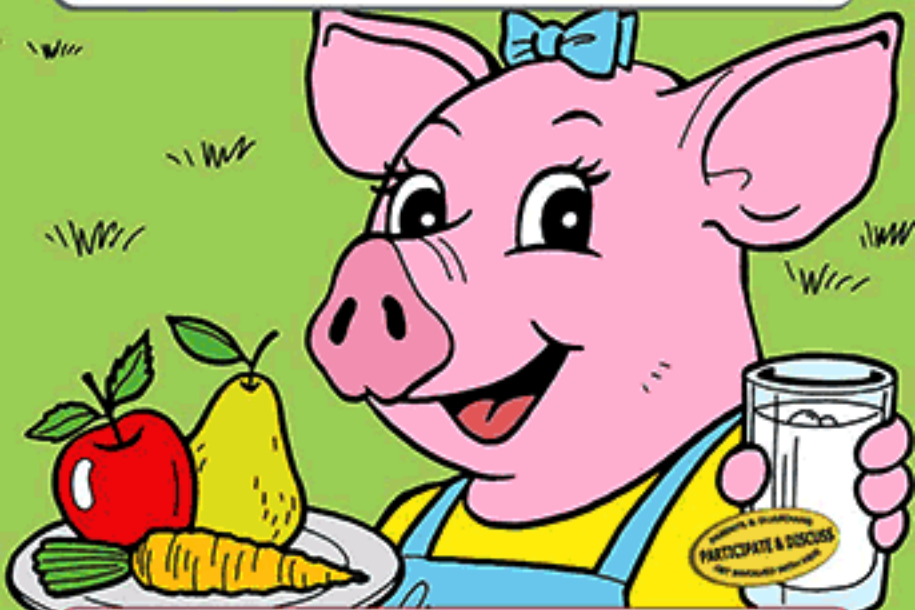


Live a Healthy Way Every Day

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



health
matters

Live a Healthy Way Every Day



This book belongs to

My name is Petunia Pig. I think that being healthy is the most important thing in the world!



But you have to work at it every day.

**Get in the healthy habit of eating
lots of fruits and veggies.**



Try to eat five servings of fruits and veggies every day.

Eat lean meats and try to stay away from fatty snacks like french fries and potato chips.



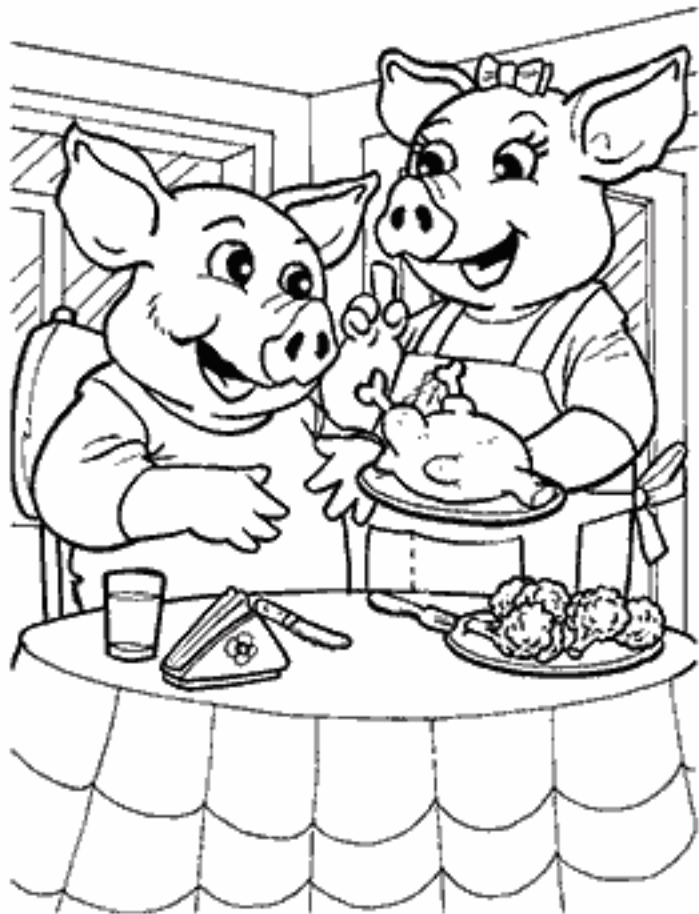
Too much salt isn't healthy either.

When you're thirsty – nothing tastes better than a cold drink of water.



And you should drink at least three cups of milk every day. Milk has calcium to grow strong bones. But stay away from sugary sodas and stick to 100% fruit juice.

**Watch your portions.
Stop eating when you feel full.**



And if you want seconds, stick to fruits and veggies.

**Everybody loves cakes and cookies and candy.
But too much sugar is bad for you.**



**Use sugar as a once-in-a-while treat and not
for every day. Crave something sweet?
Try some grapes or an apple instead.**

**Want a sandwich?
Have it on whole wheat bread.**



**It tastes yummy and whole grains
are a great healthy habit.**

**Keeping active is a great healthy habit!
Step away from the computer and TV set.**



**Go outside! Jump rope or play ball -
walk your dog or go to the playground.
Healthy bodies need exercise every day.**

You can live a healthy way – every day if you eat healthy foods, exercise and avoid too much sugar, salt and fat.



**You'll feel better, look better
and have more fun!**



That's what being healthy is all about!

THE WORDS ARE ALL MIXED UP



Can you unscramble the words?

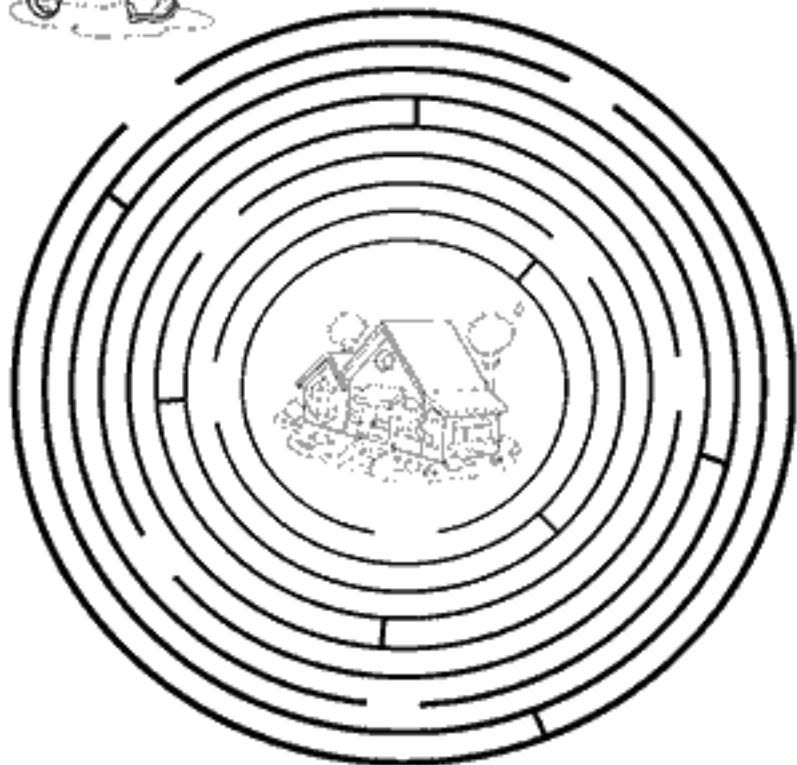
HINT: The word begins with the word in black

1. **alhteh** _____
2. **iutfr** _____
3. **lasad** _____
4. **aylp** _____
5. **urn** _____
6. **xrieseec** _____
7. **aetwr** _____
8. **etbelagve** _____



A-MAZING!

Help Petunia find her way home
from the farmer's market.



FILL-IN FUN

Fill in the missing word



1. Be sure to drink a lot of _____.
2. Eat a lot of fruits and _____.
3. Save sugary _____ for a special day.
4. Milk is good for strong _____.
5. Try to _____ every day.

What's the Difference?

Petunia is jumping rope.
Which picture is different?



Time to Laugh!

Some of Petunia's favorite animal funnies.

1. What is a pig's favorite ballet?
2. Why do ducks have webbed feet?
3. What's the best way to keep milk from turning sour?
4. What do you get if you cross a hen with a dog?
5. Why did the pony cough?
6. What is the opposite of cock-a doodle-doo?
7. Why did the pig go to the casino?
8. Where do milkshakes come from?



ANSWERS:

1. Swine Lined
2. To sleep out forest feed
3. Leave it inside the cow
4. Poached eggs
5. Because he was a little horse
6. Cack-a-doodle-doo!
7. To play the slot machines
8. Diced cows

Live a Healthy Way Every Day

*I promise to always try to
Live a Healthy Way - Every Day -
just like Petunia does!*

Sign your name here



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