Summer Food, Summer Moves

Draw a healthy summertime meal here.

Quick! Do 10 Firecracker Jumps. Jump with your arms and legs exploding out.

CRACK THE SECRET CODE

Use your detective skills and the code on the right to complete the activity.

1) Fill half your plate with fruits and vegetables.
2) Get 60 minutes of physical activity each day.
3) Choose water instead of sugary drinks.
4) Balance your day with food and
5) Eat fruits and vegetables at meals and snacks.
6) Eat to play hard.

CODEx

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

ANSWERS: 1) fruits, vegetables 2) physical activity 3) water, sugary drinks 4) play 5) meals, snacks 6) smart

Q: What did the father tomato say to the baby tomato on a family walk?
A: Ketchup!

Q: What vegetables are a sailor’s enemy?
A: Leeks!