Healthy Eating.
From the Ground Up.

What I learned today:

1. Examples of plant foods include:

2. Plant foods are healthy because:

3. My favorite plant food is:

Ready, Set, Go! Challenge

1. Write down a type of plant food you want to start eating more often.

   Example: “I will eat vegetables.”

2. Write down how often you will eat it.

   Example: “Every day.”

3. Write down how you will eat it.

   Example: “With lunch and dinner.”

1 + 2 +3 = Challenge! Example: “I will eat vegetables every day with lunch and dinner.”

My Challenge: ____________________________________________________________

__________________________________________________________
Plant-based foods quiz
Test your plant-food knowledge! Circle the best answer for each question.

1. What are the benefits of eating plant foods?
   a. Weight control
   b. Better heart health
   c. Strong bones
   d. Lots of nutrients that protect our body from disease
   e. All of the above

2. What are plant foods?
   a. fruits; vegetables; grains; nuts; legumes
   b. Meats; fruit; vegetables; grains; pasta
   c. Vegetables; legumes; bacon; grains
   d. None of the above

3. How much of your plate should include fruits and vegetables?
   a. ½ plate
   b. ¼ plate
   c. Fruits and veggies should not be on the plate
   d. The whole plate

ANSWERS:
1. e. All of the above; 2. a. Fruits; vegetables; grains; nuts; and legumes; 3. a. ½ plate

Fruit and Veggie Word Scramble
Unscramble the following words:

1. luerrbbeéis
   Spinach

2. mowteeraln
   Sweet potato

3. tenutfbur hassqu
   Watermelon

4. twese otopat
   Butternut squash

5. pinscha
   Blueberries

Visit the Kids Eat Right website at: www.kidseatright.org for tips, articles, recipes, and videos to help busy parents shop smart, cook healthy, and eat right!

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