

Eat Smart and Move More



Name

Date

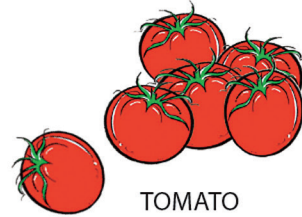
1. Circle kids being active.



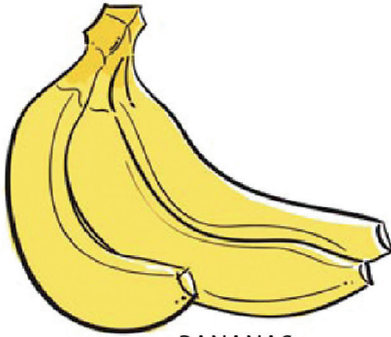
2. Circle healthy snacks.



FRENCH FRIES



TOMATO



BANANAS



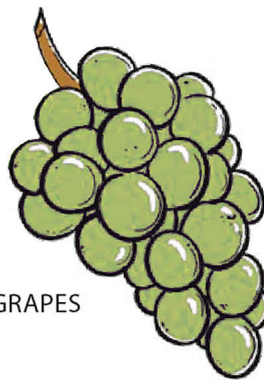
YOGURT

/ 4

3. Circle vegetables.



BROCCOLI



GRAPES



APPLE



GREEN BEANS

/ 4

4. Circle dairy foods.



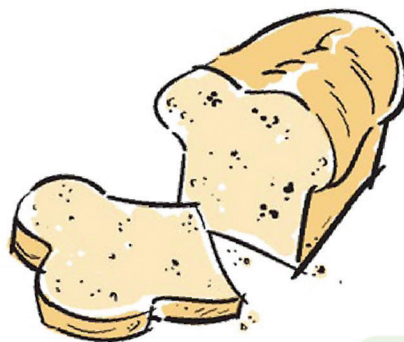
EGG



MILK



CHEESE



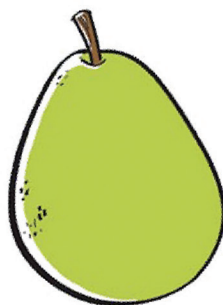
BREAD

/ 4

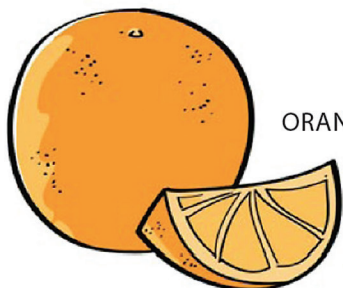
5. Circle fruits.



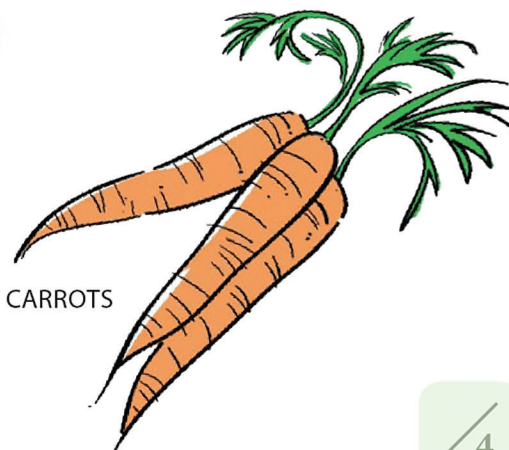
STRAWBERRIES



PEAR



ORANGE



CARROTS

/ 4

6. Circle kids who should wash their hands before eating.



4

For Staff

This tool is for students in kindergarten, 1st or 2nd grade.

Curriculum

Grade

School

Teacher



The Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA). USDA is an equal opportunity provider and employer.

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