Coloring Fun for Healthy Kids!

Featuring Dr. Owl!
Your body needs 5 or more servings of vegetables and fruit every day. Fruits and vegetables come in many great colors. Can you think of 2 that are:

Red? ___________________________________________

Yellow? _________________________________________

Green? _________________________________________

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Your body needs at least 60 minutes of exercise each day.
Which 3 activities are good ways to get exercise?

A) Dancing  
B) Playing sports  
C) Doing jumping jacks  
D) Napping

Answer: A, B and C. Try to limit TV, smartphone and computer use to 2 hours a day so you have more time to be active!
Carla and Clara Cherry Play Hopscotch!

Your body needs at least 60 minutes of exercise each day. Try one of these fun ways to get exercise today!

- Hop like a rabbit
- Walk like a monster
- Flap your arms like a bird

Doctor Owl's Wise Words

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The Broccoli Brothers Go for the Goal!

Your body needs at least 60 minutes of exercise each day. Which 3 activities are good ways to get exercise?

A) Playing tag
B) Jumping rope
C) Riding a bike
D) Playing video games

Answer: A, B and C. Try to limit TV, video games and computer smartphone use to 2 hours a day so you have more time to be active.

Doctor Owl’s Wise Words

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Which 3 of these are healthy snacks?

A) Low-fat yogurt  
B) Raisins  
C) Carrots  
D) French fries

Answer: A, B and C. French fries are high in fat and salt!
Your body needs 5 or more servings of vegetables and fruit every day.

What are your 2 favorite vegetables? ___________________ ___________________

What are your 2 favorite fruits? ___________________ ___________________
Your body needs 5 or more servings of vegetables and fruit every day. Fruits and vegetables come in many great colors. Can you think of two that are:

Red? __________________________________________
Yellow? ________________________________________
Green? ________________________________________
Your body needs 5 or more servings of vegetables and fruit every day.

What are your 2 favorite vegetables? __________________ ________________

What are your 2 favorite fruits? __________________ ________________
A Squash Playing Squash?

Doctor Owl’s Wise Words

Which 2 of these drinks are healthy for you?

A) Low-fat milk
B) Water
C) Soda
D) Juice drink (with only 10 percent juice)

Answer: A and B. Soda and juice drinks have tons of sugar!
Your body needs 5 or more servings of vegetables and fruit every day. Fruits and vegetables come in many great colors. Can you think of two that are:
Red? ____________________________________________________________
Purple? _________________________________________________________
Orange? _________________________________________________________
Your body needs at least 60 minutes of exercise each day. Which 3 activities are good ways to get exercise?

A) Walking  
B) Climbing stairs  
C) Watching TV  
D) Playing basketball

Answer: A, B and D. Try to limit TV, video games and computer screen time to 2 hours a day so you have more time to be active!
Which of these 3 are healthy snacks?
A) Low-fat yogurt  
B) Raisins  
C) French fries  
D) Carrots

Answer: A, B and D. French fries are high in fat and salt!
Sam and Sally Strawberry
Ride a Bicycle!

Doctor Owl’s Wise Words

Your body needs 5 or more servings of vegetables and fruit every day. Fruits and vegetables come in many great colors. Can you think of two that are:

Red? ____________________________ ____________________________

Yellow? ____________________________ ____________________________

Green? ____________________________ ____________________________

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Your body needs at least 60 minutes of exercise each day. Which of these 3 are good ways to get exercise?

A) Playing tag
B) Watching TV
C) Riding a bike
D) Jumping rope

Answer: A, C and D. Try to limit TV, video games and computer use to 2 hours a day so you have more time to be active!
Doctor Owl’s Wise Words

Which of these 3 are healthy snacks?
A) Celery sticks
B) Apple slices
C) A cube of cheese
D) Donuts

Doughnuts are high in sugar and fat!

Answer: A, B and C.