

# Healthy Eating

## Starts at the Supermarket

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



A PROGRAM OF NORMAN REGIONAL HEALTH SYSTEM

# Healthy Eating

## Starts at the Supermarket



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*This book belongs to*

# BUNNYTOWN SUPERMARKET

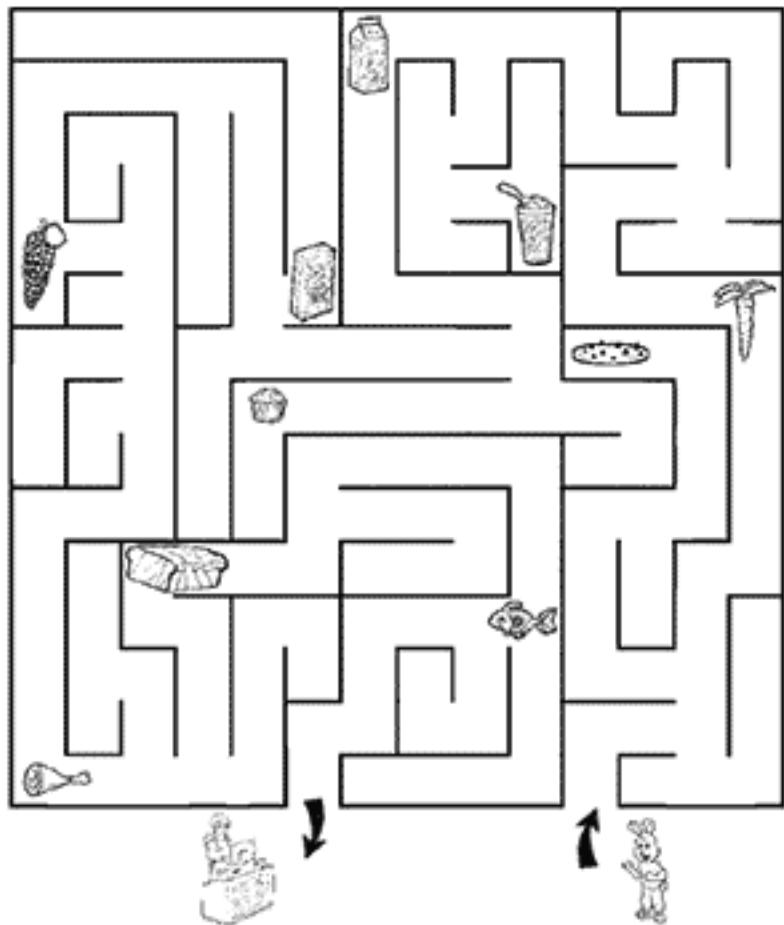
Hi, my name is Ginger. I like to go to the supermarket because that's where healthy eating starts.

Hello, I'm Dill. Come on, let's go inside.



# Super Maze!

At the supermarket most fresh foods are along the walls. Always shop there first because eating fresh is best. Help Dill shop for fresh, healthy foods and avoid sugary sweets.



# Healthy eating means knowing what to eat and how much to eat.

The food pyramid is a great help. Complete the pyramid by filling each stripe with the correct color:

1 – Orange

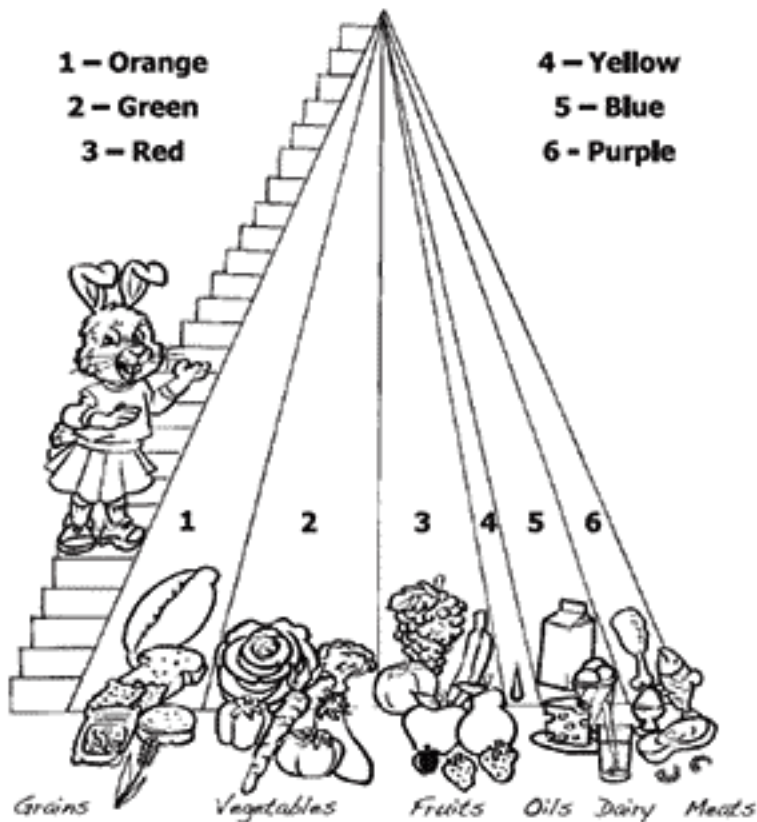
2 – Green

3 – Red

4 – Yellow

5 – Blue

6 – Purple



Some stripes are wider on the pyramid. This reminds you to eat more from these food groups than the others.

# MATCH UP

Eating food of every color every day is the best way to get everything your body needs to grow healthy and strong.  
Draw a line to match the food to its correct food group.



Meat and bean group



Fruit group



Dairy group



Vegetable group



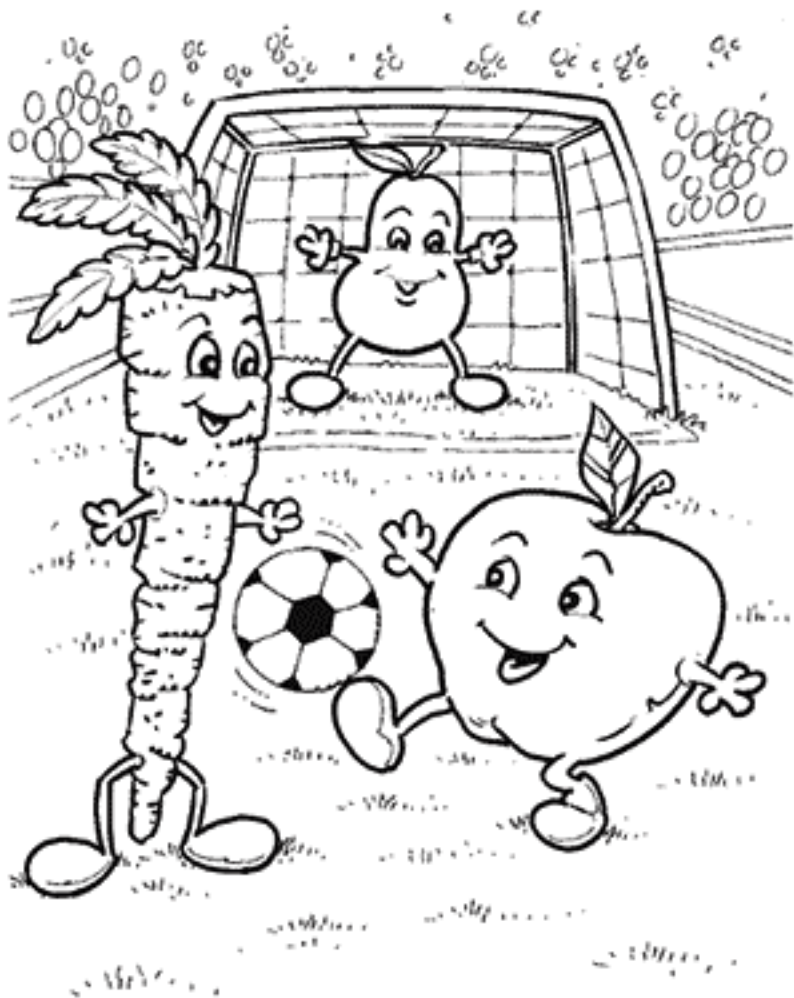
Grain group

**We're at the bakery department. Grains like pasta, rice, cereal, and bread are important to eat every day. "Whole" grain or brown rice, instead of white, is even better.**

Fresh  
Bread



**Healthy eating is important, but exercise also helps the body stay strong; so get moving.**



**Vegetables help your body in many ways. It's okay if you don't like some of them. Keep trying and you will find some that you might like.**



# Do You Know Your Vegetables?

Find seven vegetables in the following picture:  
Broccoli, Carrot, Potato, Eggplant,  
Corn and Green Beans.



**I love fruits. Fruits give us the nutrients we need to keep our body in good health. Color the fruits and circle your favorite one.**



# WORD SEARCH

Fruits are so yummy and colorful. Find the following delicious fruits in this word puzzle:

APPLE

PEAR

GRAPE

BANANA

KIWI

PEACH

ORANGE

STRAWBERRY

WATERMELON

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



# Dairy Case



Dill, do you like  
dairy food?

I love it. Milk,  
cheese, and yogurt  
are my favorites.



**Choose fat-free or low-fat when possible.**

# True or False

Dairy food helps build strong bones and keeps sickness away. Make a cup of yogurt your daily treat! Answer the following statements to learn some fun facts about dairy cows.

1. A cow makes about 25 pounds of milk a day.
2. Cows can smell something up to six miles away.
3. A cow weighs about 800 pounds.
4. A cow drinks about a bathtub's worth of water a day.



**Meat and fish give the body protein to grow and repair itself. If you're a meat lover, choose lean meat because it has less fat, the stuff that could hurt your body.**



**If you're not a meat lover, eat nuts and beans instead.**

# Missing Vowels

Uh oh, the vowels on our grocery list are missing.  
Fill in the missing vowels (a, e, i, o, u) to complete the list.

1. M \_\_\_ L K
2. B \_\_\_ N \_\_\_ N \_\_\_ S
3. C H \_\_\_ C K \_\_\_ N
4. S P \_\_\_ N \_\_\_ C H
5. C H \_\_\_ \_\_\_ S \_\_\_
6. B \_\_\_ \_\_\_ N S
7. \_\_\_ G G S
8. B R \_\_\_ \_\_\_ D
9. G R \_\_\_ P \_\_\_ S
10. C \_\_\_ R R \_\_\_ T S



# TIME TO LAUGH

## QUESTIONS:

1. What do astronauts eat?
2. What do ghosts spread on bagels?
3. What do you call a fish with no eyes?
4. Why do watermelons have water in them?
5. How do you know carrots are good for your eyes?
6. In which school do you learn to make ice cream?
7. What are the two things you cannot have for lunch?
8. The Butcher sponsored a local dance. What did they call it?



## ANSWERS:

1. Lunch Meat.
2. Screen Cheese.
3. Fly.
4. Because you plant them in the spring.
5. Because you never see rabbits wearing glasses.
6. Sundae School.
7. Breakfast & Dinner.
8. The Meatball.

## Healthy Eating

*I promise to eat:*

- *Whole grains*
- *Variety of fruits and vegetables*
- *Lean meat*
- *Fat-free or low-fat foods*
- *Fresh food more often than frozen and canned ones*
- *And I promise to stay active!*

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Sign your name here

# Special



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