

Coloring & Activity Sheets Grades K-2






Community Garden Activity

Complete the activity below and then think about what you would want to grow in your community garden if you could start one! Leaders, ask older children to describe three different types of salads on the back of this sheet, then challenge them to try them at home.

SESAME STREET


**growing hope
against hunger**

CHILDREN'S ACTIVITY




A Healthy Salad


Rosita and Elmo just picked and washed these fruits and vegetables from the community garden. Using a crayon, circle the fruits or vegetables you would like to include in this special healthy salad. It's okay to mix fruits and vegetables — grapes and apples are delicious with lettuce in a salad! Ask, "What green vegetable are you going to put in? How about a red fruit?"




lettuce




carrots




apple




cucumber




avocado



orange



pear



tomato

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Connect the Dots Garden Tool

In order to start a garden, you must have all of the right tools. Connect the dots to find out what the most important garden tool is that you need.



Connect the dots from A to Z to see what important garden tool you need to help your plants grow quickly.



Green Vegetables Rainbow Activity!

Rainbow - Healthy Green Vegetables



Something has happened to the rainbow! The color green is missing!
Help Katlin convince her lucky green friends to color the rainbow with green by answering these questions.

Which green friend is not a vegetable but really a fruit? Draw an X on it.

Can you find the artichoke? Draw a square around it.

Which vegetable is like a little tree and is full of vitamin C? Draw a circle around it.

How often should you eat green vegetables? _____

Now draw in the green stripe on the rainbow and remember to color your plate like a rainbow!

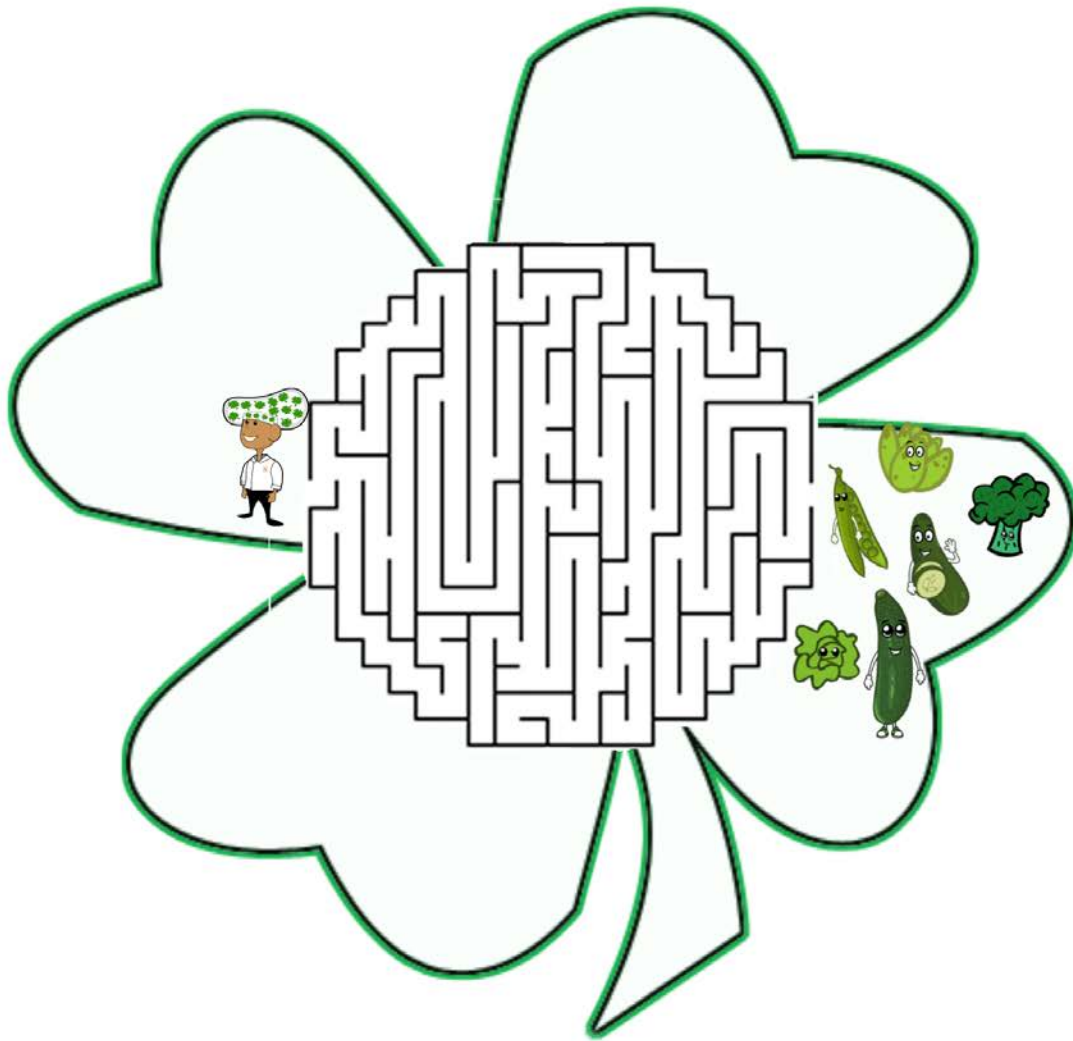




Lucky Green Vegetables Maze!

Chef Solus - Lucky Green Vegetables Maze

Chef Solus is looking for his lucky green vegetables.
Can you help him find them.





National Nutrition Month Pledge!

Celebrate National Nutrition Month with a pledge! Have children make one pledge for the month that will encourage them to eat colorful fruits and veggies every day, whole grains, lean proteins, and dairy or nondairy milk!

March to National Nutrition Month

My Pledge

This month I pledge to

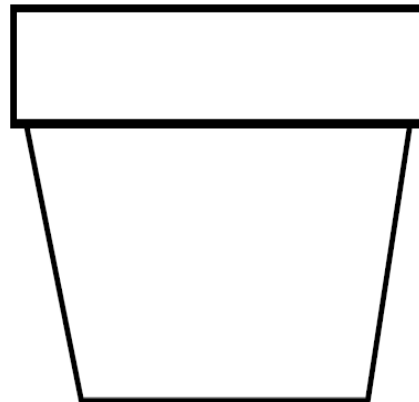
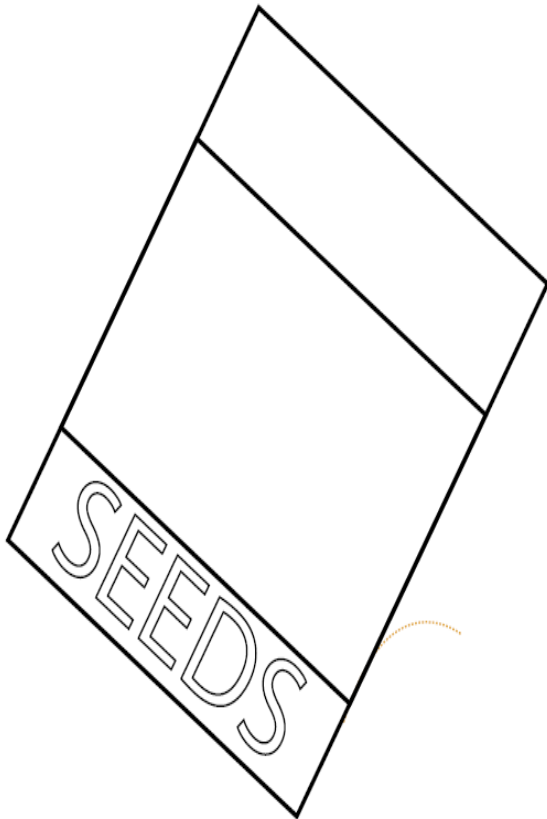
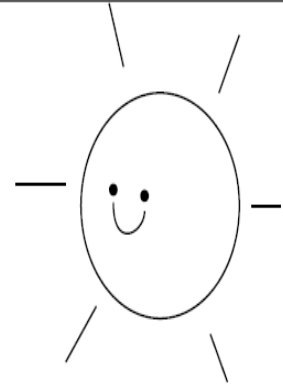
Signed: _____



Seed Planting

At this time of year, it is time to begin starting seedlings to be planted in spring and summer gardens! What types of edible plants would you want to plant in your garden? List them on the back side of this sheet. Then, do the activity below, drawing your seed packet and what the plant would look like.

What kind of seeds are you planting?
Design your seed packet and draw your plant.





Spring Planting

Color the picture according to the number key to add color to these farmers' spring planting day!

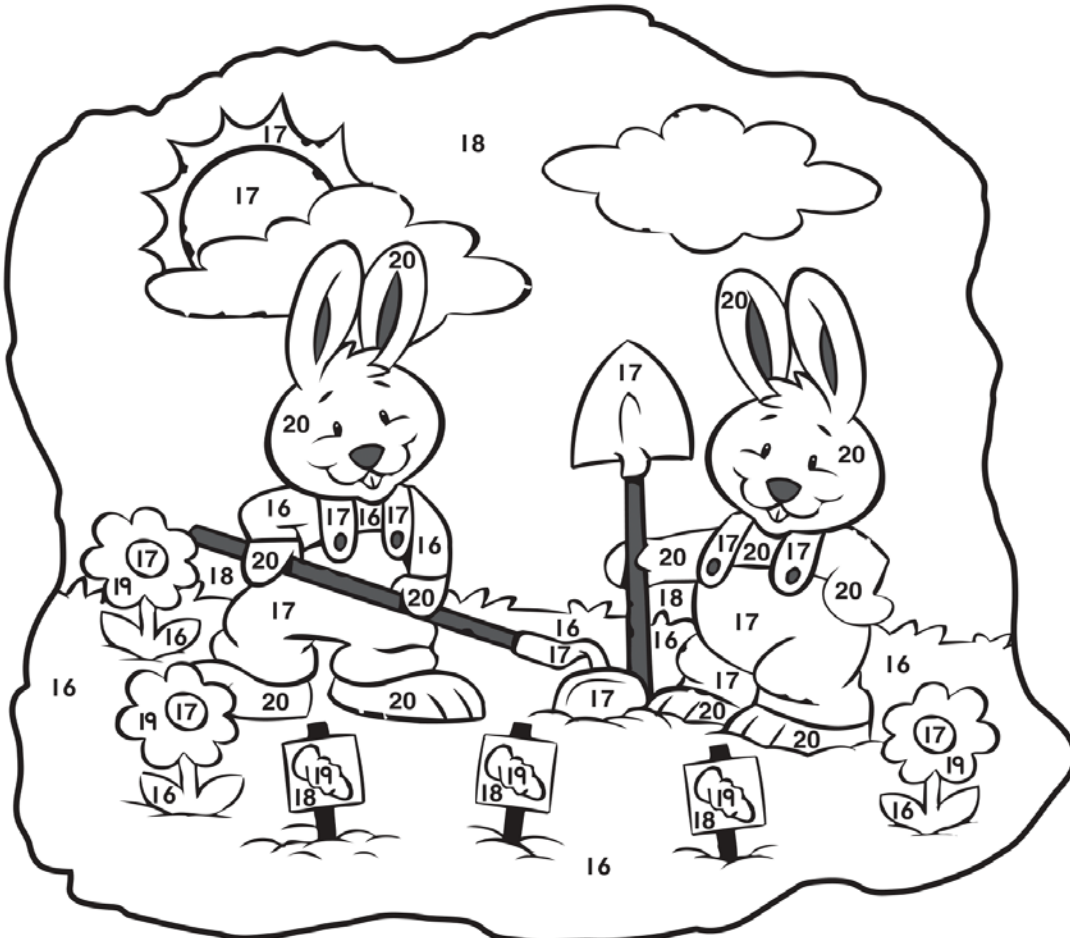
Spring Planting

Color.

Color Key

16 = 17 =

18 = 19 = 20 =





St. Patrick Alphabetize Worksheet!

Lucky Green St Patrick Words - Alphabetize Worksheet

Name: _____

Chef Solus' has made a list of the words that are fun and healthy that he will need to make his St.Patrick's Day extra lucky. Put these St.Patrick's Day words in alphabetical order.

1. _____

2. _____ Green

3. _____ Lucky

4. _____ Clover

5. _____ Rainbow

6. _____ Broccoli

7. _____ Lettuce

8. _____ Zucchini

9. _____ Leprechaun

10. _____ Turnips

11. _____ Spinach

12. _____ Brussel Sprouts

13. _____

14. _____

15. _____

