



**Foods of the Month**  
**Coloring and Activity Sheets**

# **Oils and Good Fats**

## **Grades 3-5**



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## Foods of the Month Experiential Activities

### February – Heart Month

Help Celebrate American Heart Month! Share some of these heart-healthy facts with your children this month!

Back in 2009, President Obama and First Lady Mrs. Obama announced that February would be American Heart Month. Each year since then we have been celebrating American Heart Month in February. This helps to increase awareness of heart disease and reinforces ways to keep your heart healthy. Heart disease is the leading cause of death for men and women. People can make healthy changes to lower their risk of developing heart disease or to help them if they already have heart disease. As more people make these changes, fewer people will die from heart disease. Even at your age you can and should make changes to keep your heart healthy and encourage those around you to do the same!

You can:

1. Exercise and move your body for at least 30 minutes every day!
2. Eat healthily – every day try to eat some of the Foods of the Month you are learning about!
3. Drink plenty of water and stay away from soda and other unhealthy drinks.
4. If you are around someone who smokes cigarettes, encourage them to quit. You should move away from the smoke and try not to breathe it in because even if you aren't smoking, the smoke from a cigarette is not good for you!



**Harvest**  
of the  
**Month.**

\_\_\_\_\_  
\_\_\_\_\_  
**Avocado**



**Write a letter about amazing avocados.**

Write a letter to your parents about what you learned about avocados. Be sure to include why avocados are good for you and why it is important to eat fruit every day.



Date: \_\_\_\_\_

Dear \_\_\_\_\_,

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Love,

\_\_\_\_\_





Harvest  
of the  
Month.

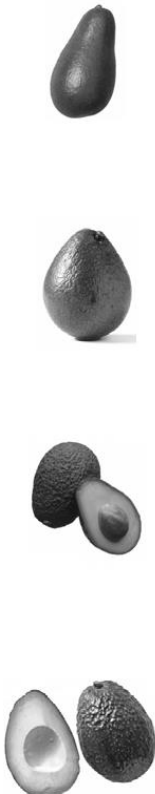
\_\_\_\_\_

\_\_\_\_\_

**Avocado**



Find the hidden words within the grid of letters.



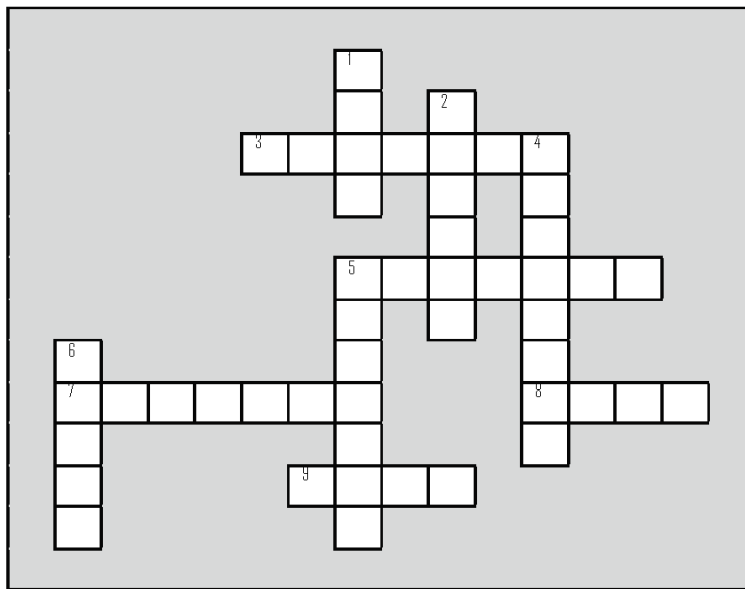
W	N	G	D	X	A	A	L	A	C	A	U	D
J	M	T	G	H	E	I	D	E	E	S	M	X
A	G	U	U	F	H	N	E	E	K	H	O	M
I	T	B	E	T	M	R	L	H	J	N	R	S
F	Z	W	R	A	V	O	C	A	D	O	C	S
D	J	J	I	V	M	F	Q	Z	N	G	H	A
O	X	A	F	A	O	I	J	L	W	B	A	H
V	S	O	C	U	K	L	Q	W	U	S	R	V
A	H	A	R	X	J	A	Z	T	H	F	D	N
K	U	E	C	G	K	C	V	W	R	C	W	X
G	S	Q	E	D	I	T	P	U	C	E	F	N
X	N	D	C	R	B	J	I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

AVOCADO	GUACAMOLE	SEED
CALIFORNIA	HASS	TREE
FRUIT	ORCHARD	

### FAT CROSSWORD PUZZLE

The answers to the following clues are all food items that are rich in fat. Some have a healthy amount of fat, while others do not. Foods like these should make up only a small part of your diet.

**TIP:** Use a pencil so that you can erase your answers easily if you have to change them.



**ACROSS**

- 3. Not floor-nuts or ceiling-nuts
- 5. Can be bright orange, or pale white
- 7. Smooth, creamy and with a giant pit
- 8. Sunnyside-up, over-easy, scrambled...
- 9. Ocean food for sandwiches

**DOWN**

- 1. Primary source of calcium
- 2. Made by churning fresh cream
- 4. Small, salty and often crammed into a can with oil
- 5. Brown and hairy on the outside, white on the inside
- 6. Fried breakfast food – Careful not to eat too much of this!

**WORD BANK**

- BACON
- SARDINES
- MILK
- EGGS
- CHEDDAR
- WALNUTS
- AVOCADO
- TUNA
- BUTTER
- COCONUT
- BACON



# Foods of the Month Coloring and Activity Sheets

February – Heart Month

## HEART WORD SEARCH

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

Find and circle these hidden words above:

ARTERY  
AORTA  
SEPTUM

PULMONARY  
VALVE  
OXYGEN  
VEIN

CARDIAC  
BLOOD  
VENTRICLE  
ATRIUM

Source:

[https://www.heart.org/idc/groups/heartpublic/@wcm/@fdr/documents/downloadable/ucm\\_432796.pdf](https://www.heart.org/idc/groups/heartpublic/@wcm/@fdr/documents/downloadable/ucm_432796.pdf)



**Foods of the Month**  
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# Water

## Grades 3-5



**NRPA** National Recreation  
and Park Association

[www.nrpa.org/CommitToHealth](http://www.nrpa.org/CommitToHealth)

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## February – Water

Check out this fun game that will surprise you! I bet you will be surprised to learn how much sugar is in some of your favorite drinks and foods! (Answer key on second page).

After you complete the matching game, talk as a group about water, and how you can make yummy water even more tastier sometimes by adding sliced fruit! What fruits would you add to your water?

### Sugar Shocker Mix & Match Game

Match the product on the left with the amount of sugar on the right by drawing a line from the food item to its corresponding number of teaspoons of sugar.

Orange Slice Soda - 12 oz	9 teaspoons of sugar
Welch's Grape Juice - 11.5 oz can	8 teaspoons of sugar
Gatorade - 20 oz	13 teaspoons of sugar
Froot Loops Cereal - 1 serving	16 teaspoons of sugar
Starbucks Grande Mocha Frappacino 16 oz (no whipped cream)	15 teaspoons of sugar
Yoplait Yogurt – 6 oz (flavored 99% fat free)	10 teaspoons of sugar
Sunny Delight Drink – 16 oz	12 teaspoons of sugar
Rockstar Energy Drink	4 teaspoons of sugar
Snapple Lemonade Iced Tea – 16 oz	14 teaspoons of sugar





**Sugar Shocker Mix & Match Game**

**Correct answers:**

Orange Slice Soda.....	13 teaspoons of sugar
Welch's Grape Juice.....	10 teaspoons of sugar
Gatorade.....	9 teaspoons of sugar
Froot Loops.....	4 teaspoons of sugar
Starbucks Grande Mocha Frappacino.....	12 teaspoons of sugar
Yoplait Yogurt.....	8 teaspoons of sugar
Sunny Delight Drink .....	15 teaspoons of sugar
Rockstar Energy Drink.....	16 teaspoons of sugar
Snapple Lemonade Iced Tea.....	14 teaspoons of sugar







Source: <http://www.sfgov3.org/ftp/uploadedfiles/shapeupsf/projects/UpdatedSugarSavvy.pdf>

### February – Water





New York State  
Department of Health

#### Drinking Water Activity Sheet





Use the picture clues below to figure out what it says.

 is wet and cl +    s &






W \_\_\_\_\_ • P \_\_\_\_\_ , p \_\_\_\_\_

 k -  + d  Our  + s





f \_\_\_\_\_ • b \_\_\_\_\_

 + d  2 g+  U  + ould

n \_\_\_\_\_ • w \_\_\_\_\_

 lots of  every  U  get 

\_\_\_\_\_ • \_\_\_\_\_

from  vege +   & 

\_\_\_\_\_ • \_\_\_\_\_

How Much Water Do You Drink? Fill in this graph to see.

10 glasses							
9 glasses							
8 glasses							
7 glasses							
6 glasses							
5 glasses							
4 glasses							
3 glasses							
2 glasses							
1 glass							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

February – Water

Can you find all of these words below?  
They all have something to do with water.

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

WATER  
DRINK  
TAP  
GLASS  
BOTTLE  
HYDRATION  
THIRSTY

SPORT  
SWEAT  
DEHYDRATION  
EXERCISE  
DRIP  
COOL  
COLD

HOT  
RAIN  
CLOUD  
DROP  
POUR  
SPILL

February – Water

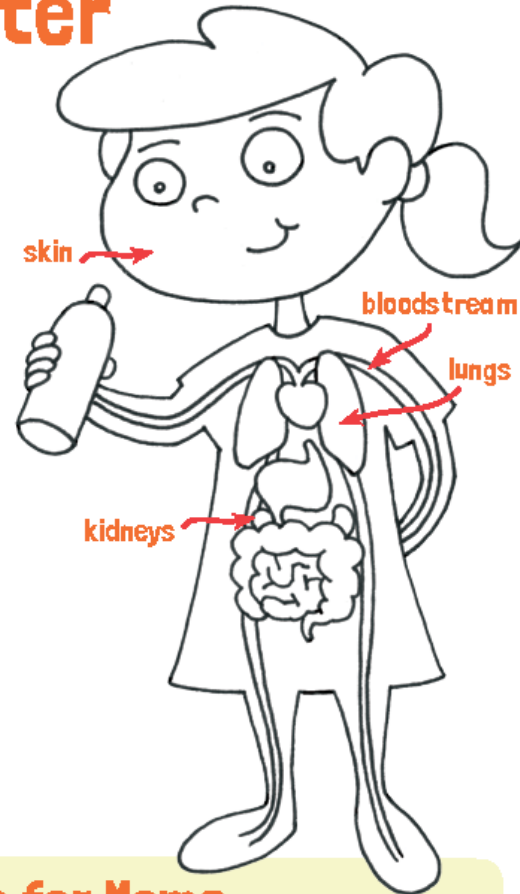
Activity  
**2**

Reproducible Master

### Why We Need Water

Your body needs water in all of its cells, organs, and tissues in order to work properly. Find out some of the ways water helps keep you hydrated by completing these sentences with the correct body part. The first letter is already filled in to help you get started, and you can find all the body parts labeled on the diagram.

1. Water helps carry nutrients and oxygen through the **b** \_\_\_\_\_.
2. Water removes waste through the **k** \_\_\_\_\_.
3. Water regulates temperature through your **s** \_\_\_\_\_.
4. Water helps replace the moisture lost through your **l** \_\_\_\_\_ when you breathe.



In answers: 1-bloodstream; 2-kidneys; 3-skin; 4-lungs.

### Water Wisdom for Moms



Did you know that kids are especially vulnerable to becoming dehydrated? Their need for water is proportionately greater than that of an adult, and they may not yet have developed the reflex to drink when they are thirsty. Be on the lookout for these signs of dehydration.

- Feeling thirsty (When a child experiences the sensation of thirst, he/she is already dehydrated.)
- Less urination and darker urine color
- Unexplained tiredness
- Headaches
- Dry mouth
- Dizziness
- Decrease in mental awareness

Children need approximately 40 oz. of liquids each day for proper hydration. Some of this total can come from foods but most should come from beverages, and water is a great choice. Find out more by visiting the "Live Well" section at the Nestlé® Pure Life® Purified Water Web site, [www.nestle-purelife.us](http://www.nestle-purelife.us).



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