COMMIT TO HEALTH

Foods of the Month
Coloring and Activity Sheets

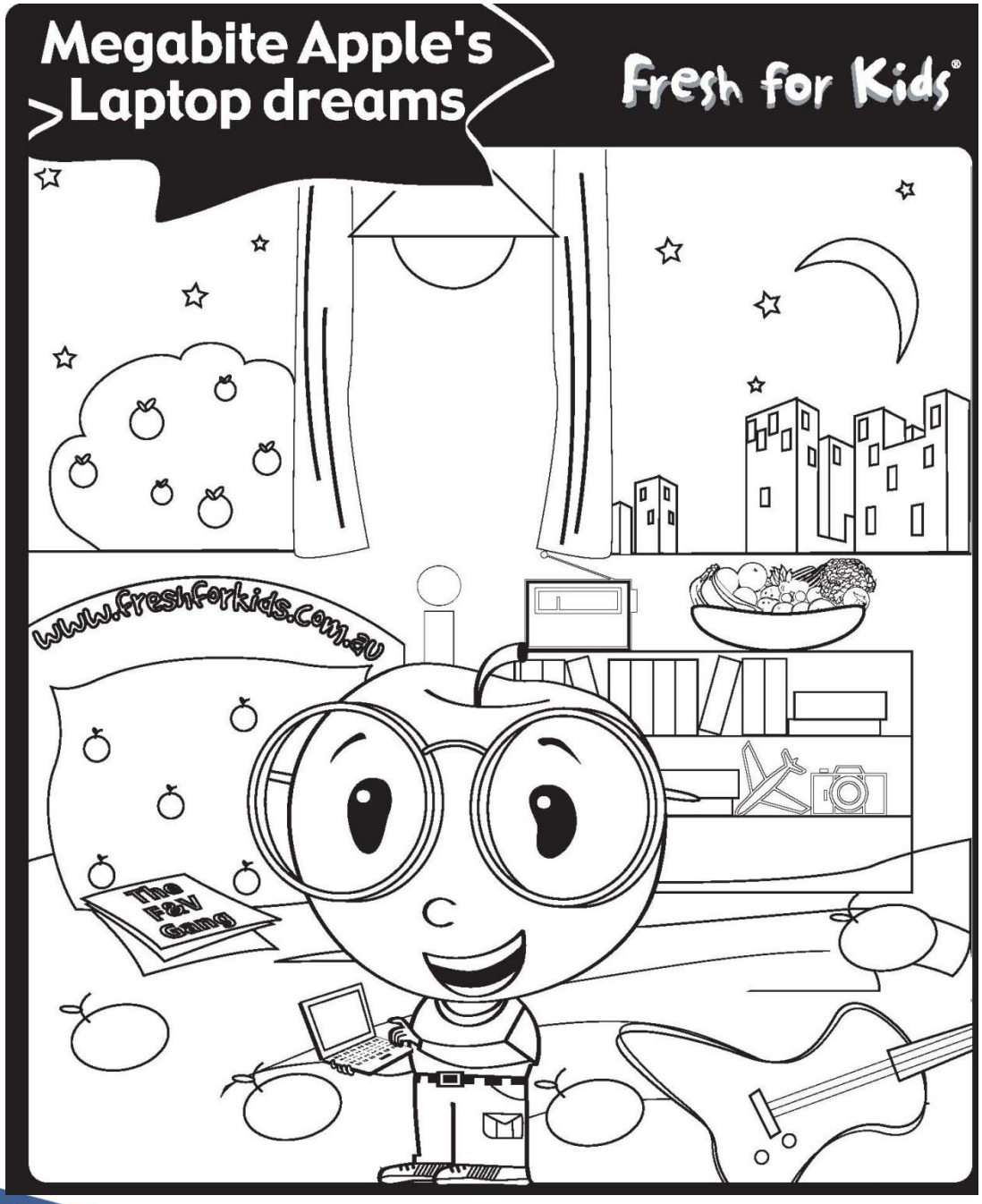
Apples & Pears

Grades K-2

COMMIT TO HEALTH

Foods of the Month
Coloring and Activity Sheets

October – Apples and Pears



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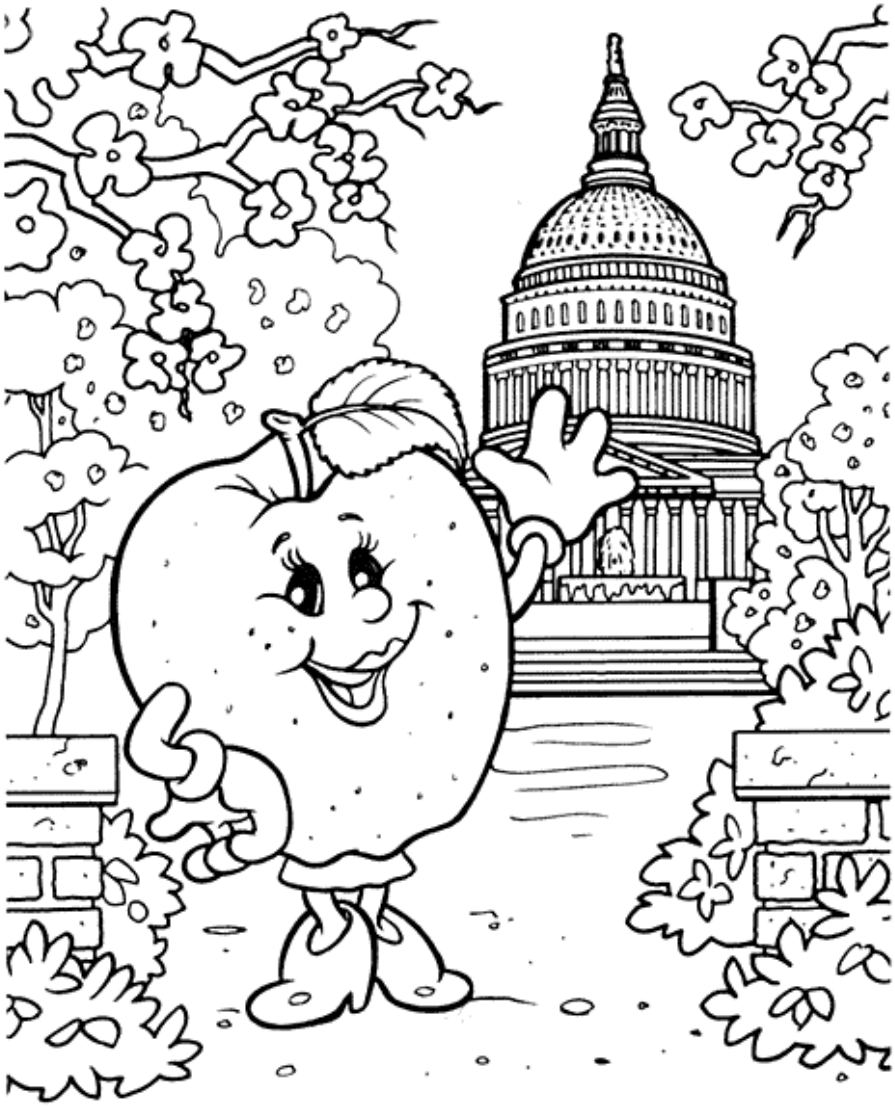

Cookie

(AKA Golden Delicious)

Cookie got her name because of her special talent for cooking. But her ability to please everybody has led her into politics. In Washington, DC., where she works tirelessly on behalf of her fellow apples, she is known by all as the golden girl of Washington state.

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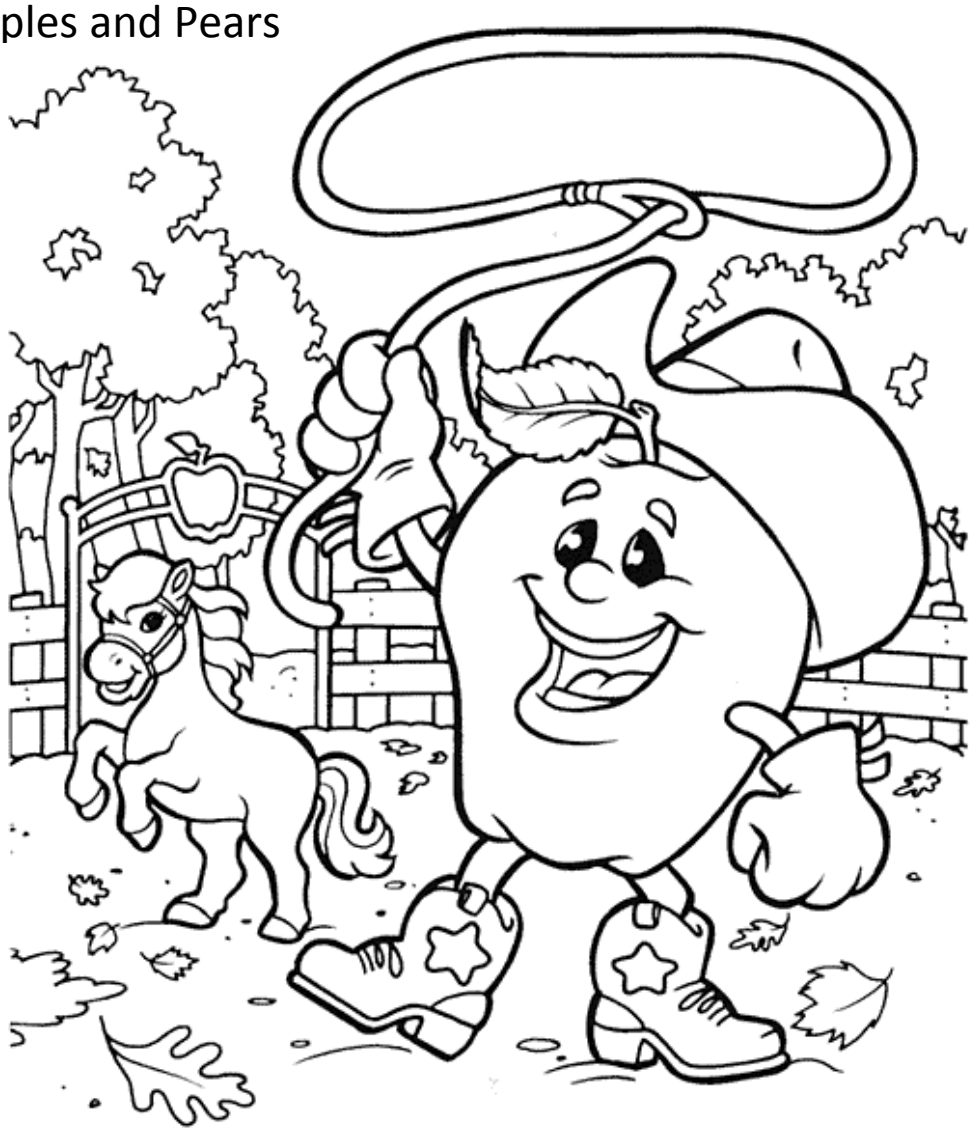
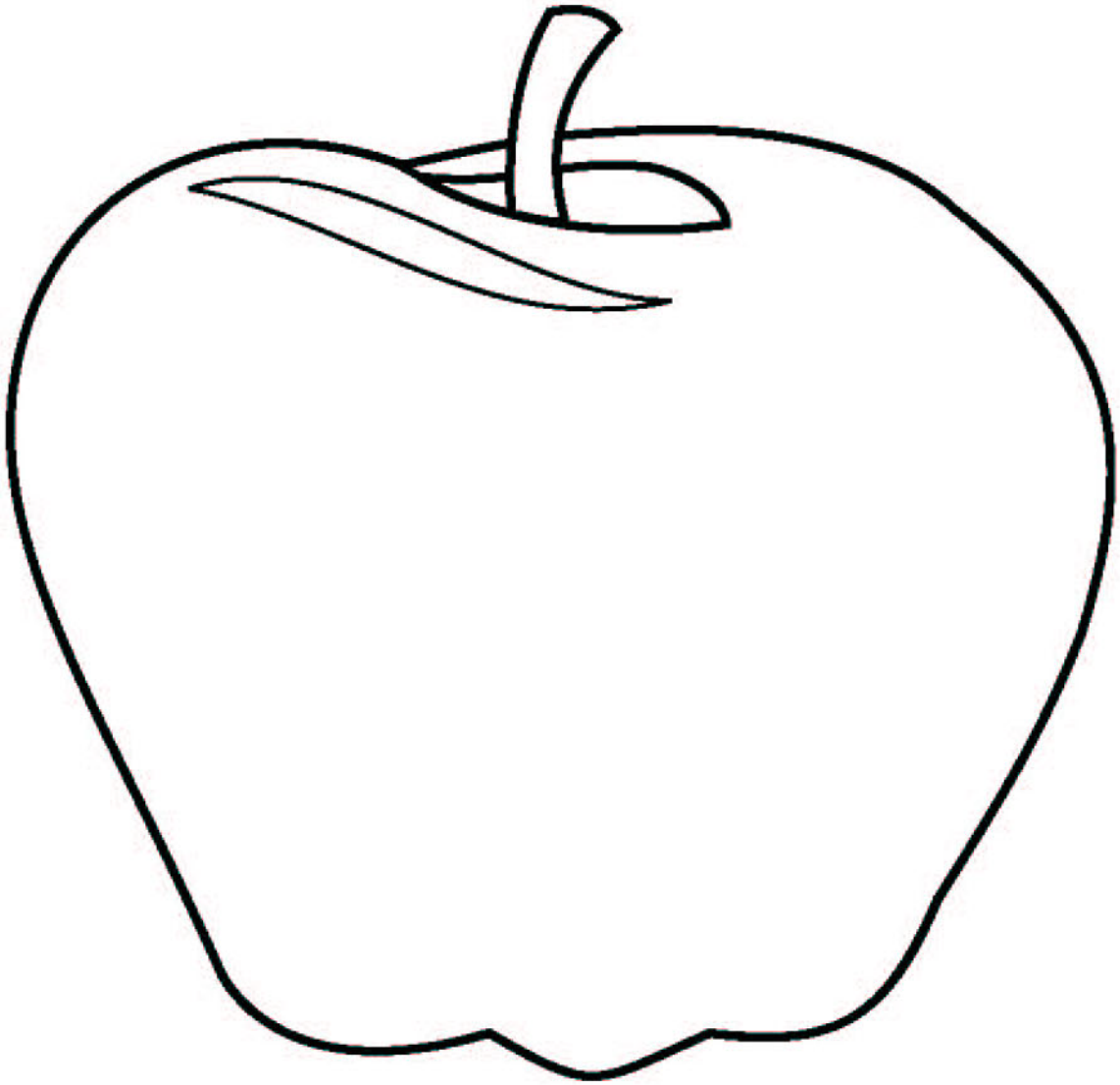


WASHINGTON

Rodeo Red

(AKA Red Delicious)

They don't call him Rodeo Red for nothing! When this buckaroo hits the rodeo circuit, he's in cowboy heaven. Roping, riding, barrel racing and winning trophies and friends galore. No wonder he's America's favorite apple.



APPLE

Apples are grown in more parts of the earth than any other fruit tree.

Produce for Better Health Foundation

Adapted from: http://www.pbhfoundation.org/educators/teachers/activities/coloring.php

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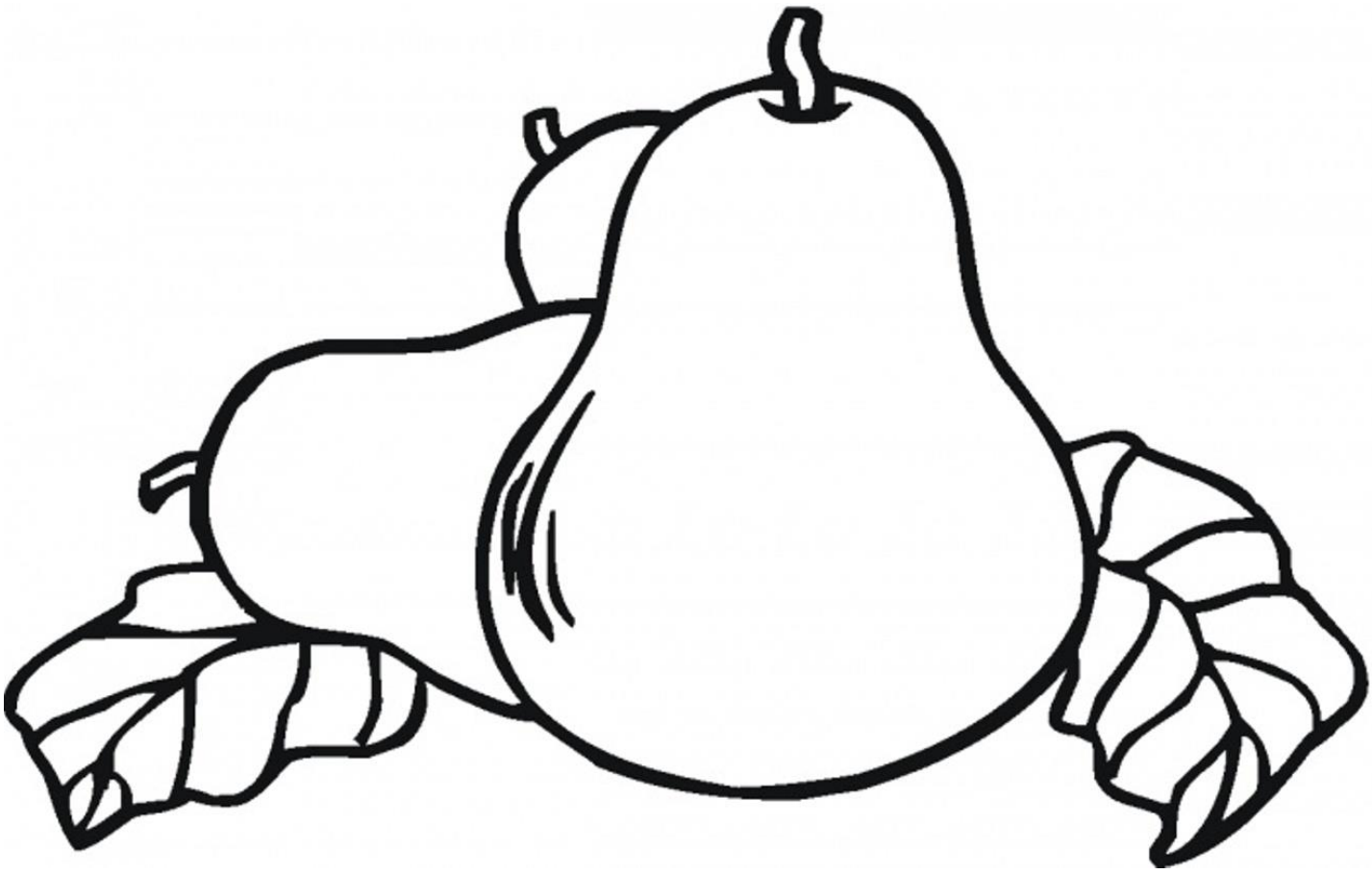

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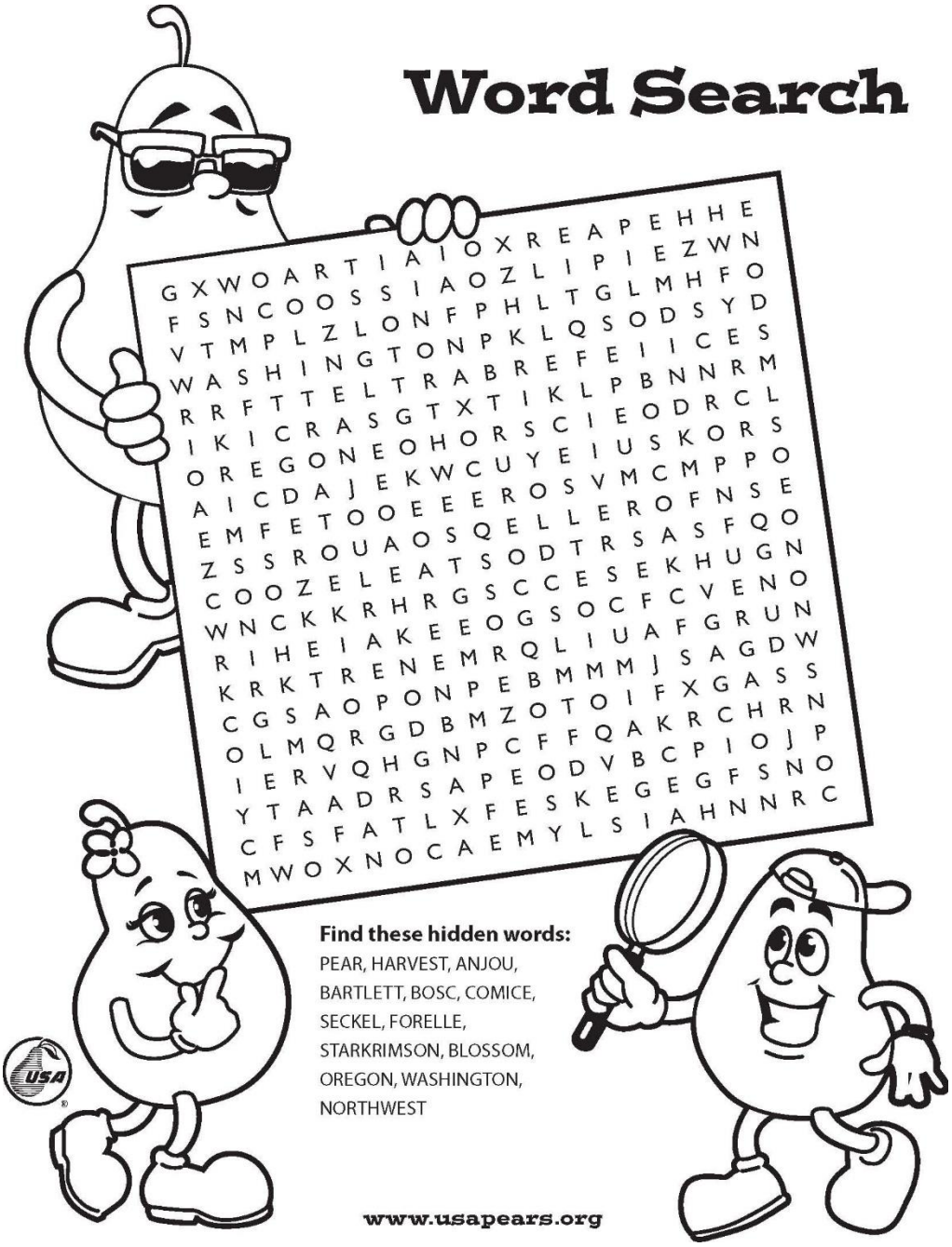


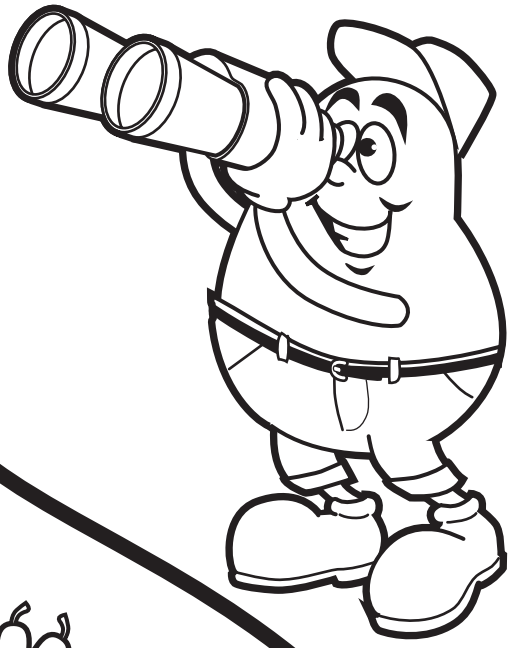
NRPA National Recreation and Park Association

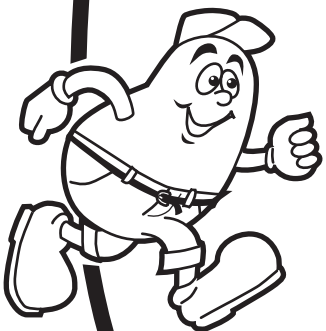
www.nrpa.org/CommitToHealth

#CommitToHealth

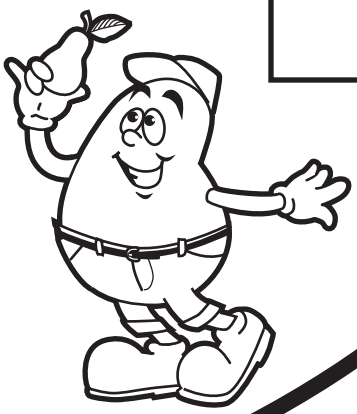
USA Pear Maze

Find your way to the box of pears!



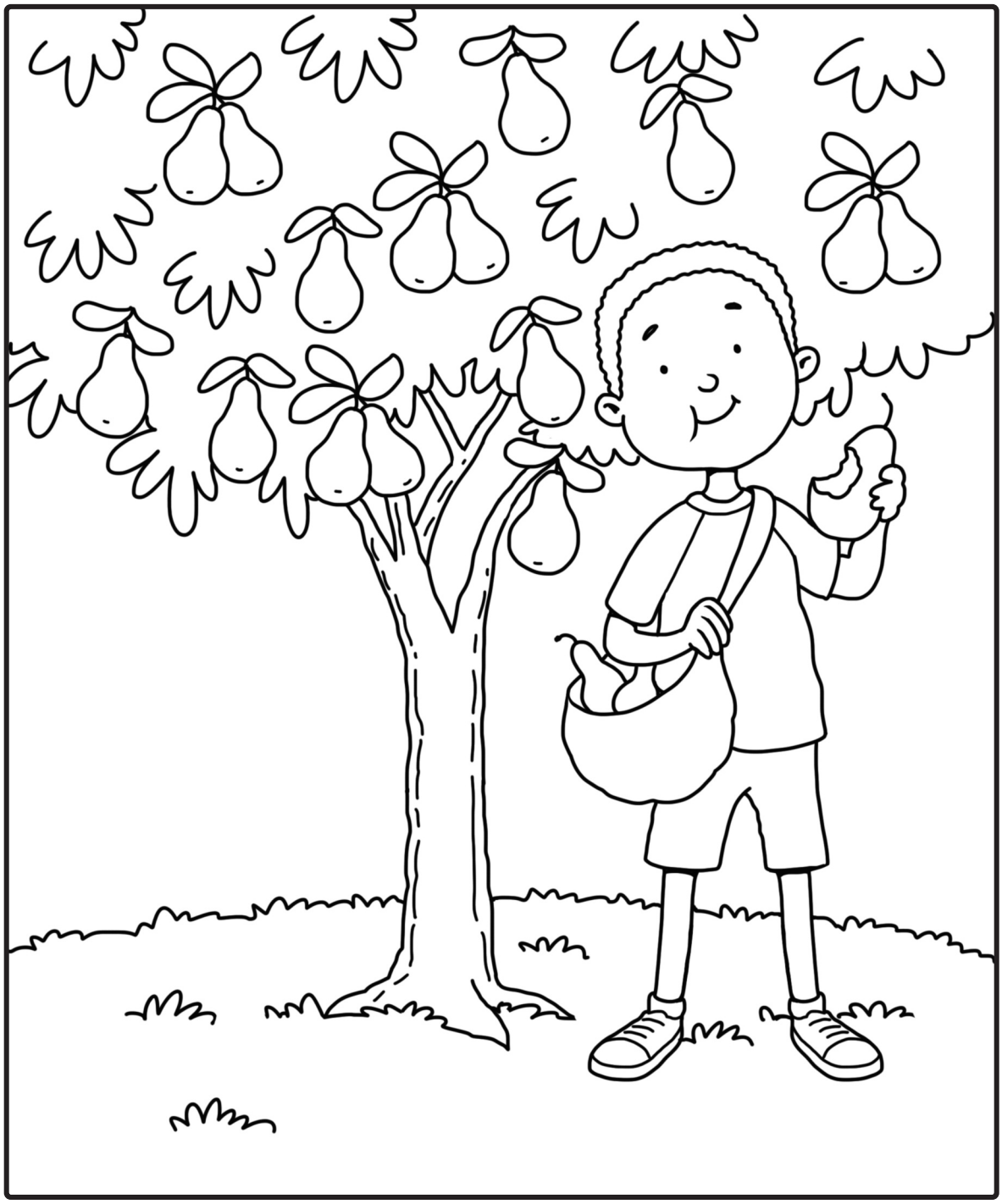


Start here!



www.usapears.org

Pears



Fresh, Frozen or Canned

It's All Good!

OREGON HARVEST for SCHOOLS

FOOD HERO FoodHero.org

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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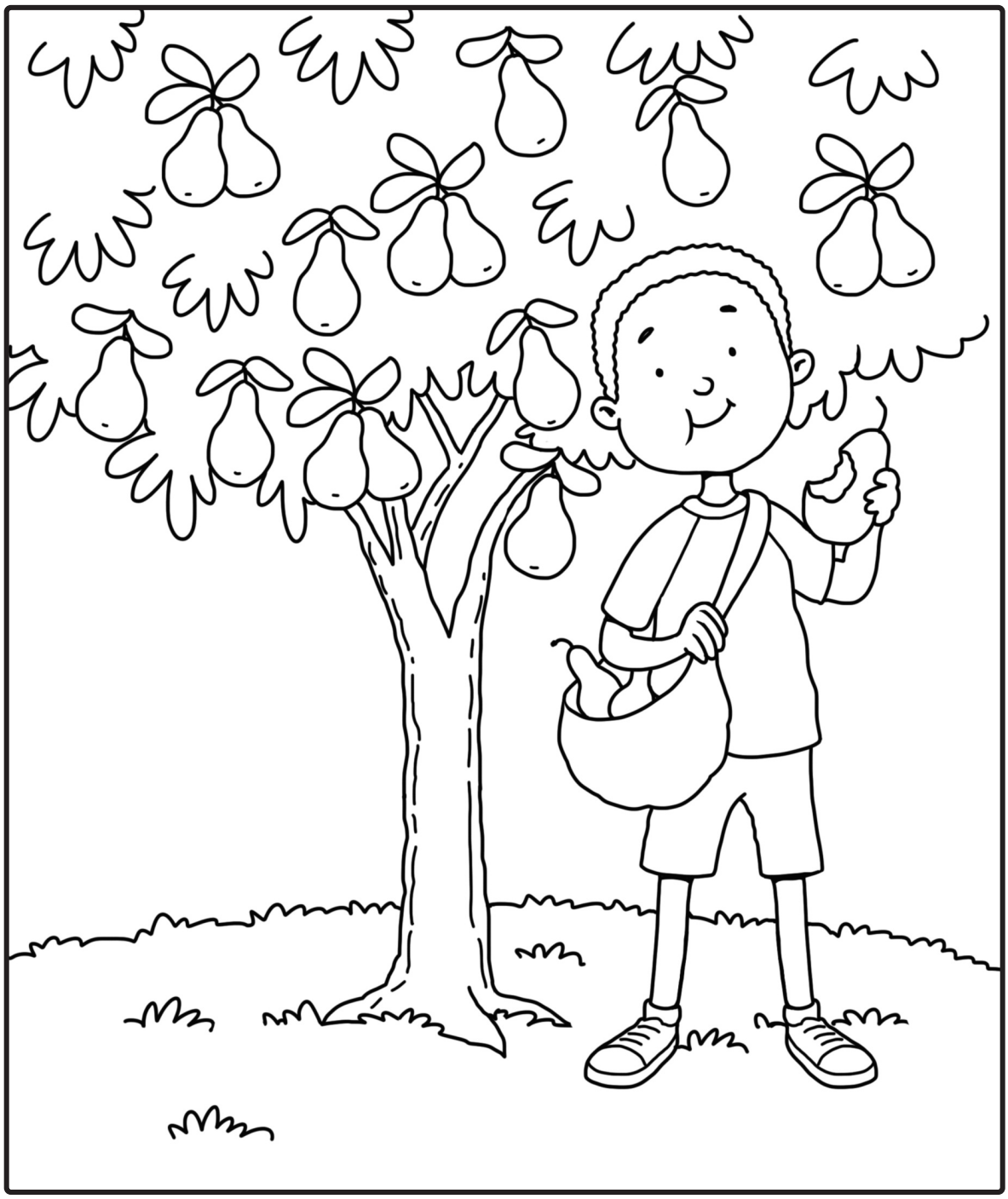
Peras



Fresco, Congelado, o Enlatado

¡Todos Son Buenos!

OREGON HARVEST for SCHOOLS

HÉROE DE ALIMENTOS
FoodHero.org/es

Este material se desarrolló en parte con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés). SNAP ofrece asistencia relacionada con la nutrición para gente con recursos limitados. Estos beneficios le pueden ayudar a comprar comida nutritiva para una mejor dieta. Para obtener más información, llame a Oregon Safe Net al 211. USDA es un proveedor y empleador que ofrece oportunidad igual para todos.

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TM/© Sesame

123 SESAME STREET®

eat brighter!™

USA Pears

PEARfectly fun!

COMMIT TO HEALTH

Foods of the Month
Coloring and Activity Sheets

Winter Squash

Grades K-2

NRPA National Recreation and Park Association
www.nrpa.org/CommitToHealth
#CommitToHealth

Activity Alley
(www.panen.org)

Winter Squash Coloring Activity

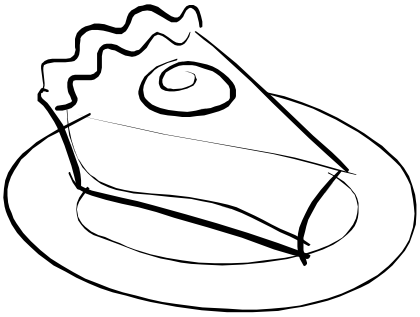
Roasting Pumpkin Seeds

Pumpkin seeds are a source of protein, fiber and iron. If you carve a Jack-o-Lantern, try roasting pumpkin seeds for a healthy snack.

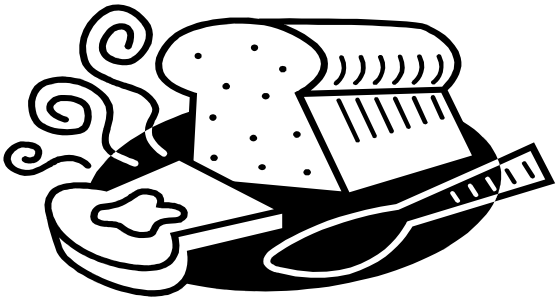
Directions
Preheat oven to 350 degrees Fahrenheit. Place clean pumpkin seeds on a cookie sheet. Roast plain or with seasonings. Cinnamon, salt, or Cajon seasonings work well. Bake for 5 to 10 minutes or until golden brown.

Directions: Pumpkin is a common winter squash. Not all pumpkins should be eaten. Below are some ways that pumpkins are used. Color the pictures below and circle the pumpkin foods that are good to eat.

Jack-o-Lantern



Pumpkin Pie



Pumpkin Bread

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COMMIT TO HEALTH

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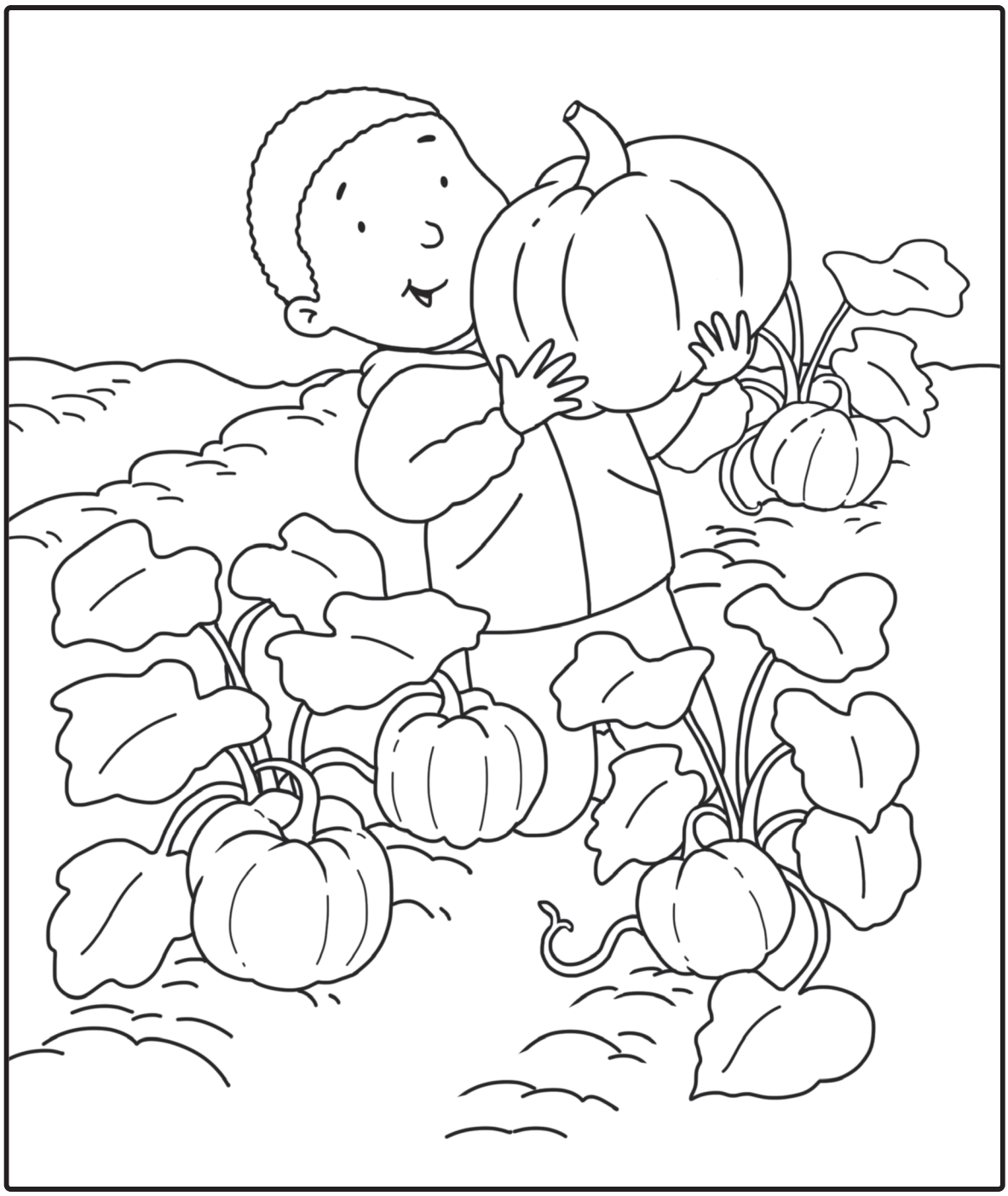
October – Winter Squash

Winter Squash



Make Half Your Plate

Fruits and Vegetables

OREGON HARVEST for SCHOOLS

FOOD HERO
FoodHero.org

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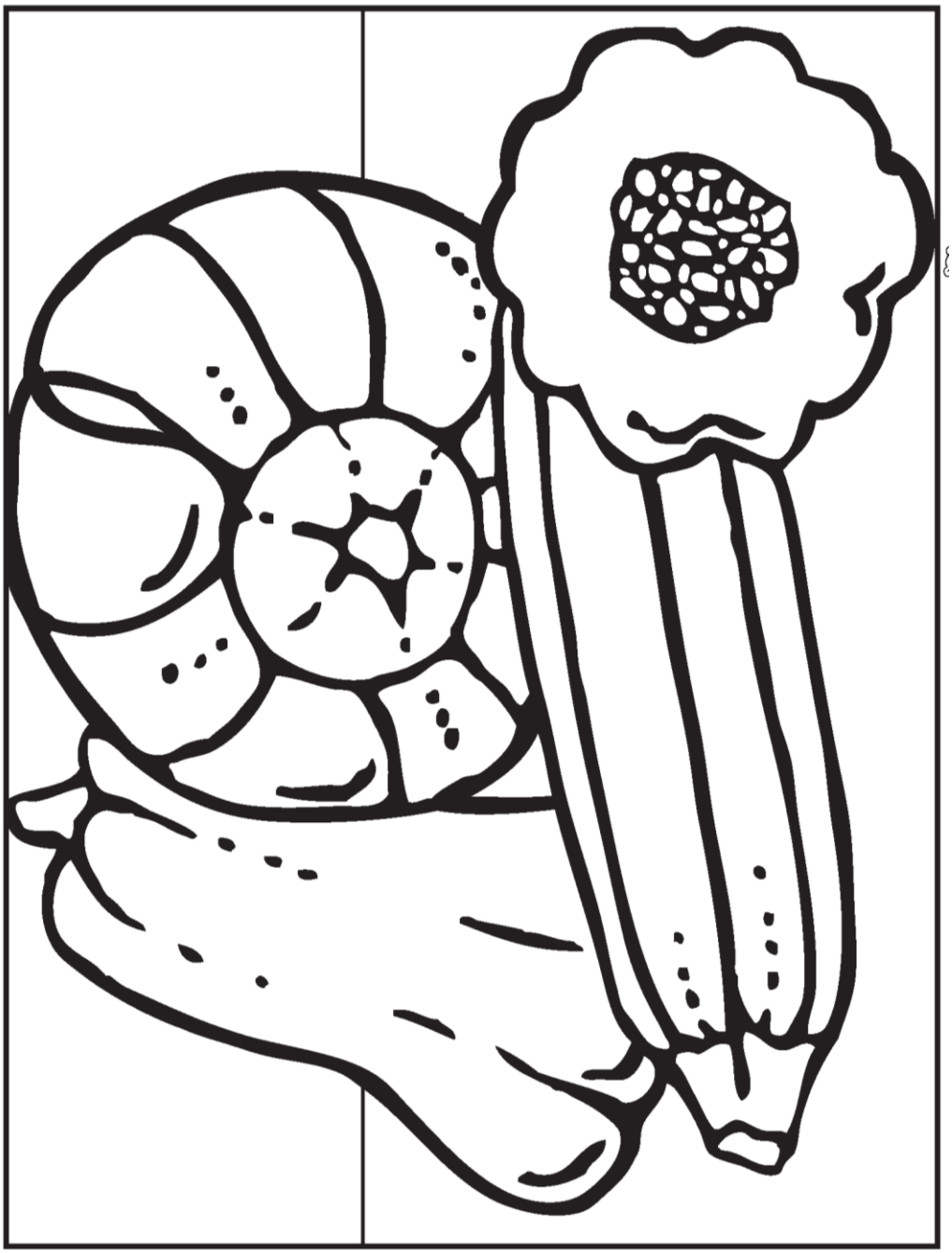
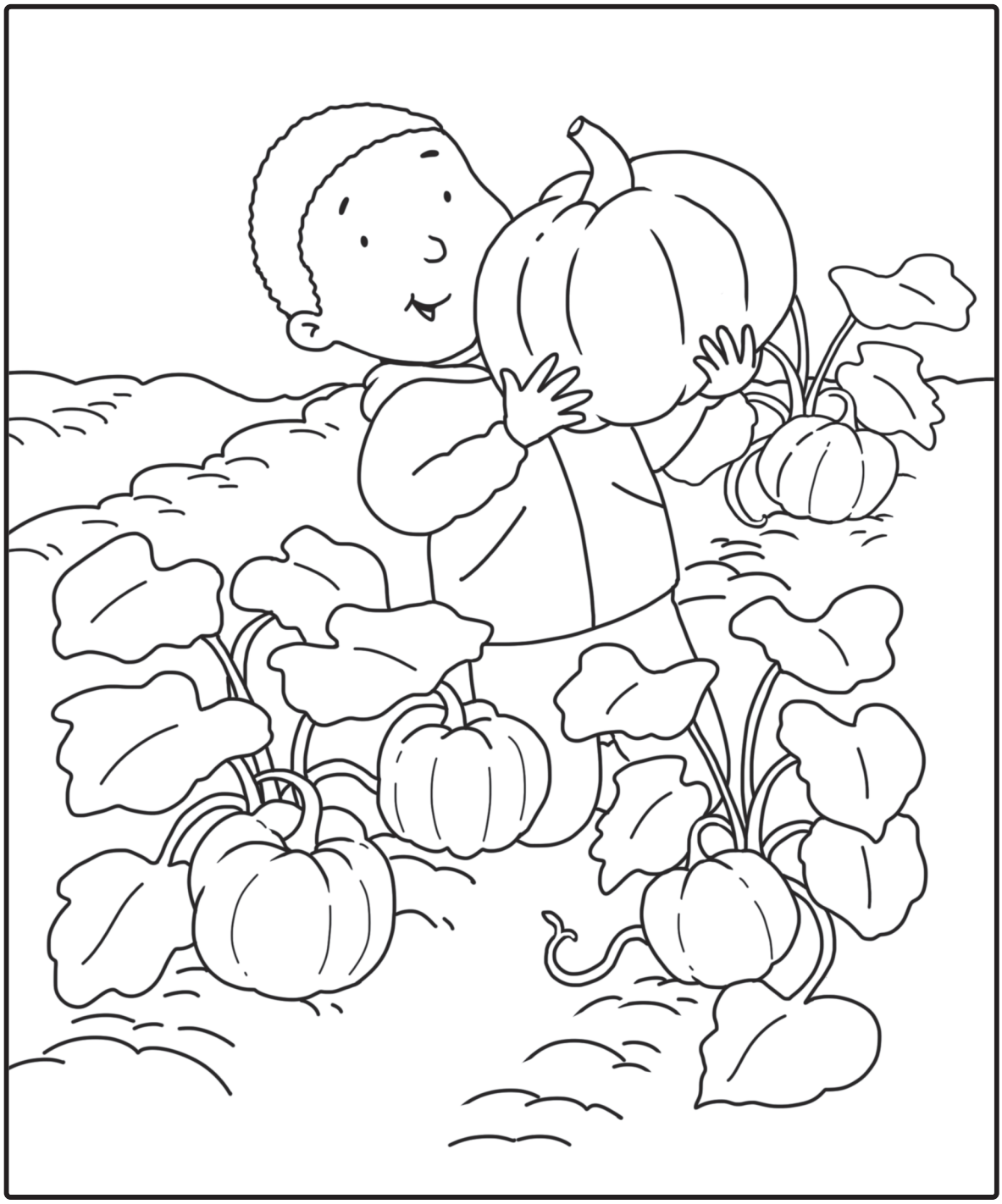


Calabaza de Invierno



Haga que la Mitad de Su Plato

Consista Frutas y Verduras

OREGON HARVEST for SCHOOLS

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