

Name _____

Date _____

My Healthy Score Card

**Make
Wise
Choices**

Place an X or write out the food eaten or activity done in the column as you work toward meeting your daily goals. Use both columns to track more than one group at a time.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Circle the group
you are tracking and list
your daily goal.**

Milk

Goal _____

Grains

Goal _____

Meat & Beans

Goal _____

Physical Activity

Goal _____

Vegetables

Goal _____

Fruits

Goal _____

**Get
Active**

Watched less than 1 hour of TV
 or played video games each day

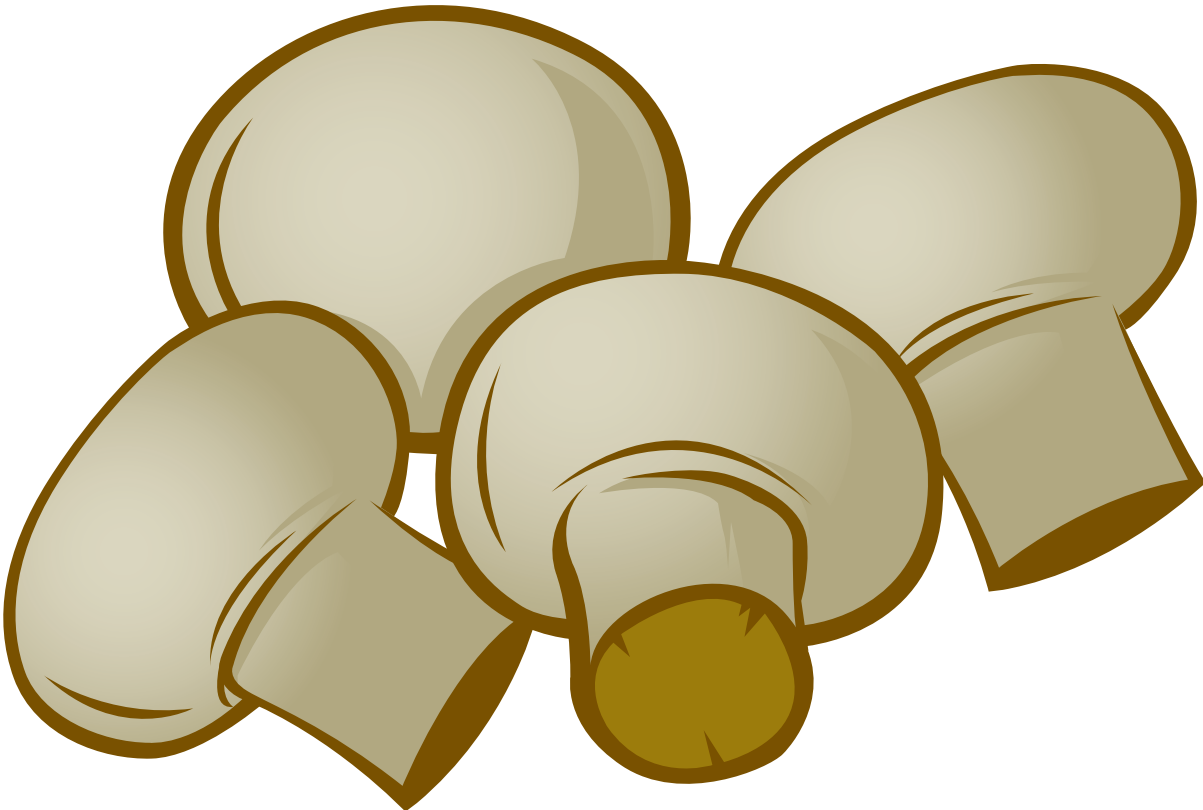
Ate breakfast every
 morning this week

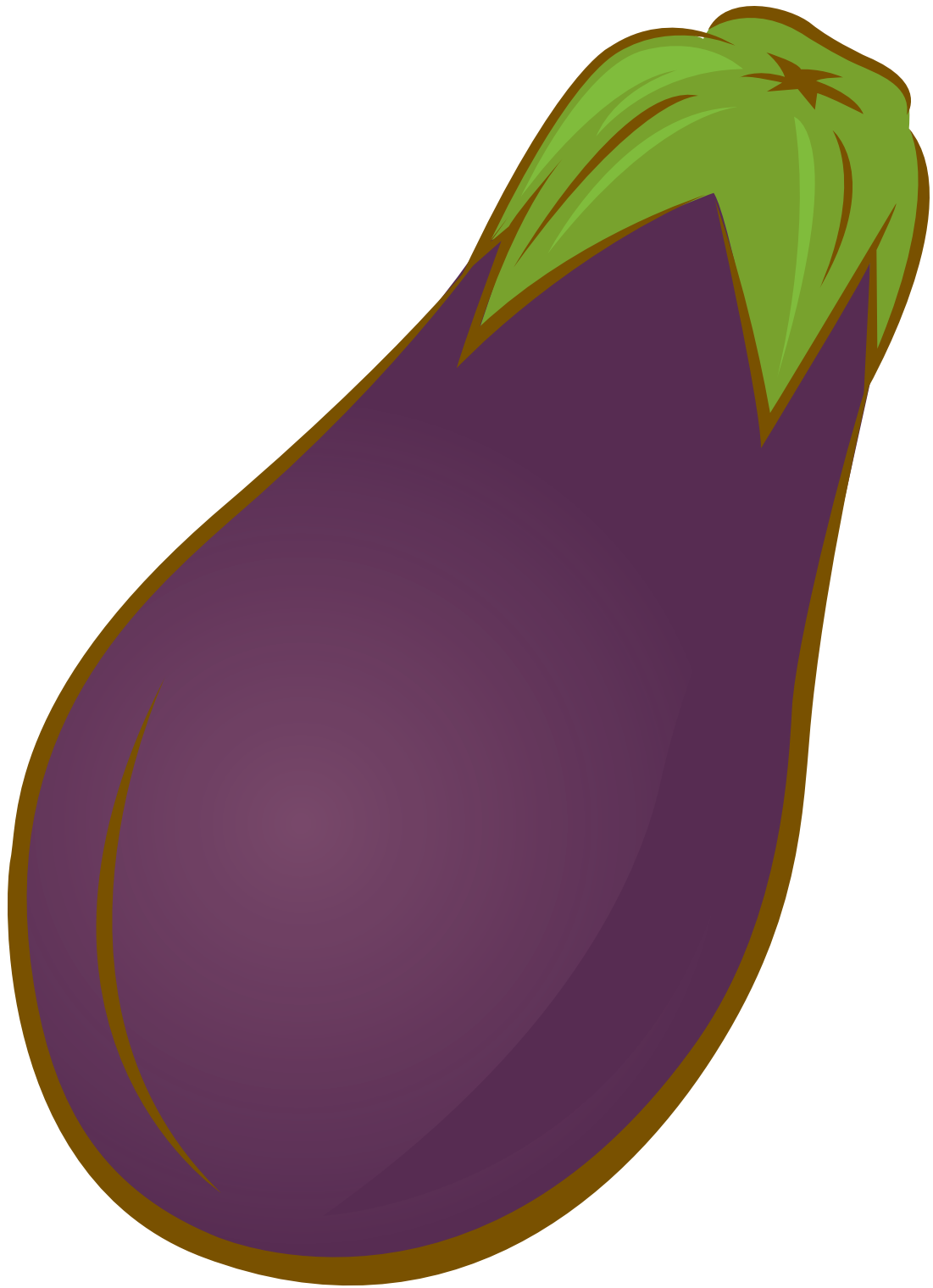
Tried a new food

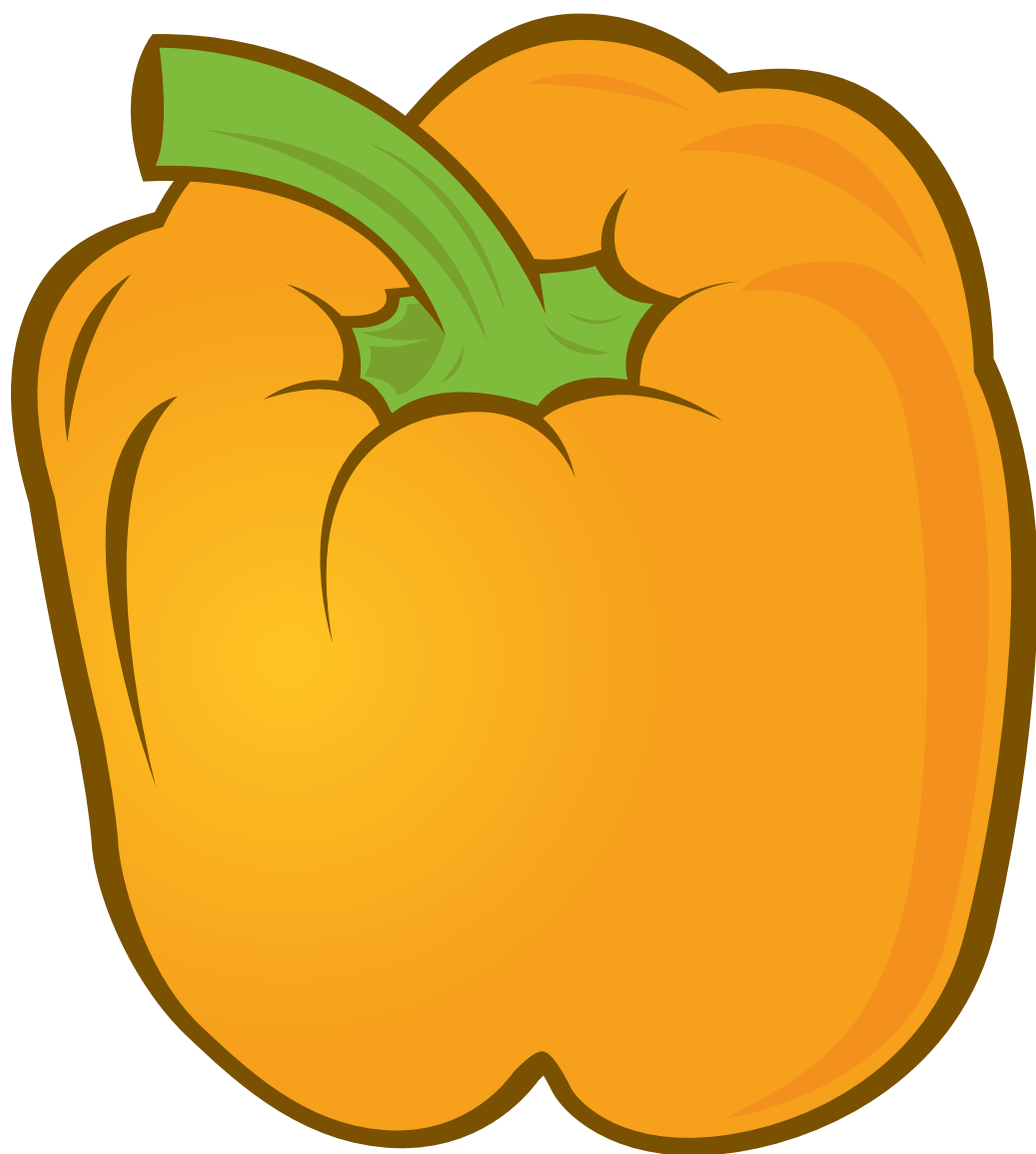
Help cooked
 dinner

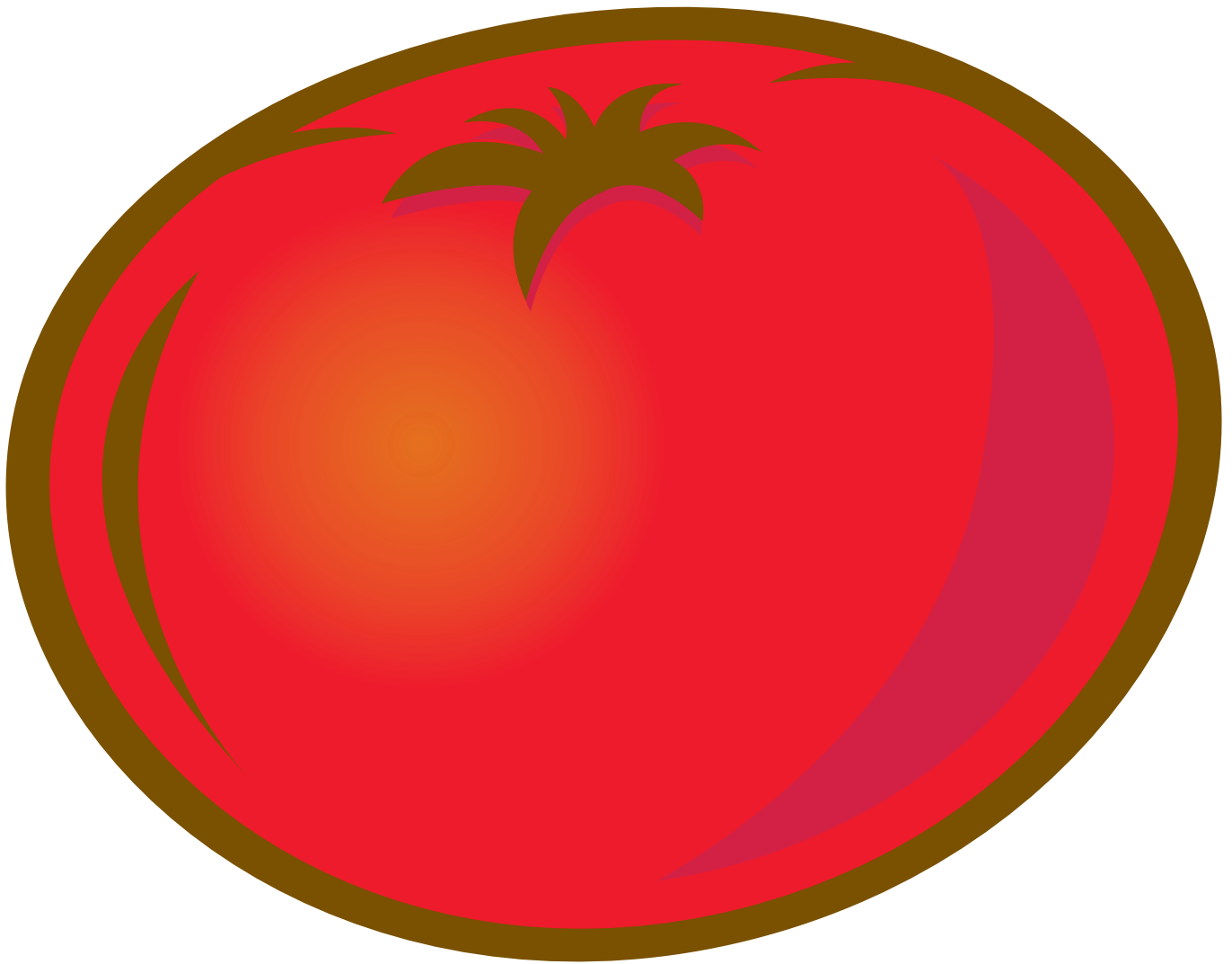
Drank at least 5 cups of
 water each day this week.

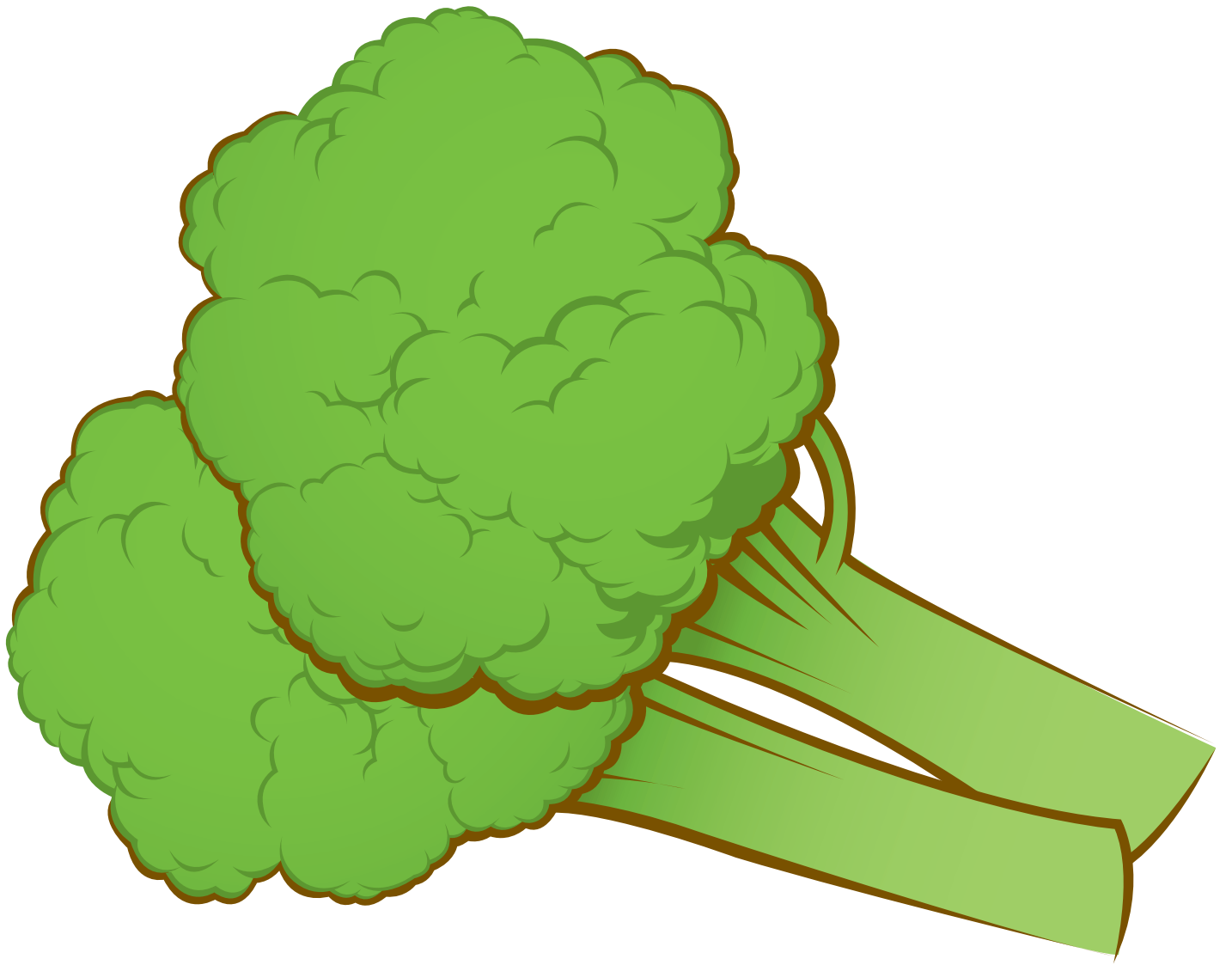
**Bonus
Activities**

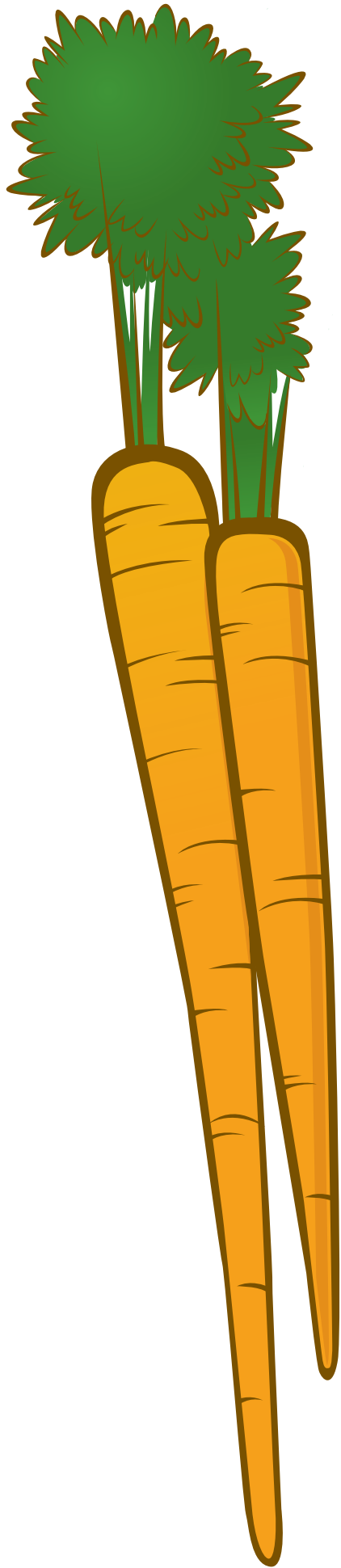








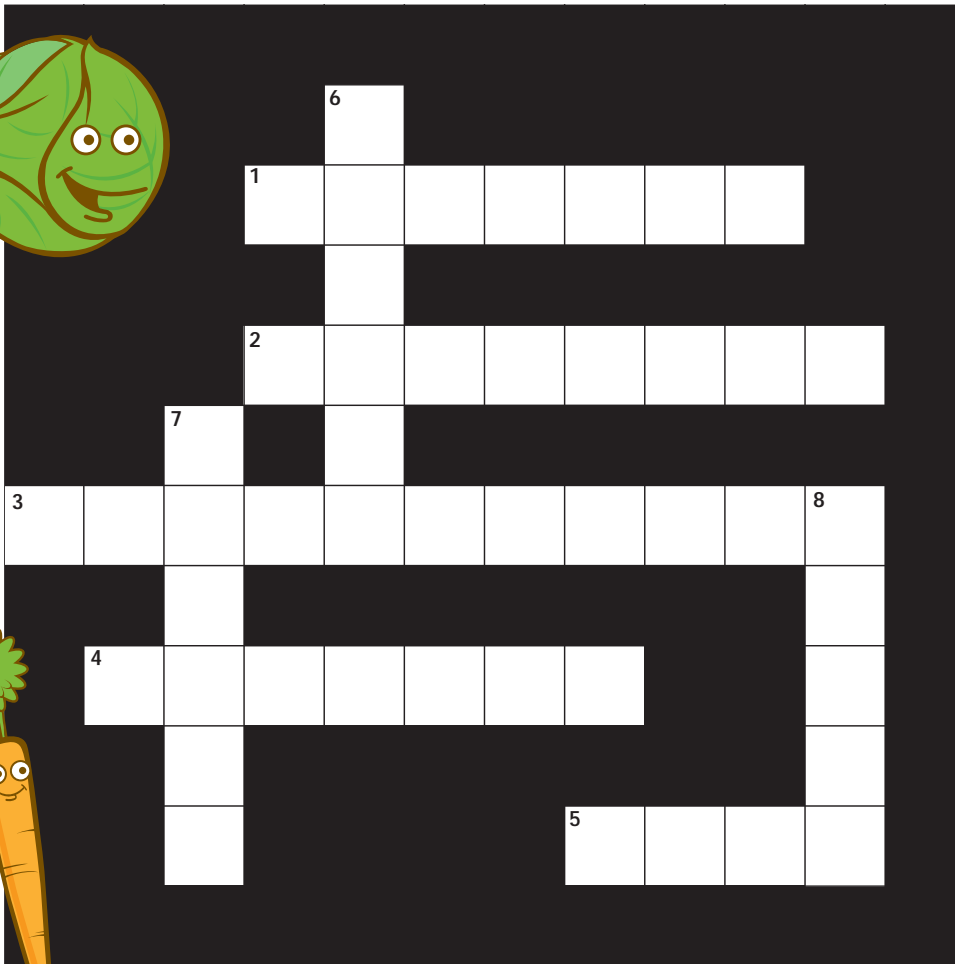
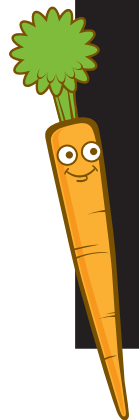






Vibrant Vegetables Crossword

Instructions: Fill in the blanks using the clues.



ACROSS

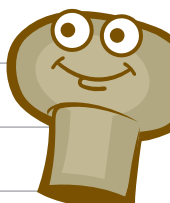
- 1: Vegetables come in a _____ of colors.
- 2: You might think I look like a tree, but I have a lot of nutrients your growing body needs!
- 3: I am orange on the inside and some say I am sweet!
- 4: I am dark green and leafy. You can eat me raw or cooked. Try me you might be hooked!
- 5: I grow on a cob.

DOWN

- 6: I am high in vitamin A and keep your eyes and skin healthy!
- 7: I come in several different colors, red, green, orange and yellow.
- 8: I am white with just a touch of spice. I can add a kick to your food which some think is nice.

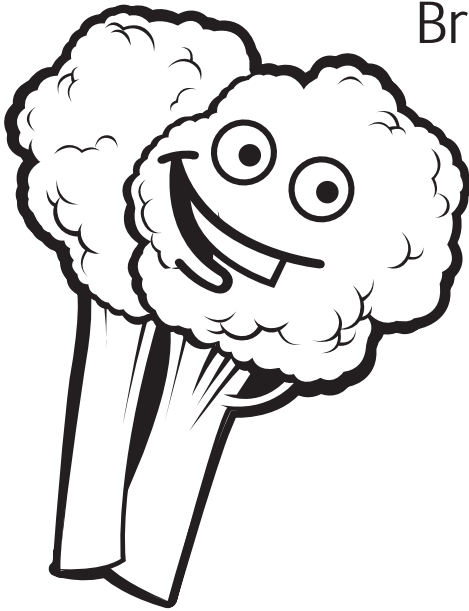
Now list as many vegetables as you can think of that would be the following colors:

Red	Orange or Yellow	White	Green	Blue or Purple
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

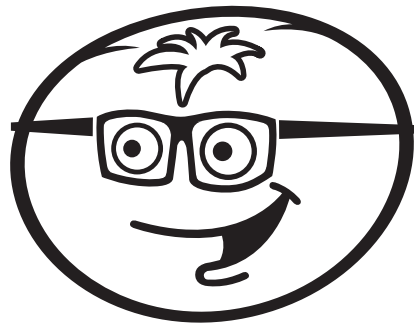


Don't forget to eat a variety of colorful vegetables everyday!

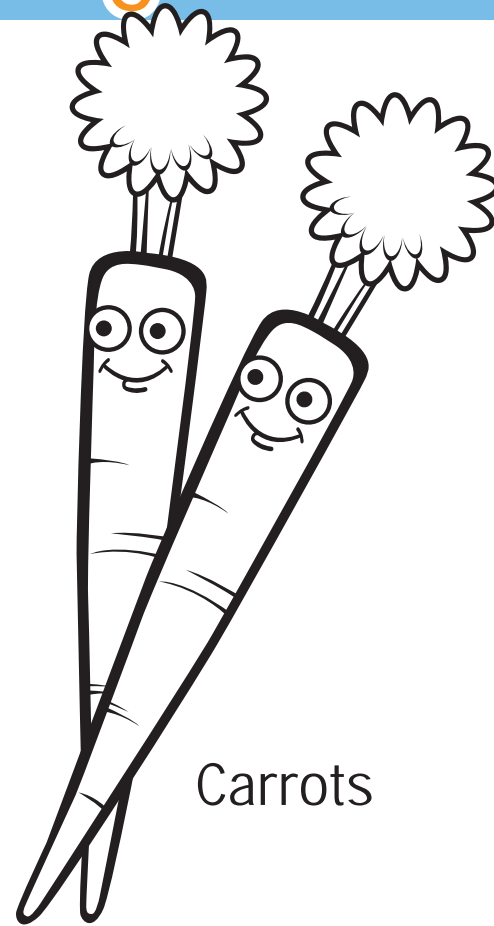
Vibrant Vegetables Coloring Sheet



Broccoli



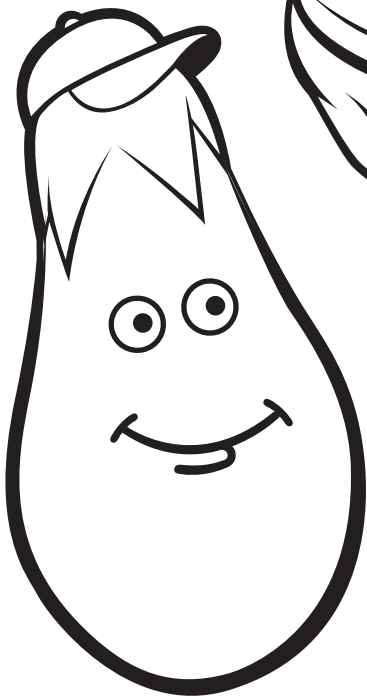
Tomato



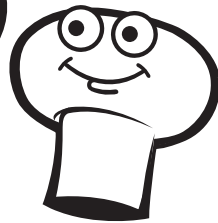
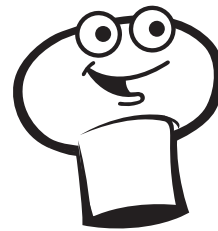
Carrots



Lettuce

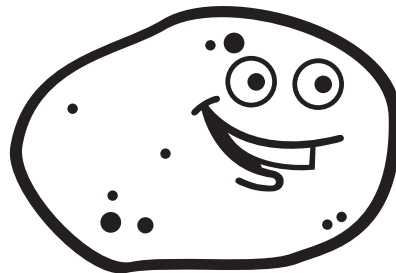


Squash



Mushrooms

Potato



Pepper

