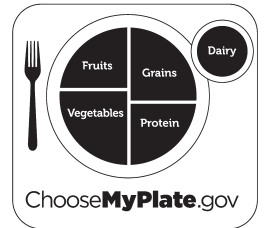


STOP LOOK & learn™

Eat Right, Eat Healthy

An Educational Coloring & Activity Book





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 five basic food groups.

What will you eat today?

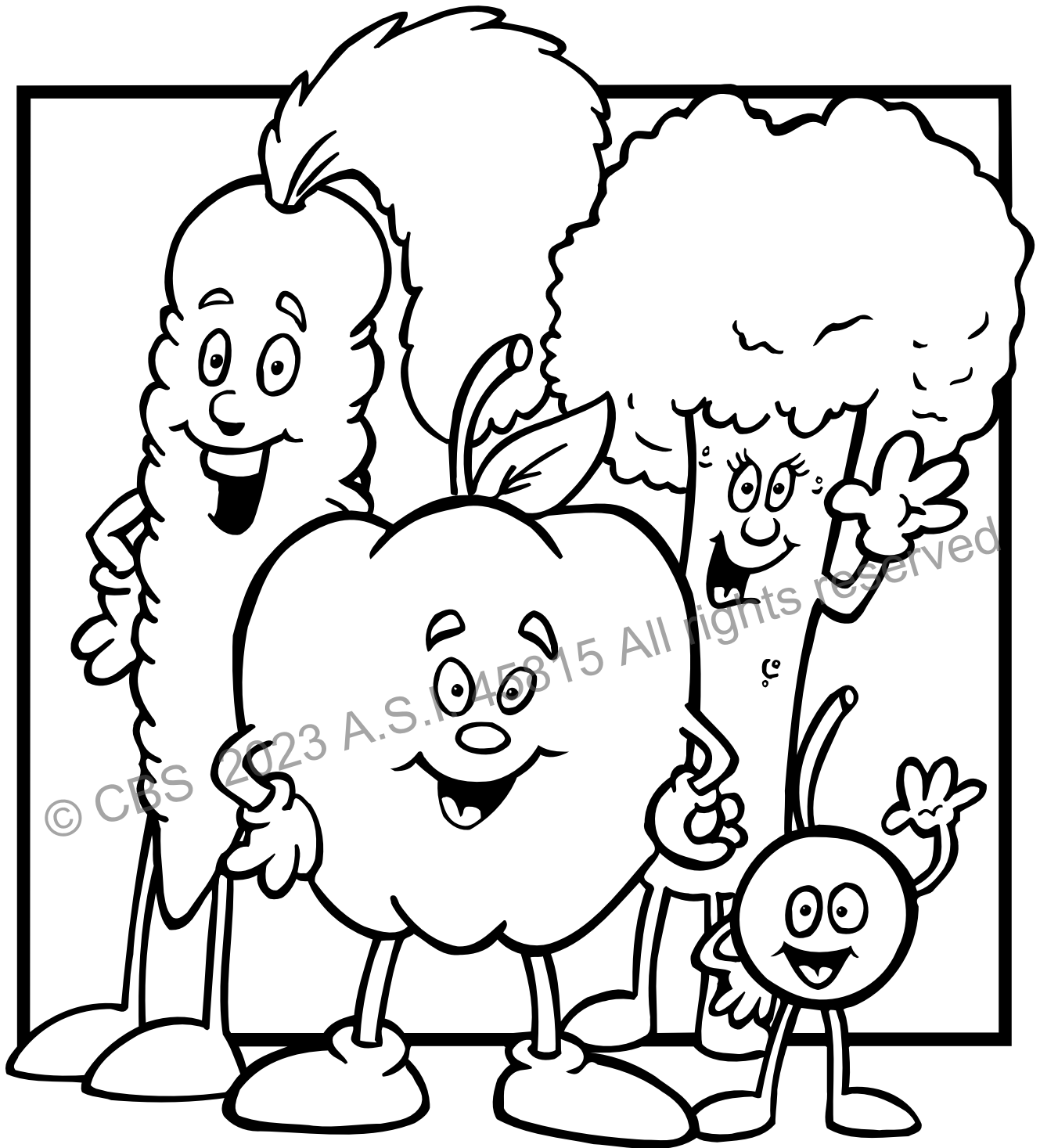
Write down what you have eaten for an entire day. That means everything! Go over the list at the end of the day to see if you are eating a balanced diet.

Breakfast

Lunch

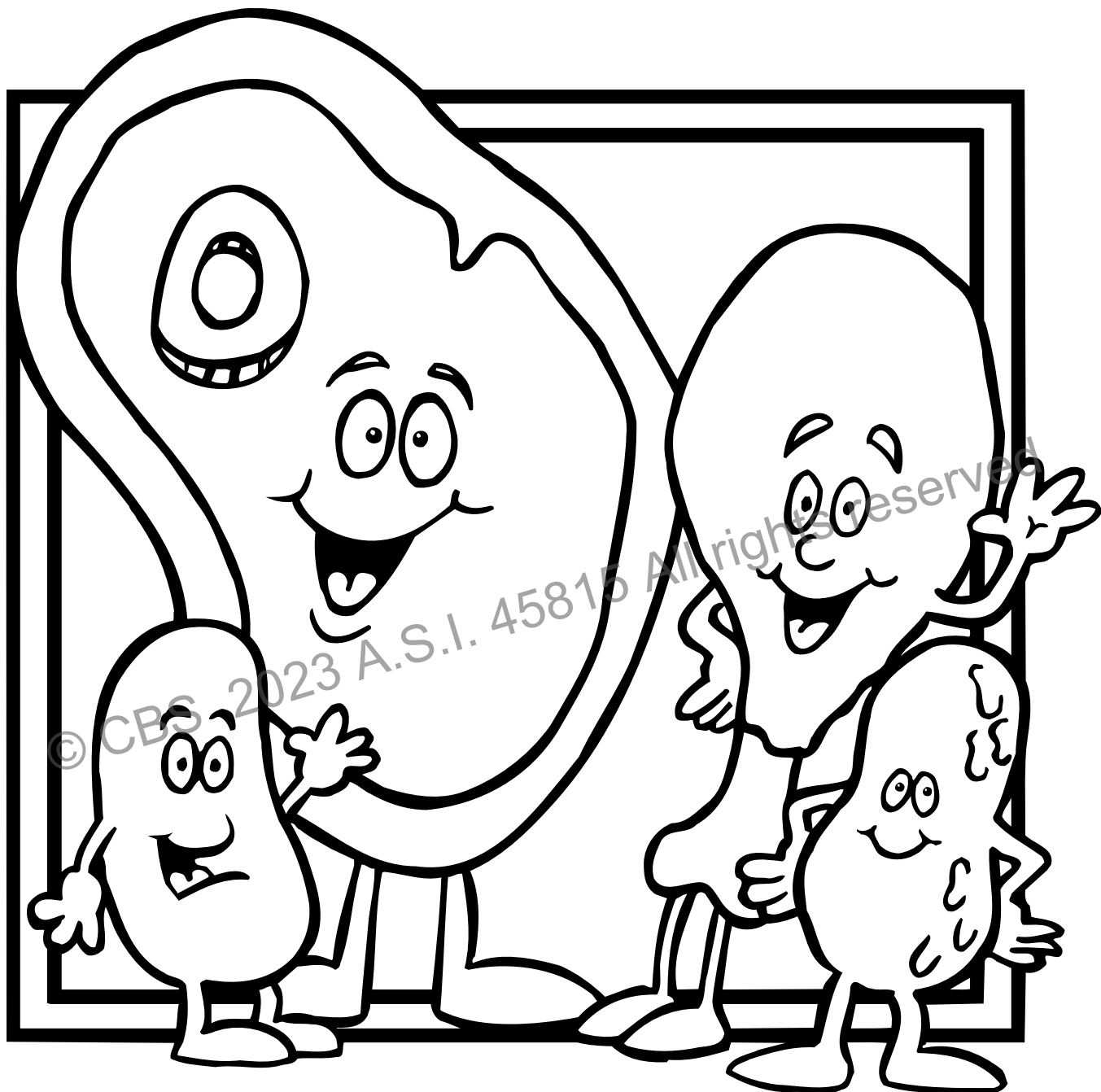
Dinner

Snacks



Fruit & Vegetable Group

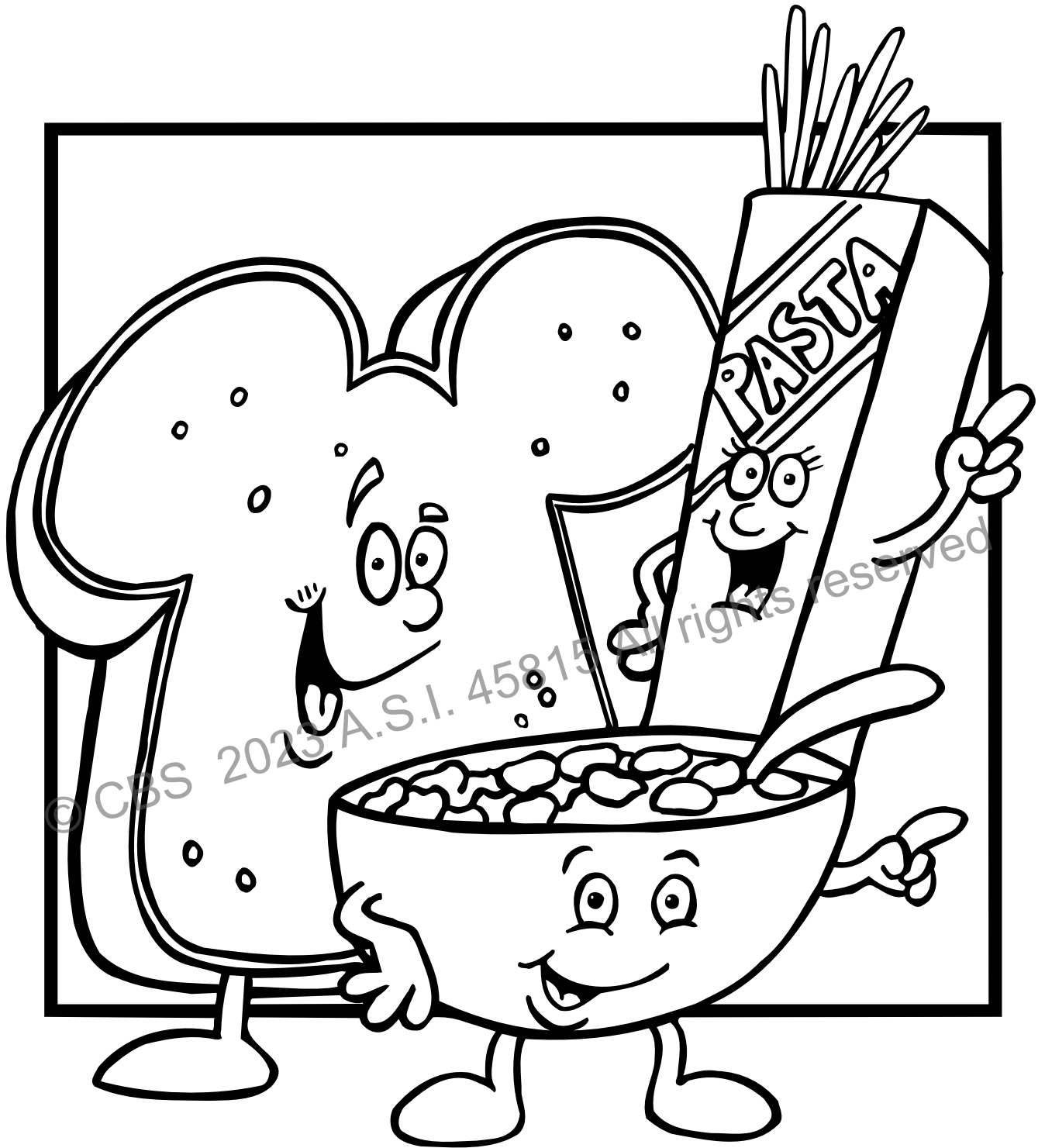
Make half your plate vegetables and fruits.
Vary your veggies and focus on whole fruits.



Protein Group

Go lean with protein.

Try choosing products that are low or free of fat and sodium.



Grains Group

Make at least half your grains whole grains.
Look for whole grain bread, cereal, pasta, and rice.



**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

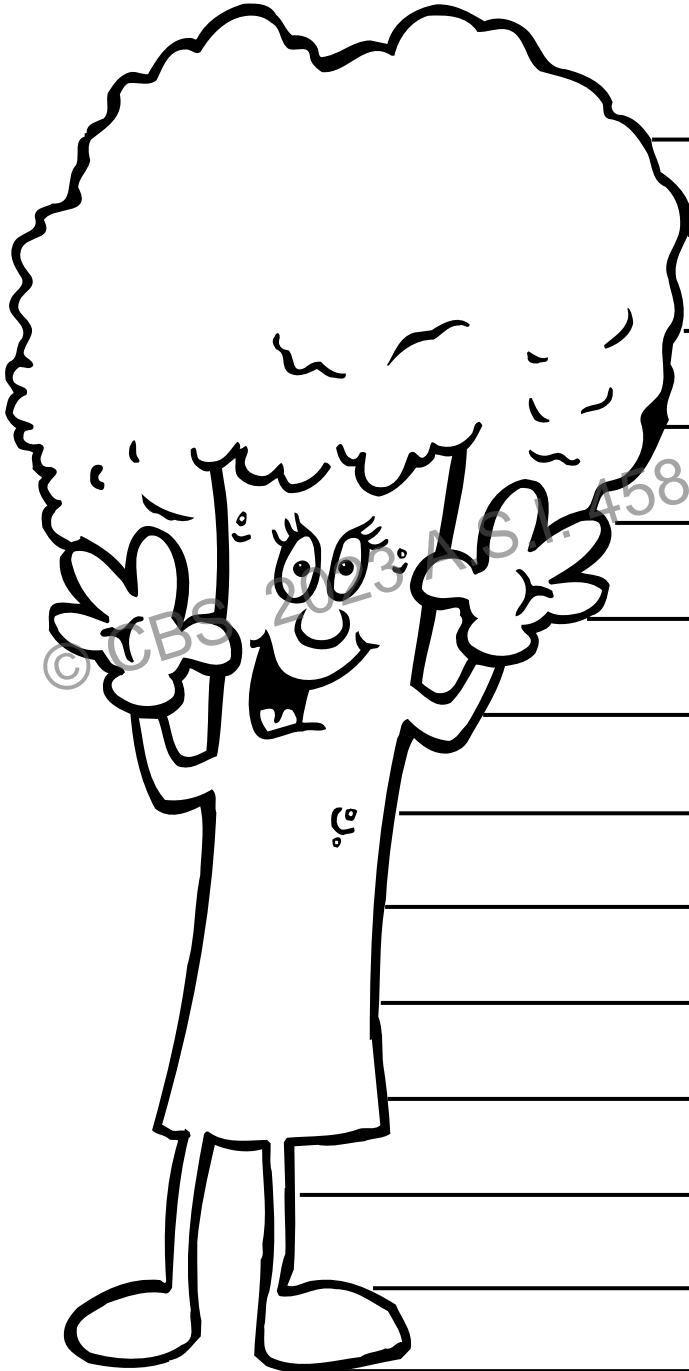


Dairy Group

Make sure you eat plenty of calcium rich foods, such as milk, cheese, and yogurt, to help you grow strong bones and teeth.

How many words can you make
using the letters in

VEGETABLES



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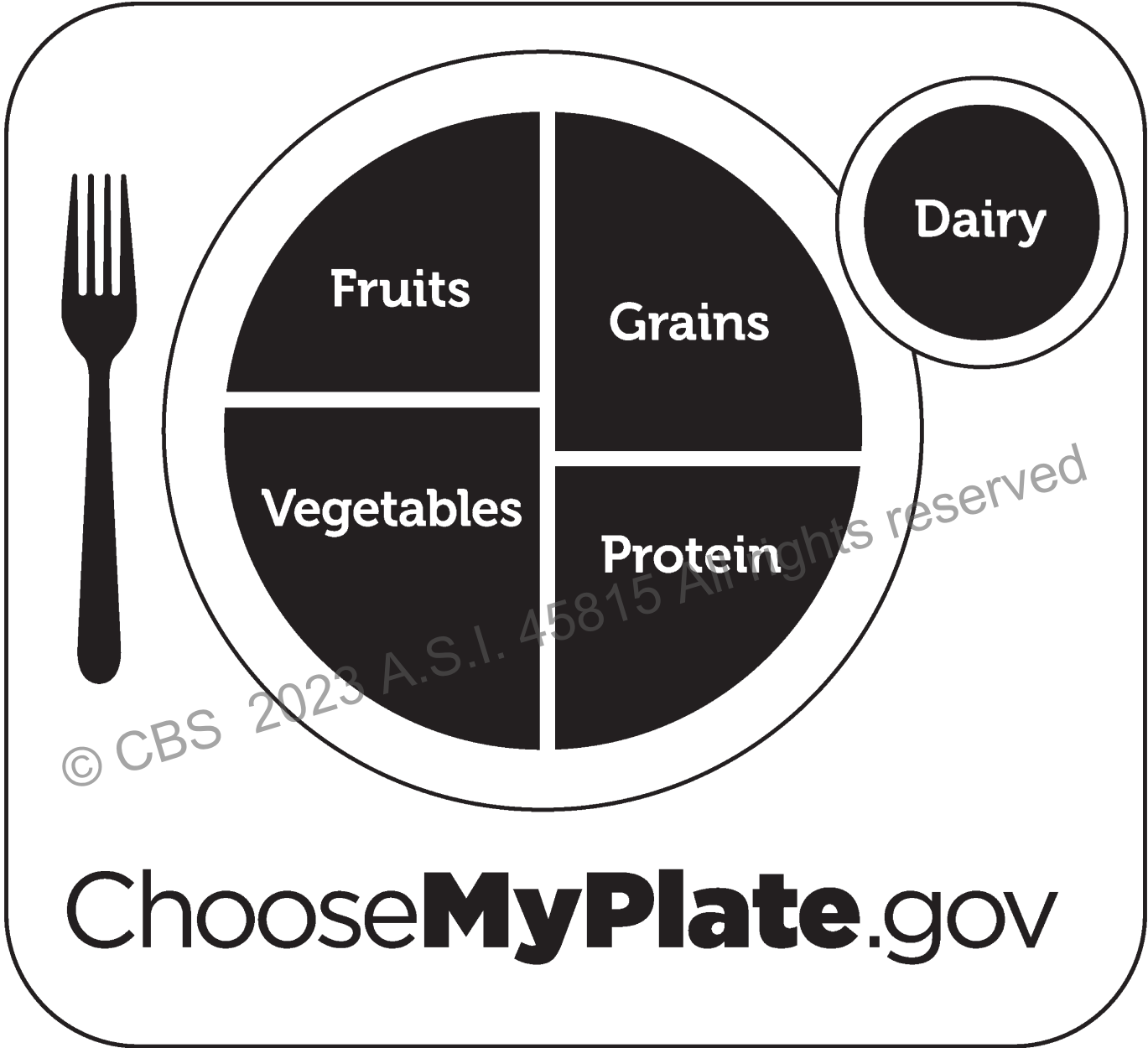
WATCH OUT!
Be sure to
balance
your diet
with healthy
snacks too!



**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.



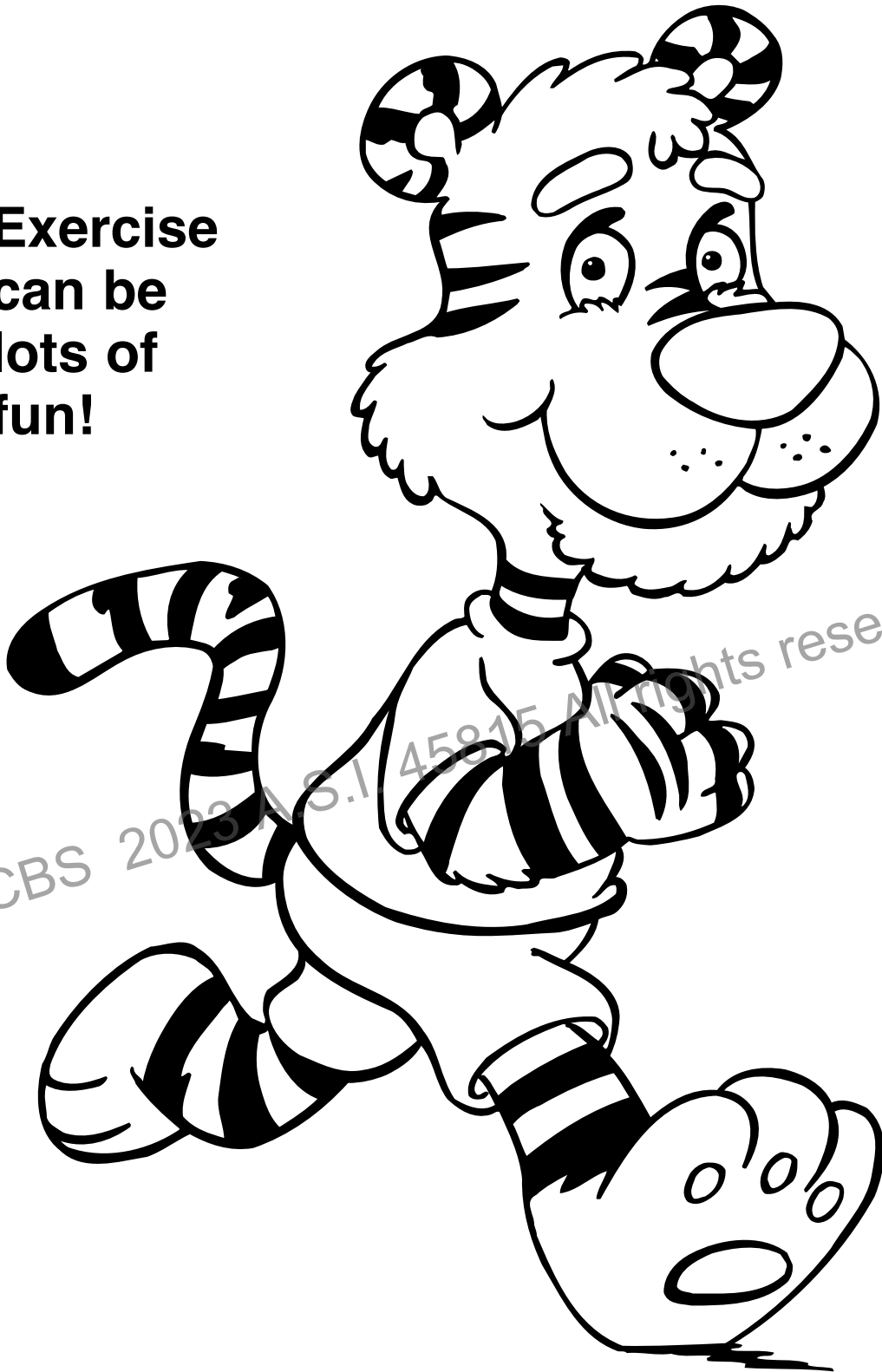
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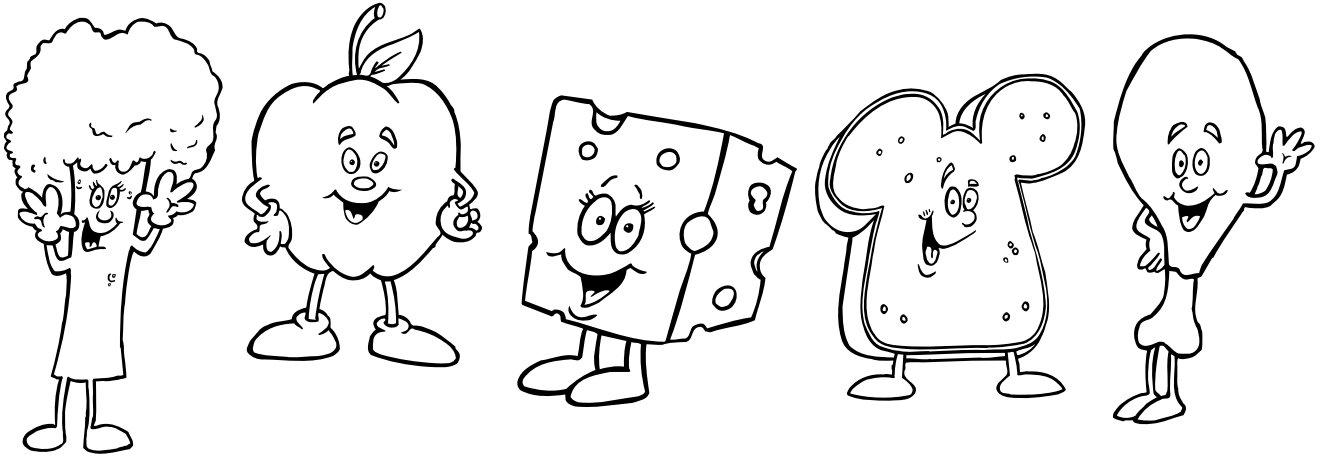
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**Exercise
can be
lots of
fun!**



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



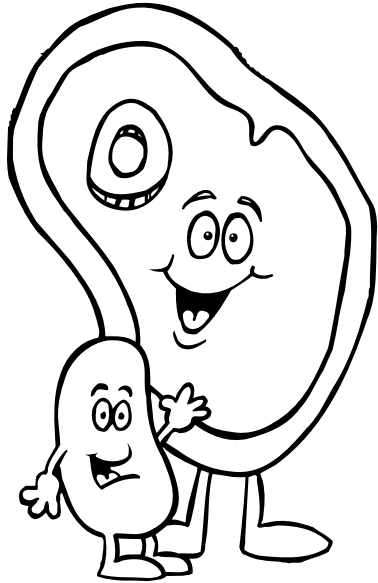
Can you fill in the missing words?

1. Your body needs a _____ diet to grow up strong and healthy.
2. Half your plate should be _____ and _____ .
3. Meat, poultry, fish, eggs, nuts, and dry beans are all examples of the _____ food group.
4. Food from the dairy 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!

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 and circle the words
in the puzzle.**

VEGETABLES

MEAT

MILK

BREAD

BEANS

EXERCISE

APPLE

BALANCED

CHICKEN

PASTA

N A M L E V A T R H F
V E G E T A B L E S C
M I L K A H R N X N H
R B Q W E T E C E D I
C A E P V N A B R B C
H P W A T E D Y C O K
A P N S N A K L I J E
S L C T T S M G S K N
N E B A L A N C E D R

**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!



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)