Trace the Letter & Color the Food

Fill in your own picture inside of these
**WORD SCRAMBLE**

Use the letters below to spell out the name of the object

**FRUITS**

**BEGINNER**
- epalp
- abnnana

**INTERMEDIATE**
- cjriakf
- enodhwyey

**MASTER**
- tcjriakf
- enodhwyey

**VEGGIES**

**BEGINNER**
- croatrr
- ecrley

**INTERMEDIATE**
- ishncap
- abcceaabg

**MASTER**
- rgual
- caihrcodi

*CHECK YOUR WORK!*

Beginner: apple, banana, carrot, celery
Intermediate: coconut, apricot, spinach, cabbage
Master: jackfruit, honeydew, arugula, radicchio

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Color YOUR PLATE

Not sure what to put on your plate? Check out the back side for some suggestions!

Visit choosemyplate.gov for more resources
Color YOUR PLATE

Fruits

Grains

Veggies

Protein

Visit choosemyplate.gov for more resources
COLOR BY NUMBERS
SATURDAY FARMER’S MARKET

1 - red, 2 - orange, 3 - yellow, 4 - green, 5 - blue, 6 - purple, 7 - pink, 8 - brown, 9 - tan
COLOR THE rainbow
lunch time match-up

MATCH THE FOOD ITEM TO IT'S SOURCE! (LOOK AT MILK FOR AN EXAMPLE)

SEE FLIP-SIDE FOR ANSWERS!
lunch time match-up

MATCH THE FOOD ITEM TO IT’S SOURCE! (LOOK AT MILK FOR AN EXAMPLE)