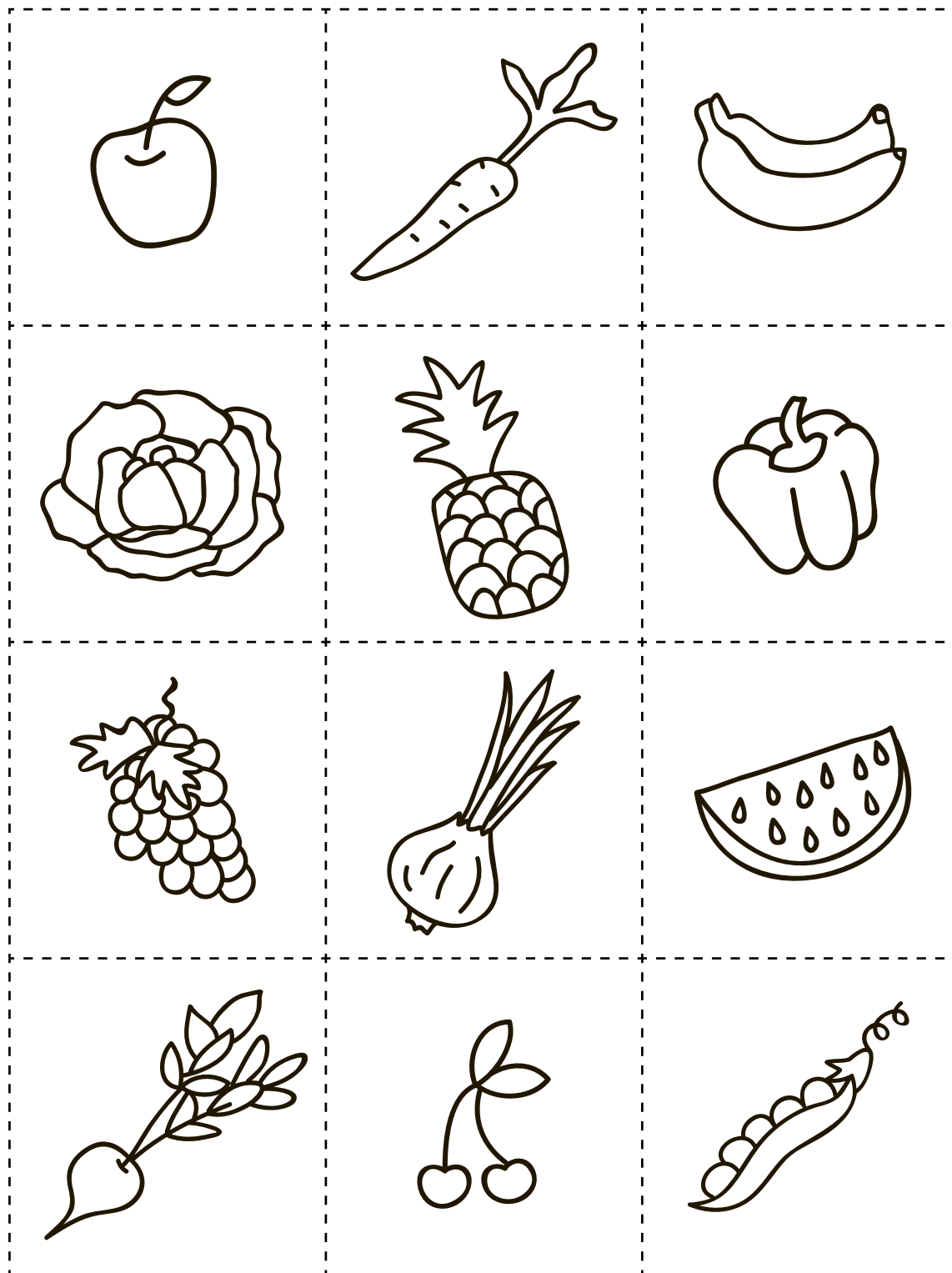




Helpful Tools

Use these fruit and veggie cards to help divide your team into groups for any of the activities throughout the training module.



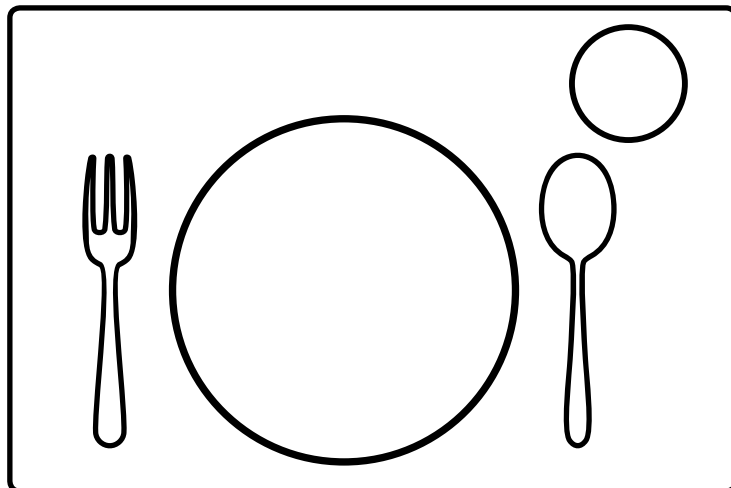
Placemat Art

Let children use their imagination to design their own personalized placemat that they can use during meal times.

Gather the following items:

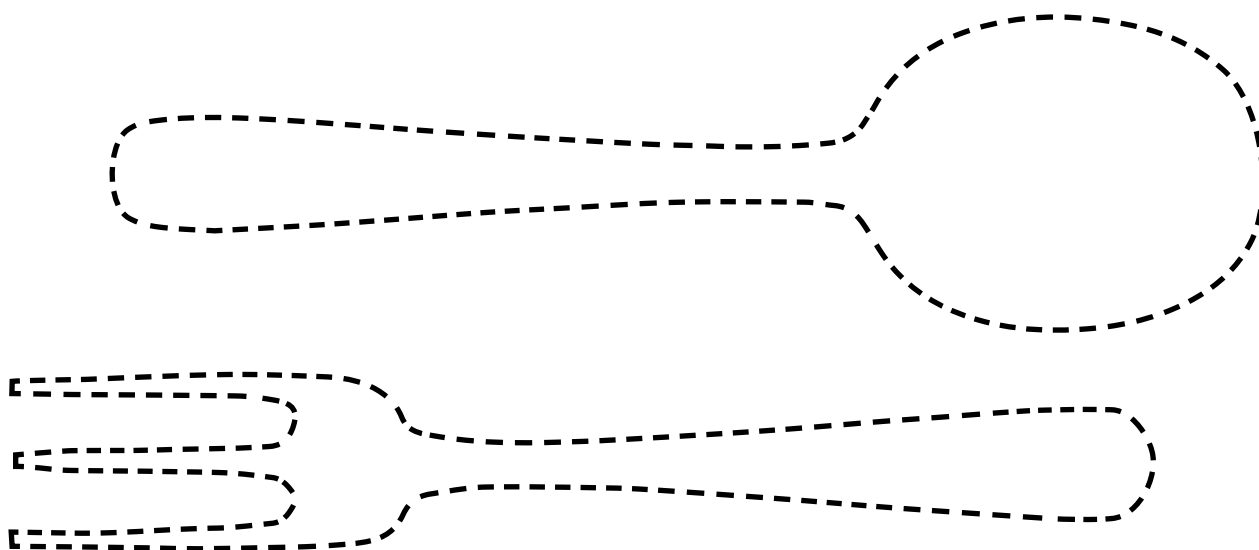
- 12" x 18" Foam Sheets
(These hold up amazing if you use them throughout the month!)
- Sharpie Brush markers. (Keep an eye on each child when using sharpies, let them know they have to be very careful.)
- Place setting stencils
(below and following page)

Cut out each stencil. Using the stencils, have each child trace where their plate should go, fork, spoon, and drink cup. Then let them color away. Make sure they put their names on it so it's their own personal placemat for every meal.



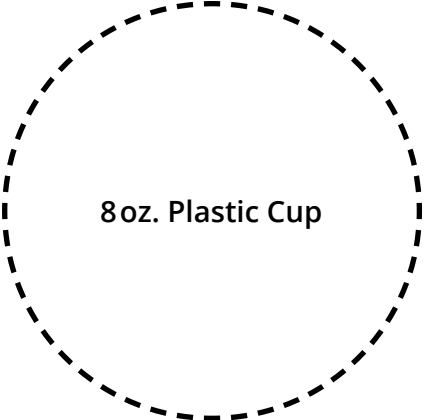
More Placemat Fun!

- You can make placemats for each meal, discussing the importance of what they should be eating during that meal. They can draw what their favorite food items are.
- Make a placemat for special holidays, like Thanksgiving, or other occasions.

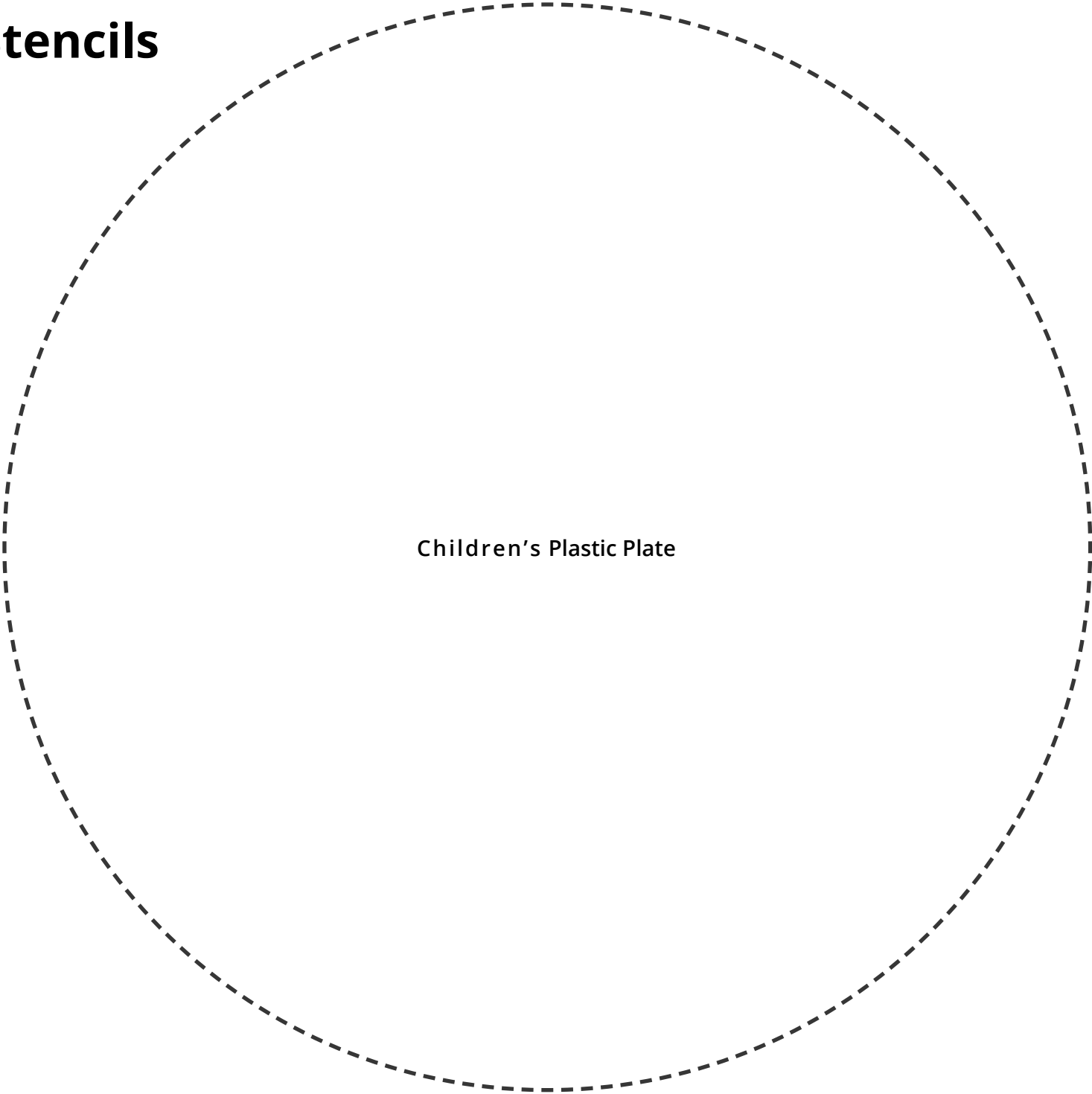


Place Setting Stencils

Cut out each stencil.



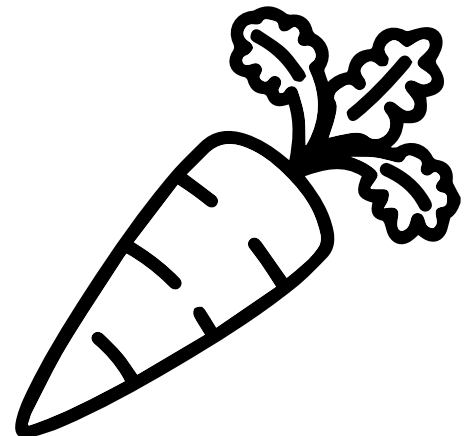
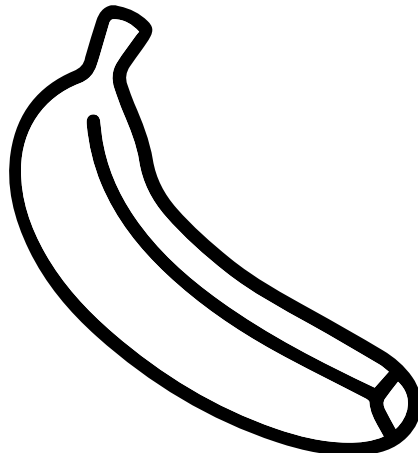
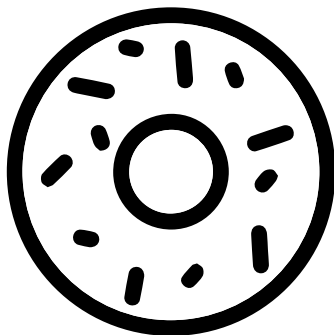
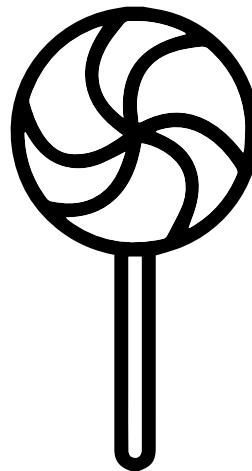
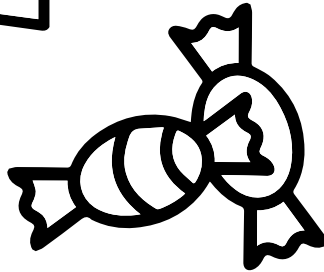
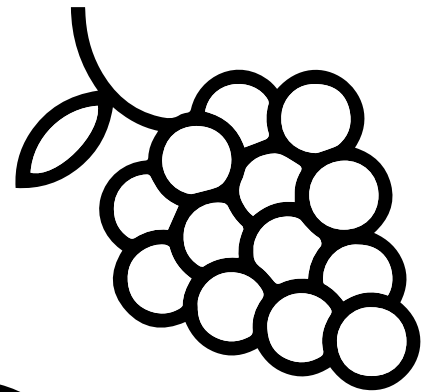
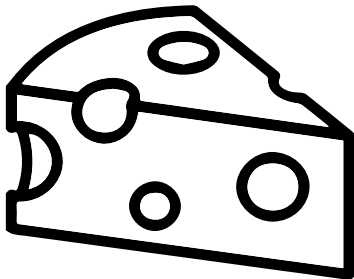
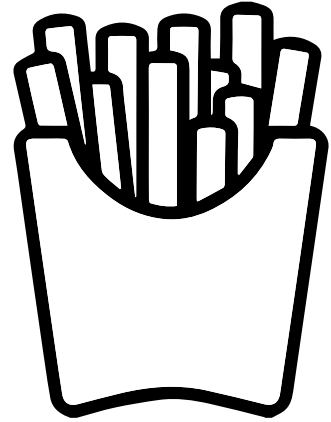
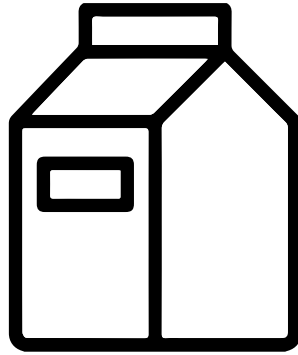
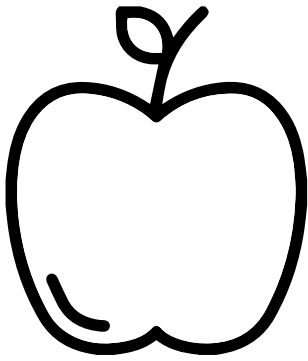
8oz. Plastic Cup



Children's Plastic Plate

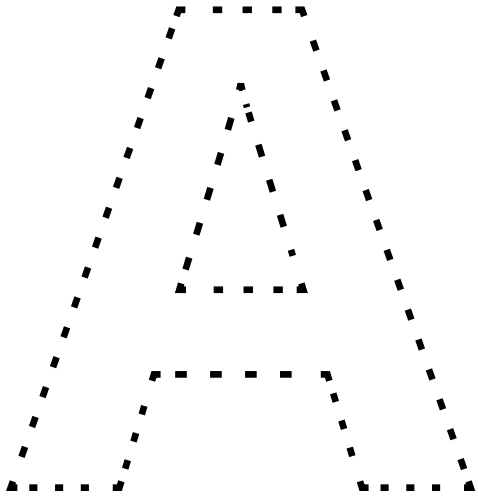
It's Snack Time!

Color only the healthy snack choices. Circle your two favorites.

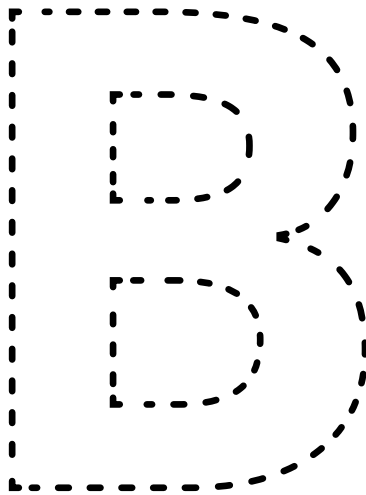
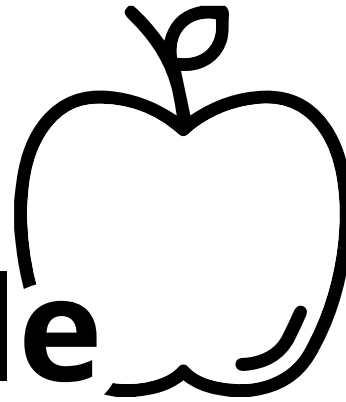


A is for Apple

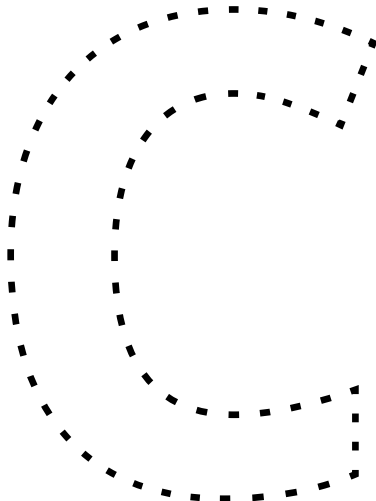
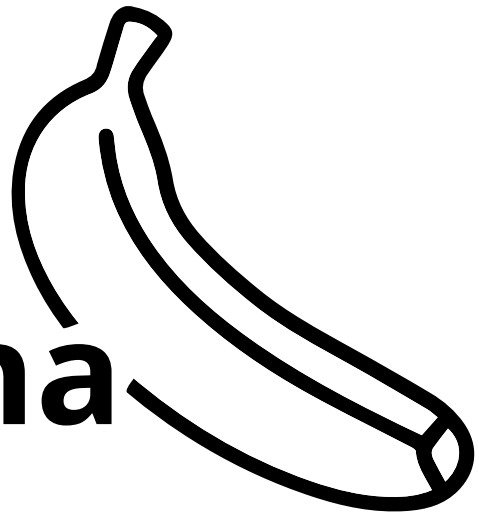
Connect the dots to learn the first letter of our favorite snacks.



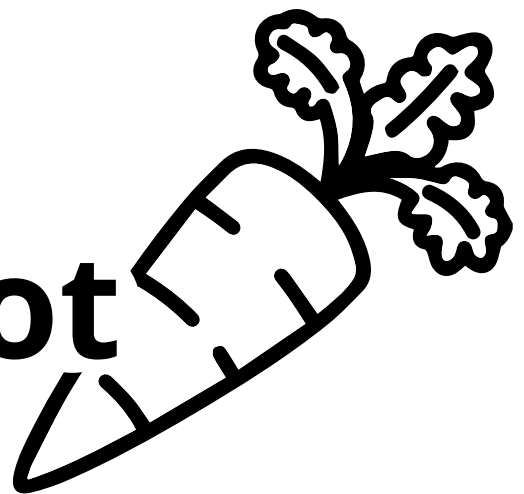
pple



anana

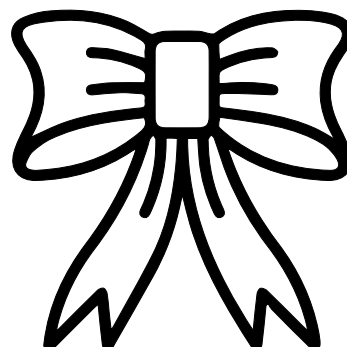
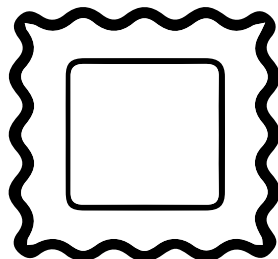
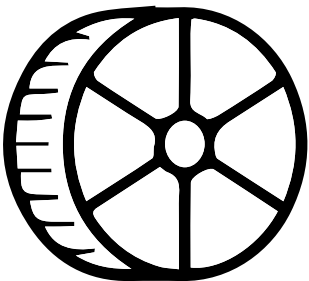
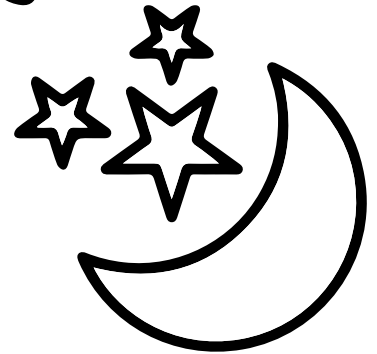
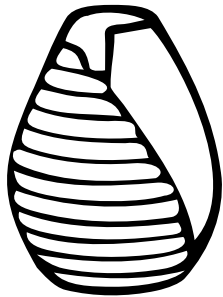
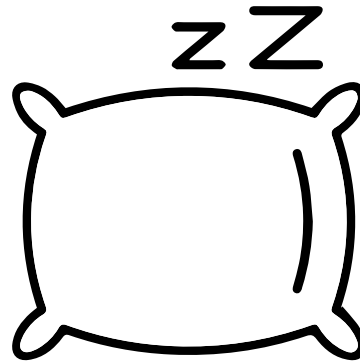
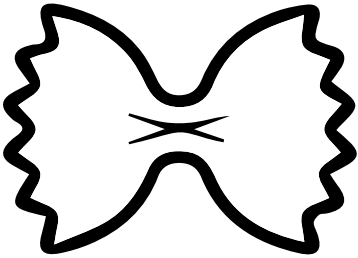
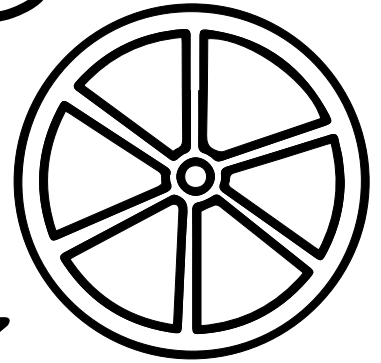
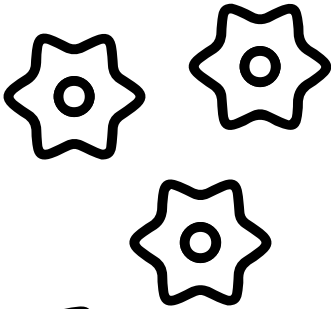
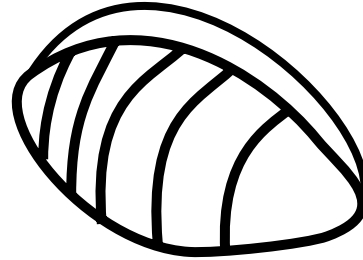
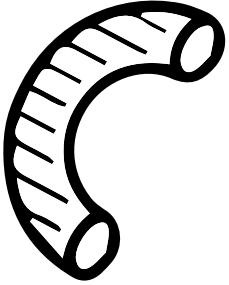


arrot



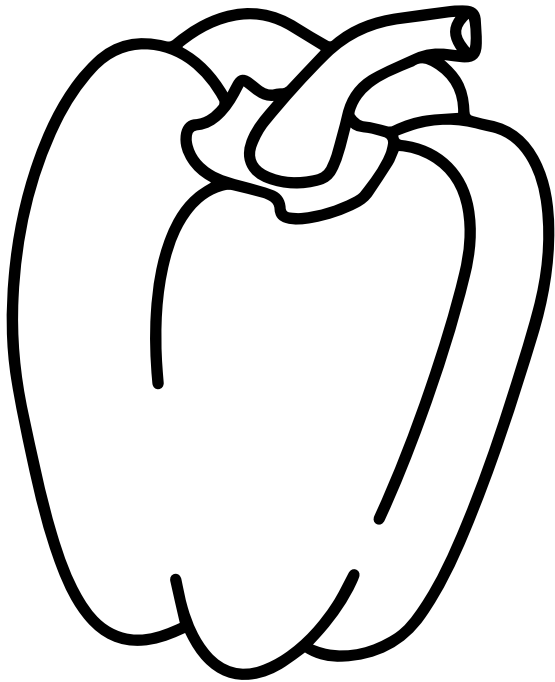
Pasta Shapes

Draw a line from each piece of pasta to the shape it most looks like.

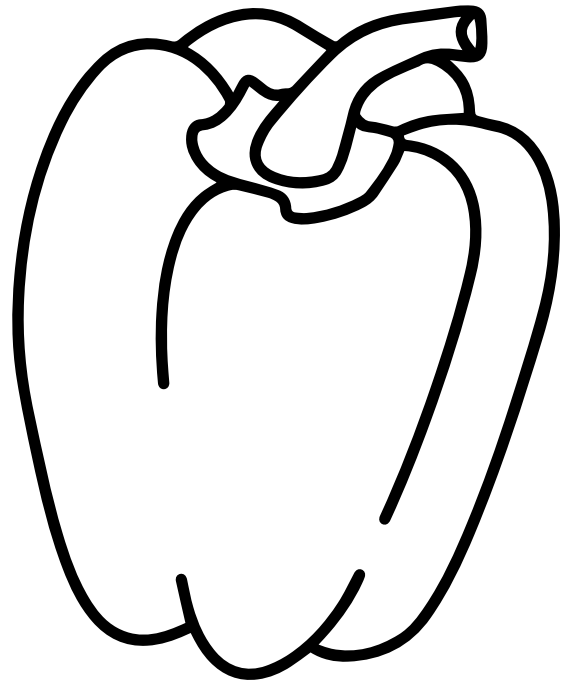


What Colors are Bell Peppers?

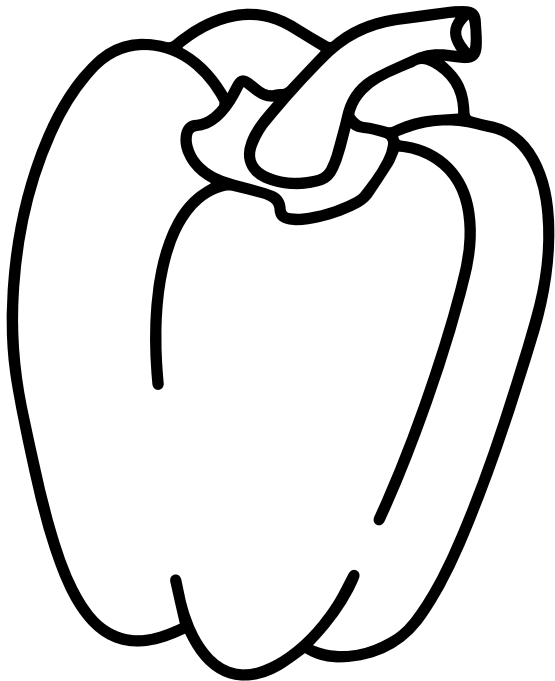
Color each bell pepper with the color labeled below.



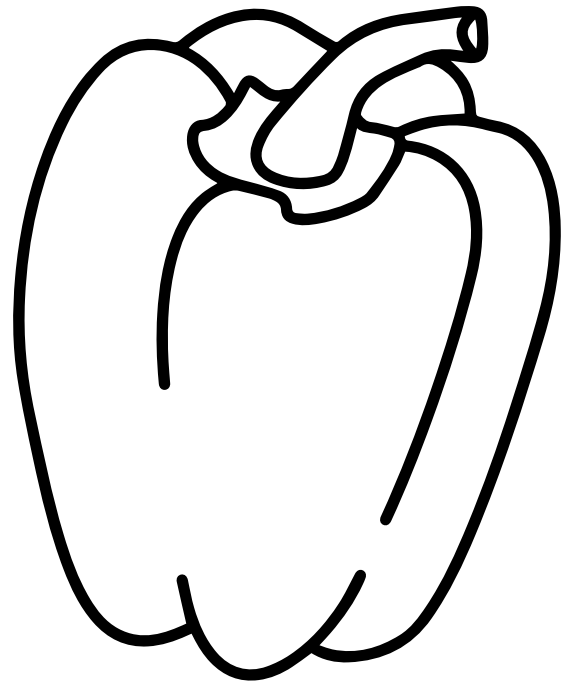
GREEN



RED



ORANGE



YELLOW

Rainbow Plate

Color each of the food items, then cut out all the pieces. Take a paper plate and paste different food items to your plate to create a rainbow of healthy foods.

