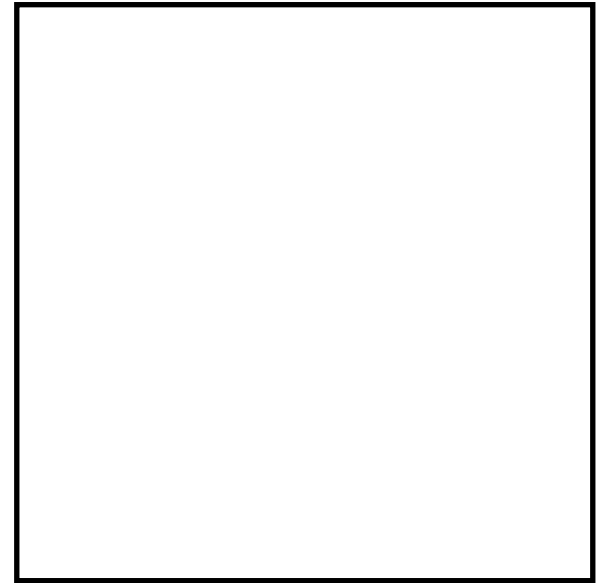
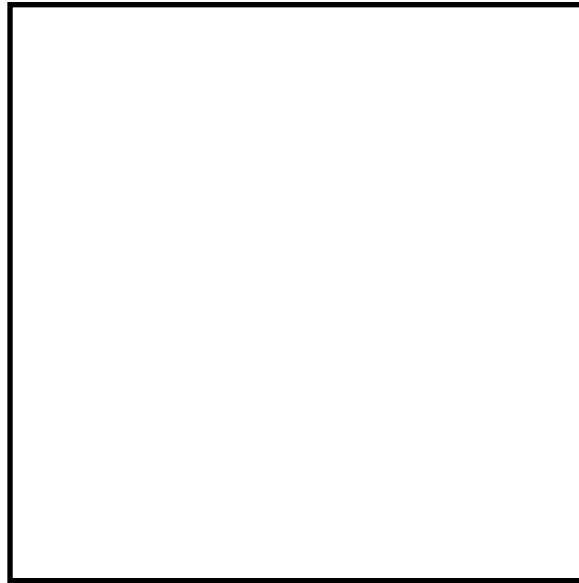
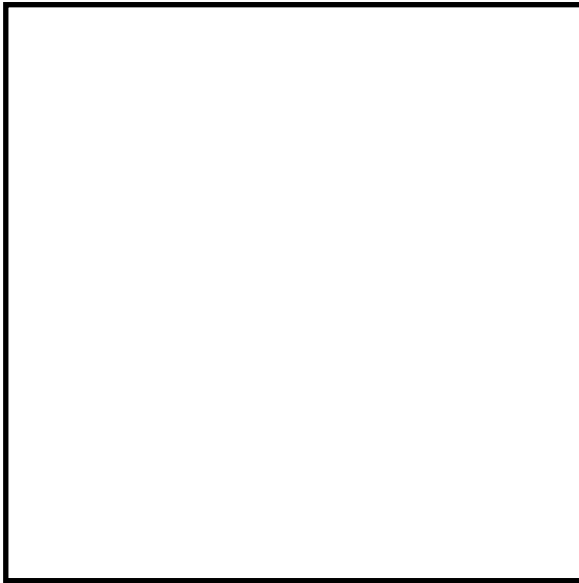


Name: _____

Healthy Habits

Draw yourself doing three healthy habits.

Write what you are doing under each picture.



STANDARDS: **RF.1.2** Print all upper- and lowercase letters legibly. **SL.1.5** Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.



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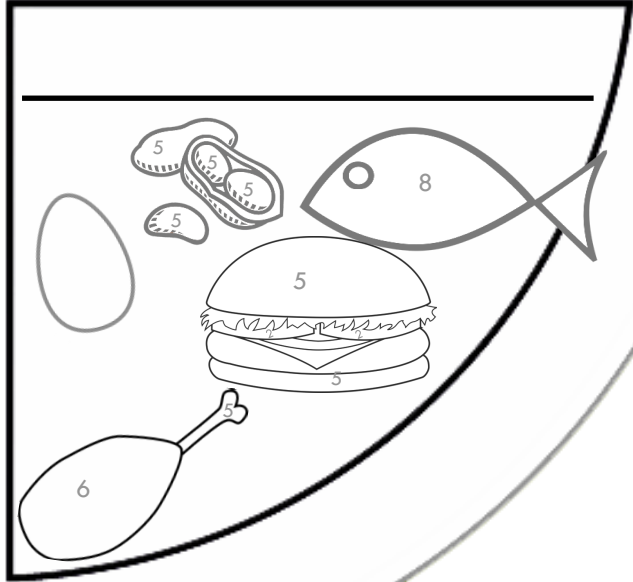
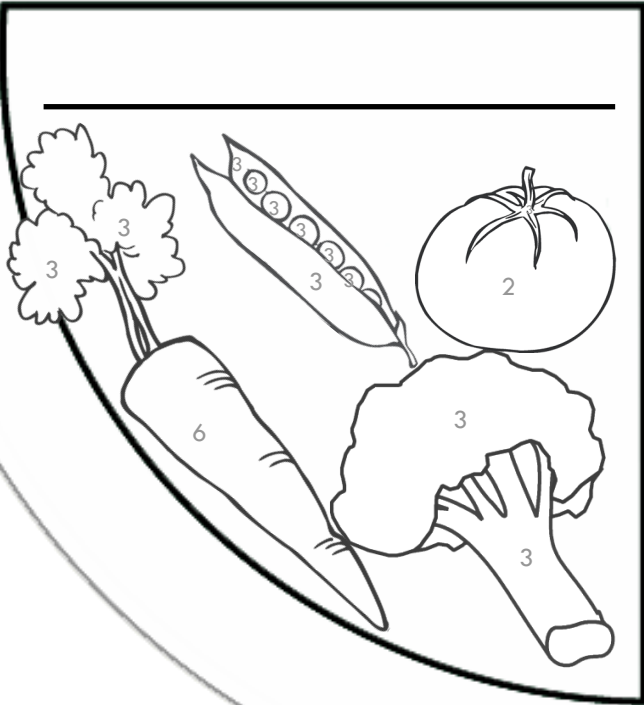
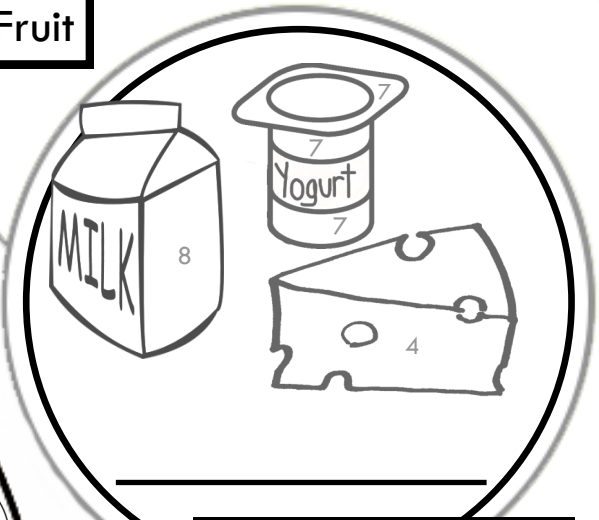
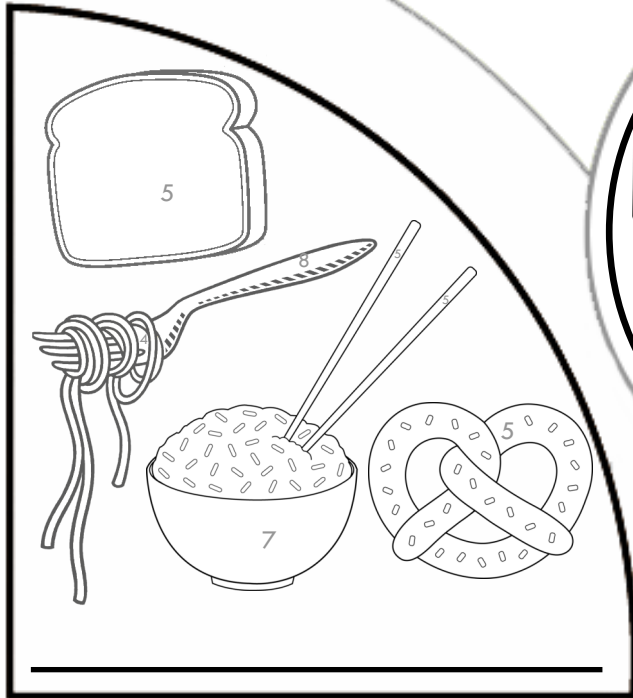
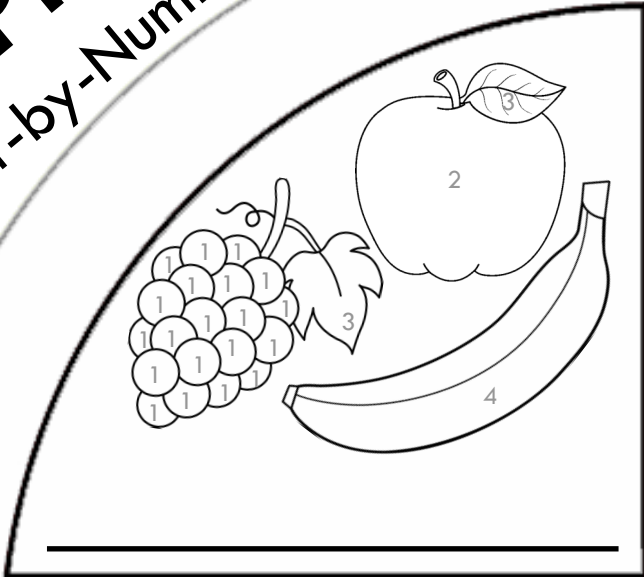


This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

MyPlate

Color-by-Number

Label the food groups:
 Grains Vegetables Dairy Protein Fruit



- 1 = purple
- 2 = red
- 3 = green
- 4 = yellow
- 5 = brown
- 6 = orange
- 7 = blue
- 8 = gray



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STANDARDS: 1.NPA.1 Understand MyPlate as a tool for selecting nutritious foods.

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