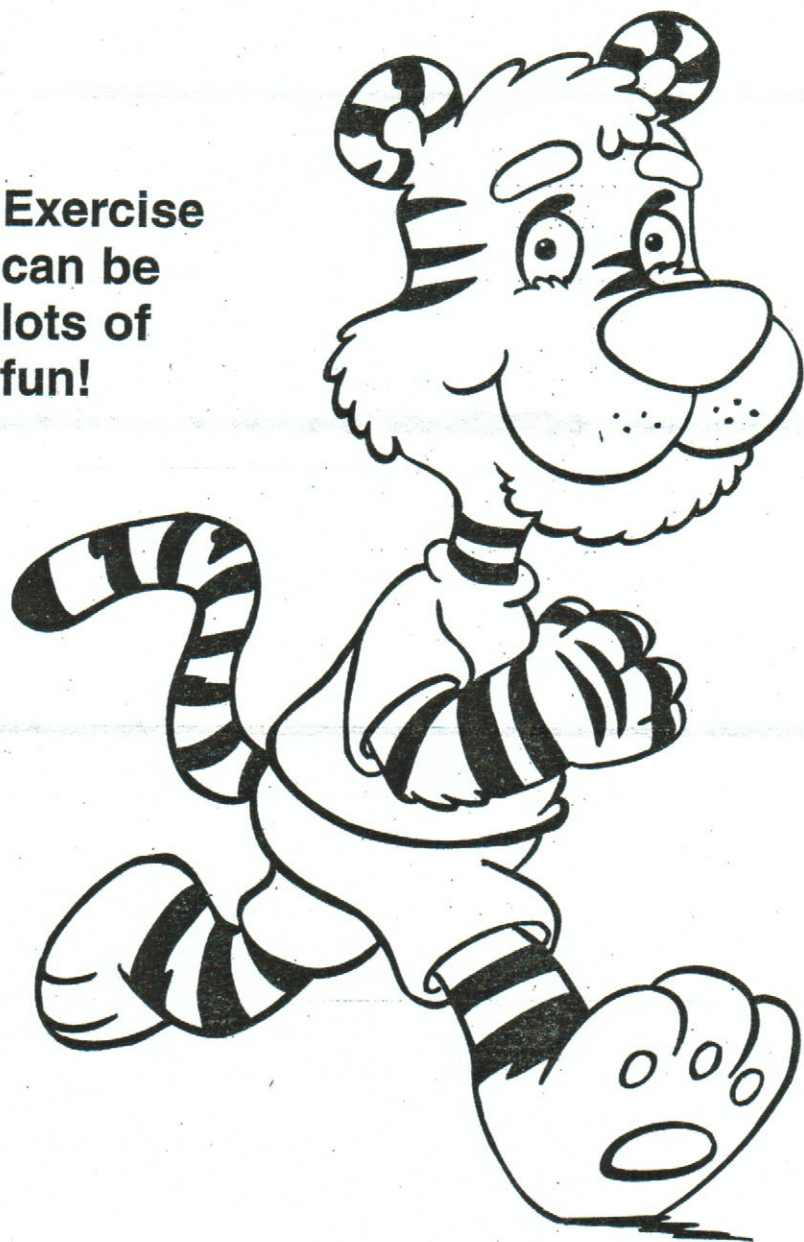


Finish





**Exercise  
can be  
lots of  
fun!**



Your body also needs lots of exercise to stay healthy. What do you like to do?

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# Eat Right, Eat Healthy

I, \_\_\_\_\_, will  
(PRINT YOUR NAME)

try and eat a healthy, balanced diet  
every day. I'll also make certain to  
get plenty of exercise and rest.

I want to grow up healthy!

\_\_\_\_\_  
(YOUR SIGNATURE)