

Coloring & Activity Sheets

Grades 3-5





Build Your Own Trail Mix

Dried fruits and veggies can be great in trail mix. If you could build your own what would you include? Use some of the suggestions below! Put check marks next to food you would use, and maybe make a few different “mixes” by using numbers. Place a 1 next to all items in mix 1, and 2 next to all items you would put in your second mix, and so on.

Build Your Own Trail Mix

{ Nuts + Seeds + Grains + Fun Stuff + Seasoning }

<input type="checkbox"/> Peanuts	<input type="checkbox"/> Pecans	<input type="checkbox"/> Pine Nuts
<input type="checkbox"/> Almonds	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Soy Nuts
<input type="checkbox"/> Cashews	<input type="checkbox"/> Hazelnuts	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Brazil Nuts	


<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Hemp	<input type="checkbox"/> Flax
<input type="checkbox"/> Sunflower	<input type="checkbox"/> Sesame	<input type="checkbox"/> Edamame

<input type="checkbox"/> Popcorn	<input type="checkbox"/> Granola	<input type="checkbox"/> Puffed Rice
<input type="checkbox"/> Pretzels	<input type="checkbox"/> Puffed Wheat	<input type="checkbox"/> Whole Grain Cereal

<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Yogurt Raisins	<input type="checkbox"/> Coconut
<input type="checkbox"/> Banana Chips	<input type="checkbox"/> Chocolate Chips	<input type="checkbox"/> Yogurt Chips

<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Sea Salt	<input type="checkbox"/> Pumpkin Pie Spice
<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Cayenne Pepper	<input type="checkbox"/> Ginger

Visit [produceforkids.com](https://www.produceforkids.com) for more healthy recipes & tips!

 **Produce for Kids**
[produceforkids.com](https://www.produceforkids.com)

Dried Fruit Word Search

Find and circle the fruit below that can be eaten when fresh or dried. On the right side, *print* the fruit you have eaten in dried form – if you have not eaten some in the word search, list the dried fruit you want to try in *cursive.* **Remember, “print” versus “cursive” is required!!**

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

- APPLES
- APRICOT
- BANANAS
- BLUEBERRIES
- CHERRIES
- CRANBERRIES

- GRAPES
- KIWI
- PEACHES
- PINEAPPLE
- PLUMS
- STRAWBERRIES

Created by *Puzzlemaker* at *DiscoveryEducation.com*



Dried Veggies Word Search

Find and circle the vegetables below that can be eaten when fresh or dried. On the right side, *print* the veggies you have eaten in dried form – if you have not eaten any, list those you want to try in *cursive.* Remember, “print” versus “cursive” is required!!

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

BEETS
 BROCCOLI
 CARROTS
 CELERY
 CORN
 KALE

ONIONS
 PEAS
 PUMPKIN
 SPINACH
 TOMATOES
 ZUCCHINI

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Frozen Produce

Look for frozen fruits and veggies as an option when fresh fruits and veggies are out of season. Sometimes frozen foods are a better choice than canned. For example, there is a lot more sodium in the canned peas below than there are in the frozen peas. What are some other things you see that make the frozen peas the better choice compared to the canned peas?

Frozen Peas

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container About 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	
Vitamin A 15%	Vitamin C 30%
Calcium 0%	Iron 6%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Canned Peas

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container About 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	14%
Sugars 4g	
Protein 4g	
Vitamin A 6%	Vitamin C 10%
Calcium 2%	Iron 8%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: <http://wellnessfeel.com/american-heart-association-eat-less-salt/educate-yourself/2546-compare-labels-on-packaged-foods.html>



January Produce!

Check out what is in season in January! Circle the ones you don't know, put a star next to the ones you want to try that are new to you, and put a box around the ones you know and like!

What's in Season for January?



Grapefruit



Papaya



Oranges

- Broccoli Rabe
- Brussels Sprouts
- Kohlrabi
- Kumquats
- Limes
- Mandarins
- Parsnips
- Pomegranates
- Rutabagas
- Sweet Potatoes
- Tangerines
- Winter Squash

Visit produceforkids.com for more info & recipes!



New Year's Resolution!

Ask kids to write a New Year's resolution and encourage them to create healthy goals for the new year! Give them ideas such as drinking more water, eating fruits and veggies multiple times each day, be physically active every day, etc.

What's my New Year Resolution!



My New Years Resolution is ...



Plant Fill in the Blank

Complete the activity below and think about what a plant needs to grow indoors and the warning signs when a plant isn't getting enough water or sunlight. Answer key on next page.

Fill in the spaces with the words from the plant pot below:

Plants can only grow under certain _____.

They need _____, air, light and warmth.

If a _____ does not have these things it will slowly die.

A _____ plant has green leaves and stands up strongly. A

plant that has been deprived of _____ will lose its leaves.

A plant that has been deprived of _____ will turn yellow,

thin and _____. To

stay healthy a plant needs

to take water and nutrients

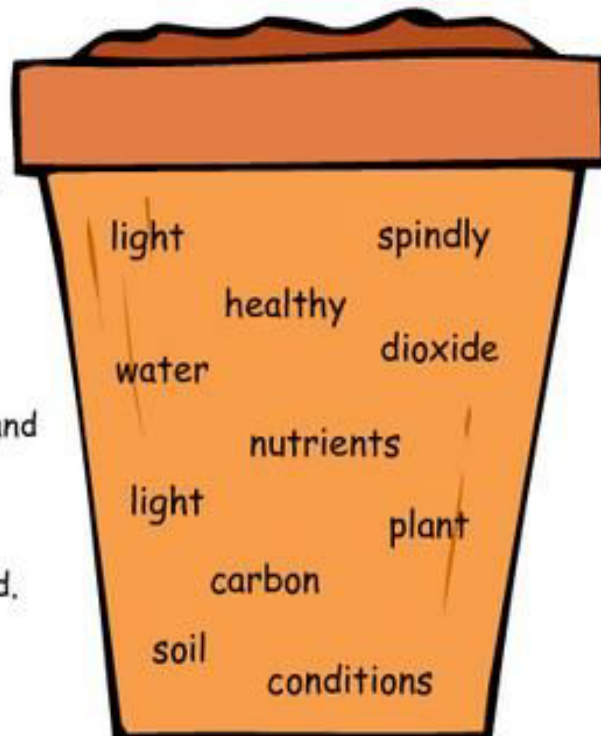
from the _____. A

plant takes _____

_____ from the air and

uses it with water and

_____ to create food.





Community and Home Gardening Coloring & Activity Sheets

Answer Key - Missing words in order:

Conditions

Nutrients

Plant

Healthy

Water

Light

Spindly

Soil

Carbon

Dioxide

Light



Plant Growth

Indoor plants need the same things as outdoor plants! Do the activity below and think about the things that your indoor plants will need in order to grow. Talk about the questions below as a group!

Science
Life Science

What Affects Plant Growth

Circle the things that plants need to grow. Then answer the questions below.



monkey



rain



sunshine



soda



fire



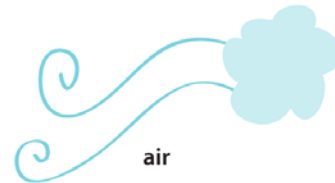
water



hamburger



soil



air

What would happen if a plant got too much sun?

What would happen if a plant got too much water?

What other things could keep a plant from growing?
