

Coloring & Activity Sheets

Grades K-2





Colorful Spring Garden Activity

Complete the counting and coloring activity below and then as a group, write down some **edible** garden plants you would want to grow in spring (review the Spring Gardening Coloring Book (K-2) for some ideas regarding what cool weather plants can be grown in an edible garden)! Record these on the white board or large piece of paper so all can see!

Colorful Spring Garden

Count the petals on each flower in the garden.
Then color the flowers according to the key below.

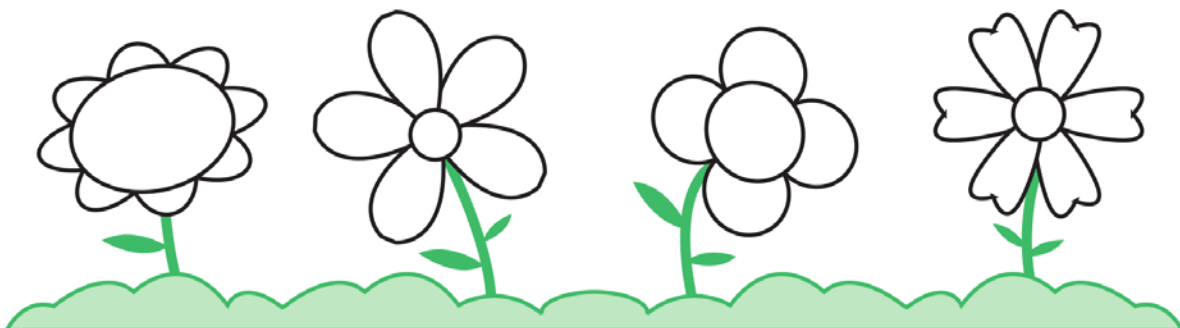
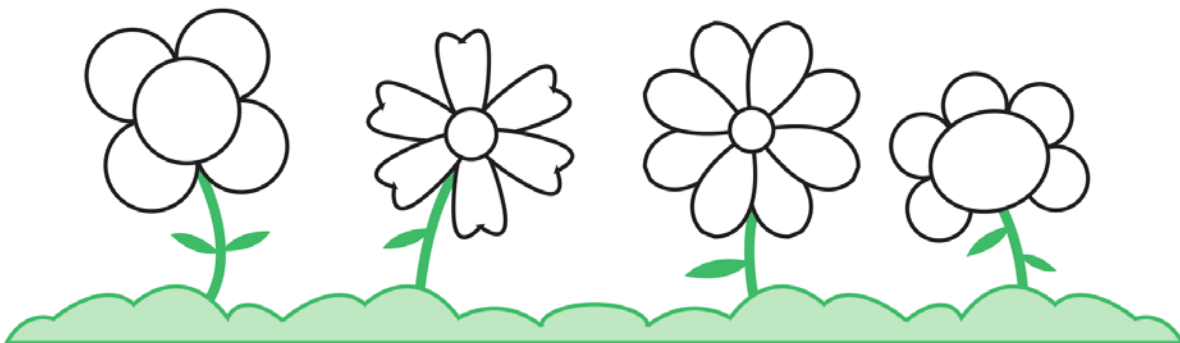
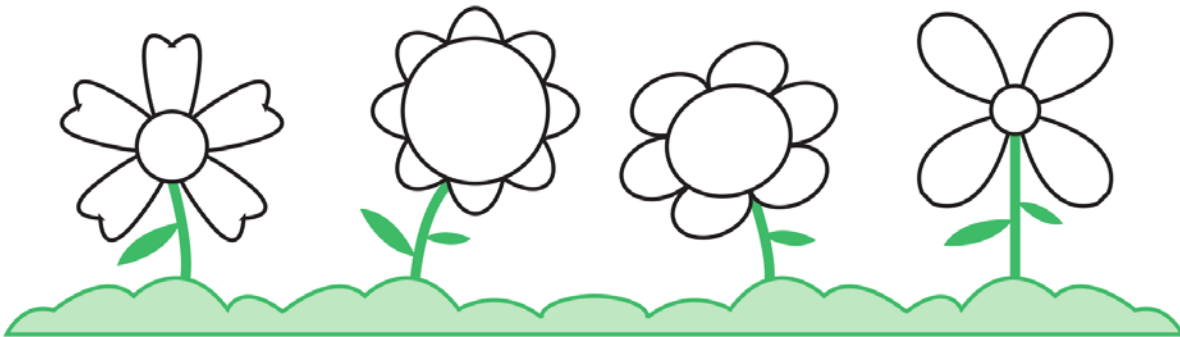
COLOR KEY

4 - RED

5 - GREEN

6 - BLUE

8 - ORANGE



Fruit and Veggie Activity

Fruit and veggie infused water is colorful and tasty! Write an F next to the fruits below and an V next to the vegetables, and then circle the ones you would want to try in your water.





Healthy Valentine's Day Cards!

Kids can color the cute and healthy Valentine's Day cards and then give them to their friends on Valentine's Day at home or at school! It's a fun and healthy way for kids to celebrate the holiday. There are 4 different cards on the page with a different health and nutrition theme

Fun Healthy Valentine's Cards- Healthy Food Cards

Your heart loves vegetables!
Happy Valentine's Day



Pyramid Games- www.chefsolus.com

Healthy foods come from trees.
Happy Valentine's Day



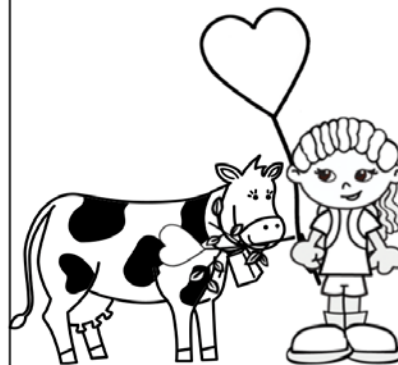
Pyramid Games- www.chefsolus.com

Your heart loves plant foods like
fruits, vegetables and beans!
Happy Valentine's Day



Pyramid Games- www.chefsolus.com

Your bones love milk foods!
Happy Valentine's Day



Pyramid Games- www.chefsolus.com

Kim's Garden

Directions: Read the story. Then read the sentences at the bottom of the page. Draw a line under the sentence that tells what Kim will do next.

It was a warm day. Kim was happy. It was the day she was going to plant a garden.

Kim got seeds. She got all the other things she needed. Then she went outside to plant her garden.

Kim worked and worked. She planted all kinds of seeds.

At last, Kim got all the seeds planted. "When these plants come up, we will have good things to eat," said Kim.



What will Kim do next?

1. Kim will dig up all the seeds.
2. Kim will eat all the seeds.
3. Kim will take care of the little plants that grow.

Source: <https://www.teachervision.com/reading-comprehension/kims-garden>





My Plate Coloring Sheet!

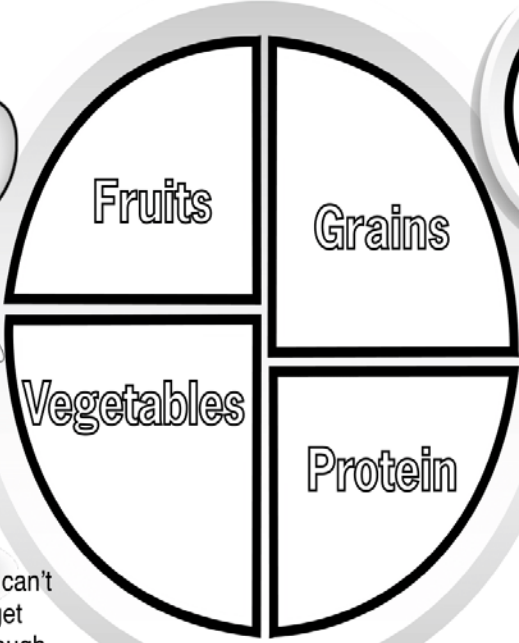
Your Heart Loves Foods From the My Plate



We love fruits

Eat grains that are 100% whole grains!

Go for low fat or nonfat and we'll thank you!



Go for lean meats



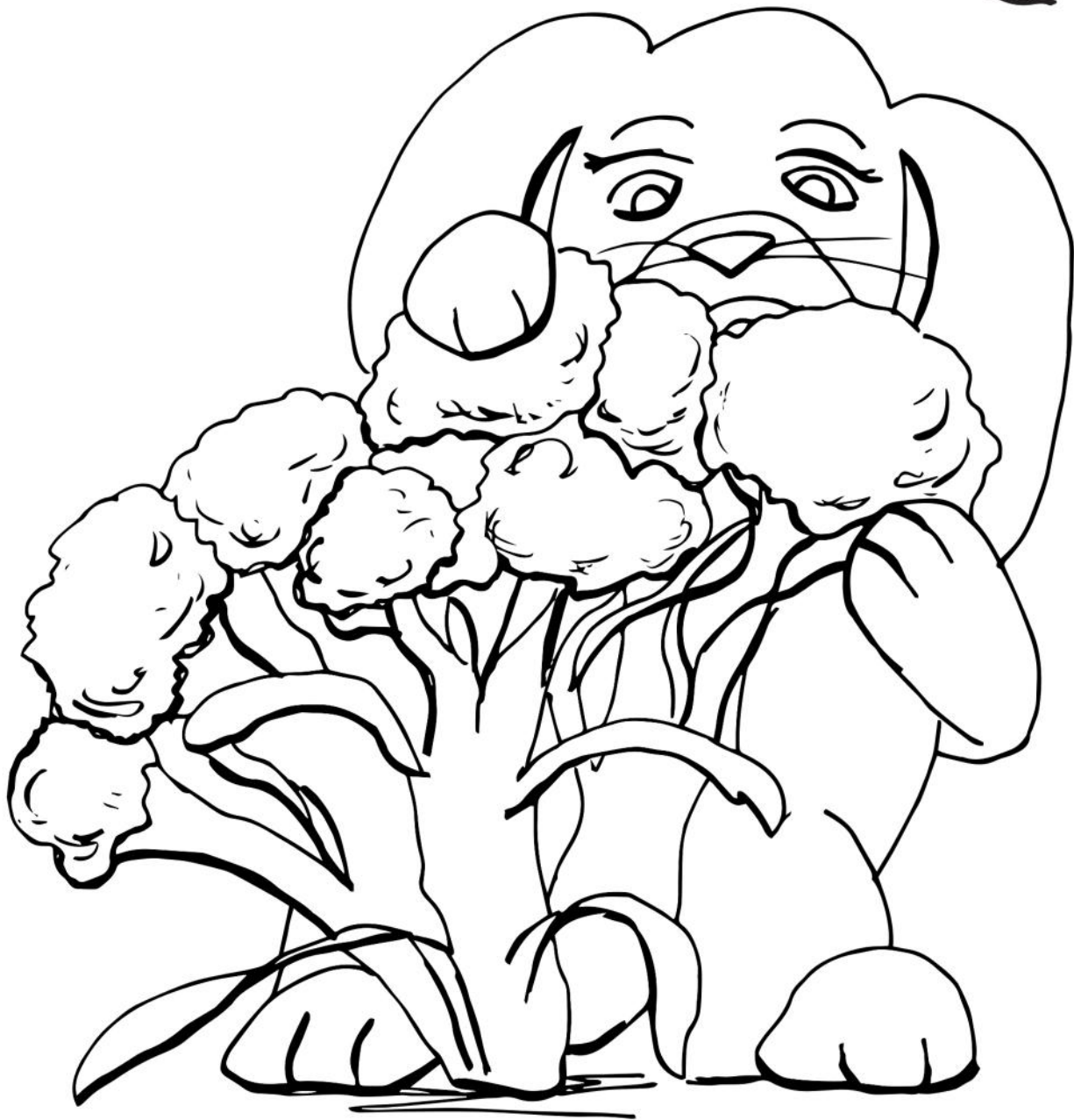
We can't get enough vegetables.

Valentine's Day is part of Healthy Heart Month! The My Plate gives us lots of choices to keep our hearts healthy and HAPPY!



I need exercise everyday- run, walk and jump!

Broccoli



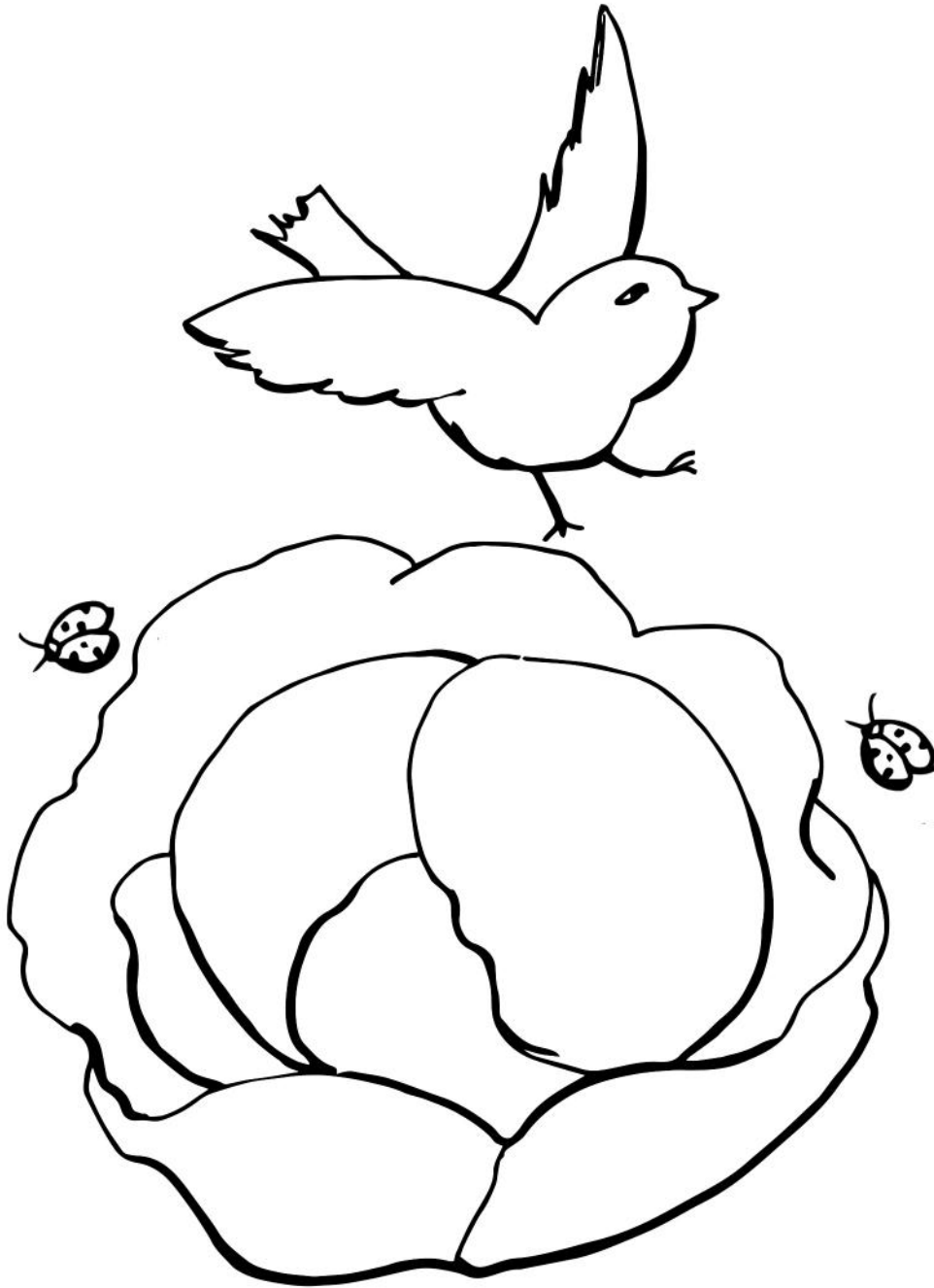
For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Carrots



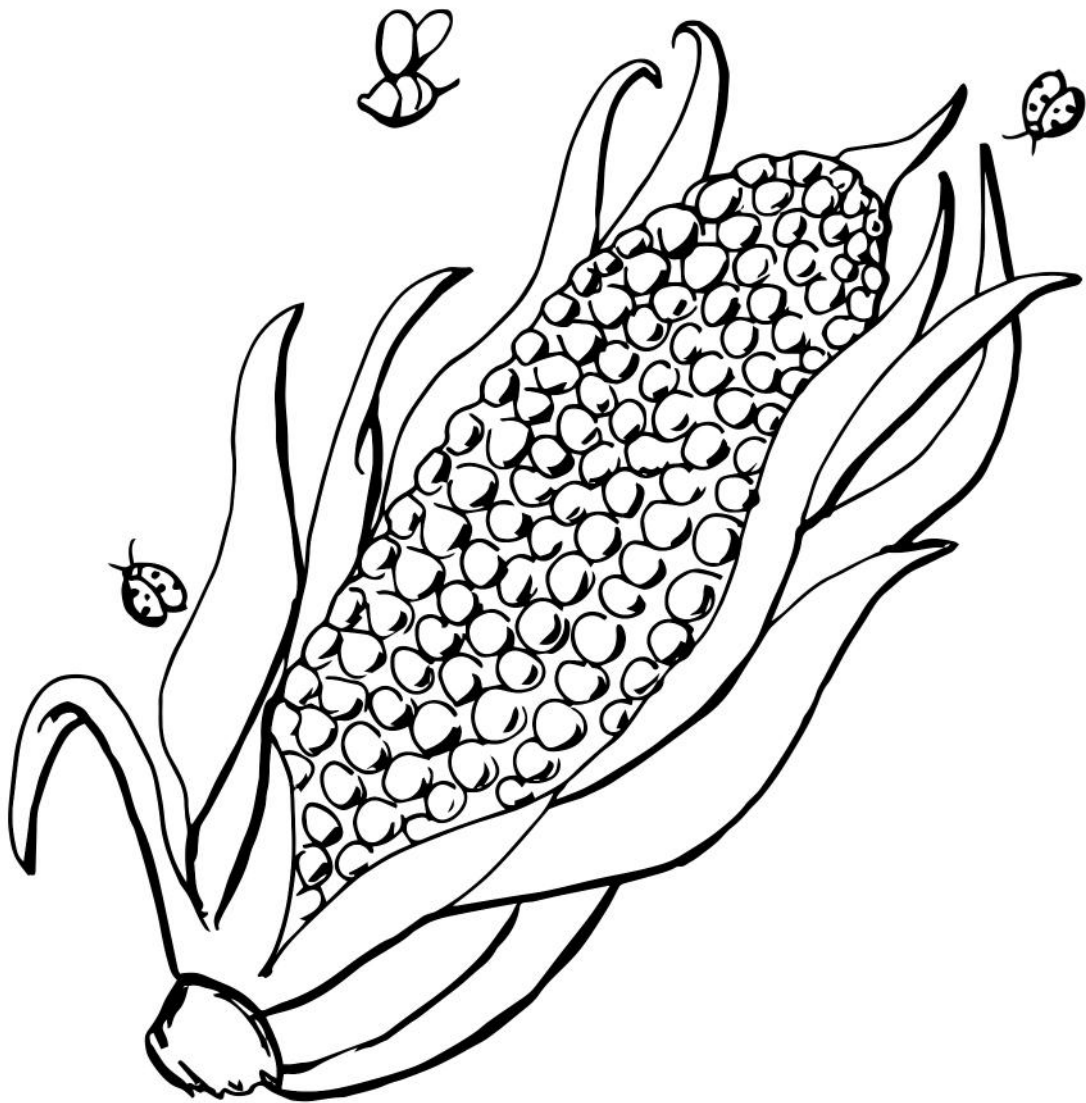
For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Cabbage



For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Corn



For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Cauliflower



For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Cucumber



For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Eggplant



For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Green Beans



For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Lettuce



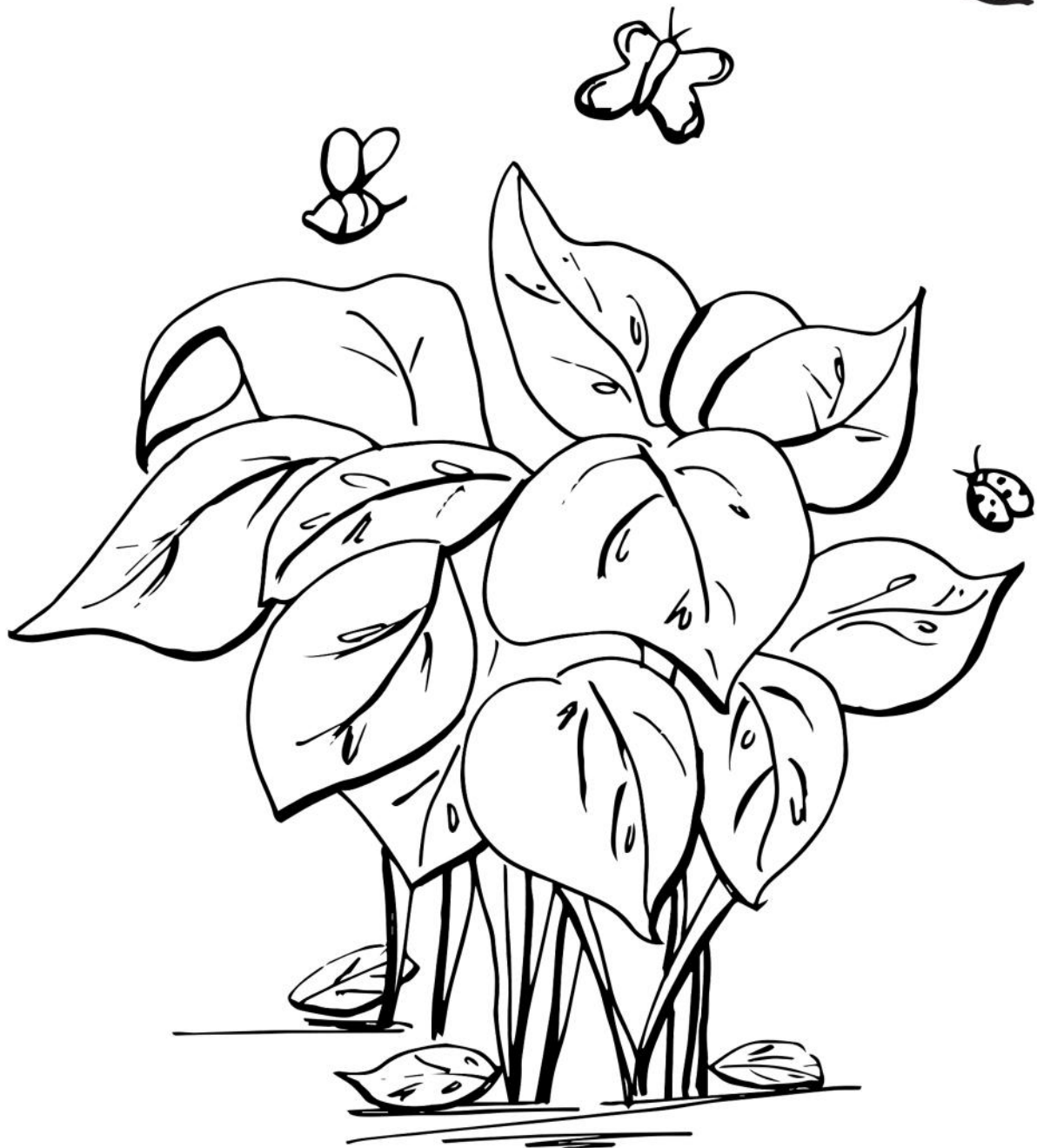
For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Onions



For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Spinach



For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Peas



For all your gardening solutions...
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Peppers



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Pumpkins



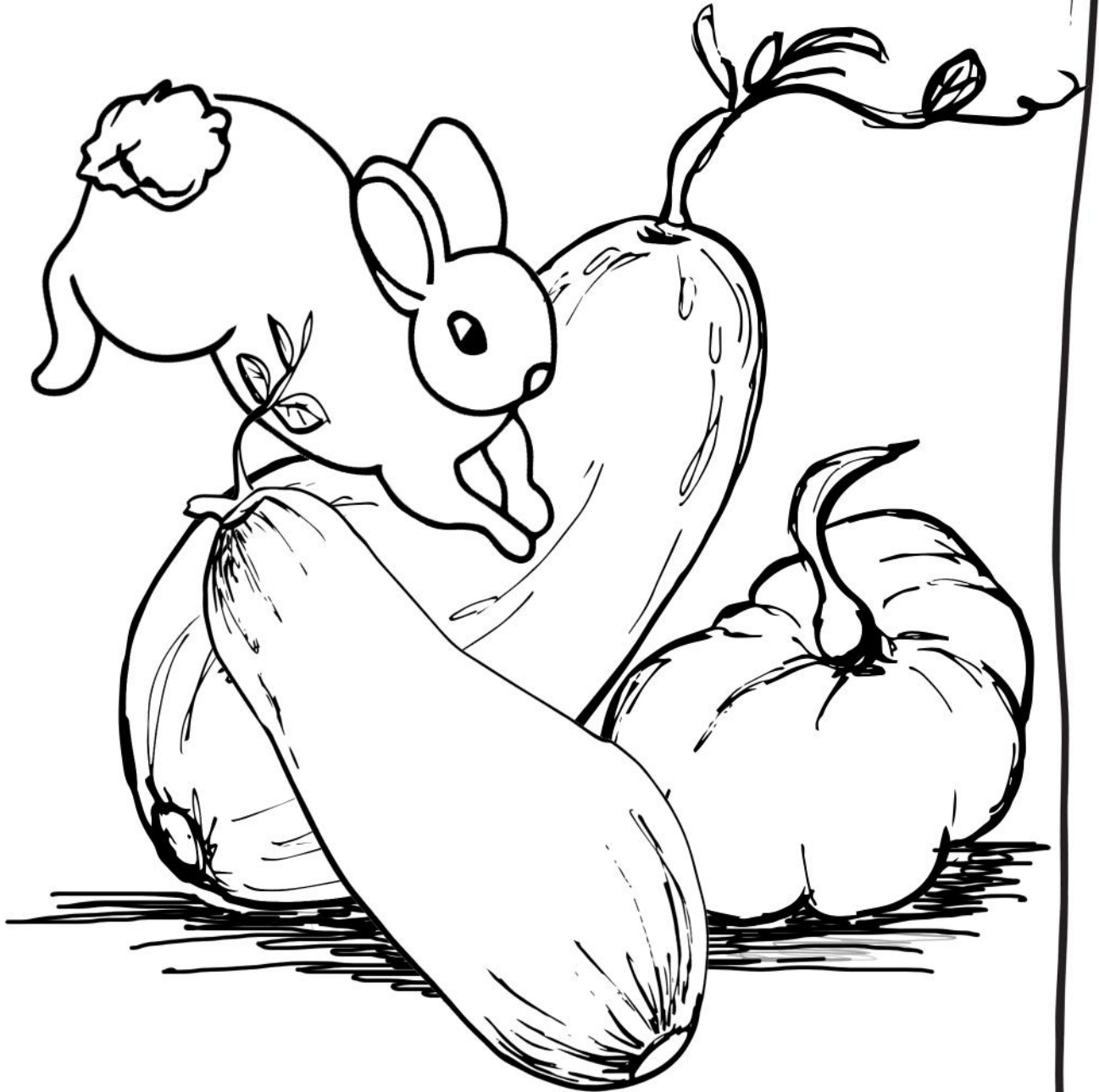
For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Radish



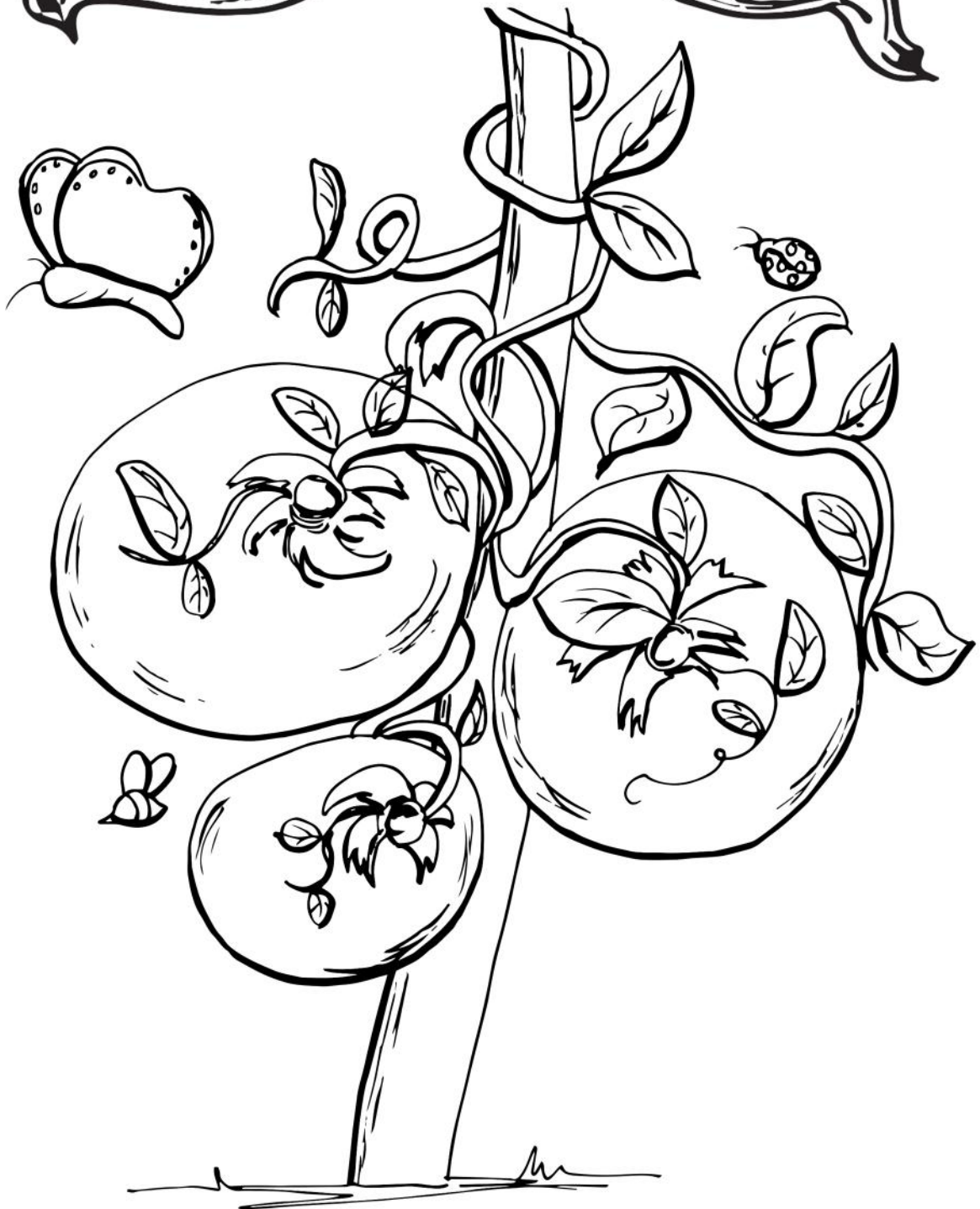
For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Squash



For all your gardening solutions...
www.Vegetable-Gardening-Online.Com

Tomatoes



For all your gardening solutions...
www.Vegetable-Gardening-Online.Com



Springtime Garden Activity

Complete the color by sum activity below and then write down some plants you would want to grow in spring!

COLOR BY SUM

Add. Then color all the sums using the color key below.

- 1 = Green
- 2 = Red
- 3 = Brown
- 4 = Yellow
- 5 = Blue

SPRINGTIME GARDEN



Valentine Word Scramble!

Chef Solus Valentine Healthy Dessert Toppings Word Scramble

Chef Solus is decorating a healthy sweet treat for Valentine's Day. Unscramble this word puzzle and find the names of some of Chef Solus' favorite toppings!



sprbreiresa



bnaaan



ycehrr



altwof otruyg



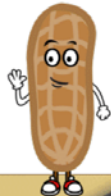
asrini



tusn



oewhl wtaeh rrekcac



enpatu

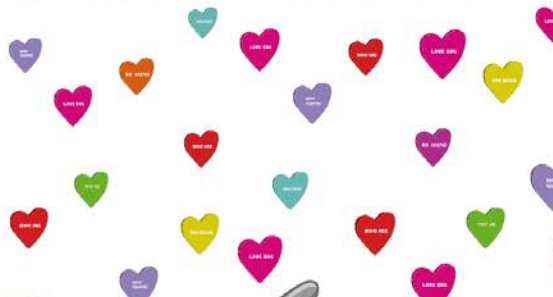




Valentine's Candy Count! Do the activity below to see how many teaspoons of sugar are in common Valentine's treats – you may be surprised to learn how much sugar is in each! After completing the activity below, turn the page over and make a list of healthy foods that may be nice to share on Valentine's Day that do not have as much sugar in them!

Valentine's Candy Count

Chef Solus enjoys a sweet treat on Valentine's Day. Can you help him count just how many teaspoons of sugar is in each treat? Write the answer on the line.



=



=



=

Sweetheart Candy
1 oz box





Water Coloring

Color the letter W and don't forget to drink plenty of water today! Try putting some fruit in your water too!

