

Name _____

Date _____

My Healthy Score Card

**Make
Wise
Choices**

Place an X or write out the food eaten or activity done in the column as you work toward meeting your daily goals. Use both columns to track more than one group at a time.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Circle the group
you are tracking and list
your daily goal.**

Milk

Goal _____

Grains

Goal _____

Meat & Beans

Goal _____

Physical Activity

Goal _____

Vegetables

Goal _____

Fruits

Goal _____

**Get
Active**

Watched less than 1 hour of TV
or played video games each day



Tried a new food



Drank at least 5 cups of
water each day this week.



Ate breakfast every
morning this week



Help cooked
dinner

**Bonus
Activities**

Fantastic Fruit

Instructions: Unscramble the words using the letters and clues.

l w e r e a o t n m _____

I am green on the outside, but red or yellow on the inside!

g a m o e s n _____

I am a unique orangy treat!

a a b n a n s _____

Rich in potassium, fiber and vitamin C, just peel and eat!

i w k i _____

I am fuzzy on the outside, but soft and sweet on the inside.

e r u b e i s l r b _____

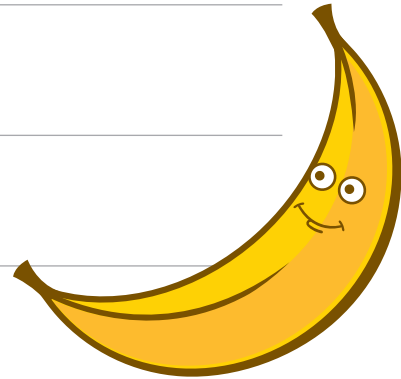
We are round and blue and great for you!

m t i v a i n s _____

We help keep your body healthy and come in most foods you eat.

l h e y h t a _____

Eating nutritious foods and being active makes me?



Now list as many fruits as you can think of that would be the following colors:

Red

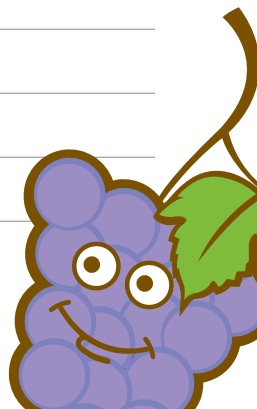
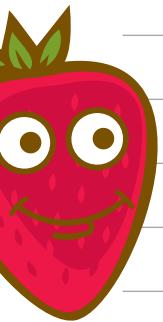
Orange or Yellow

White

Green

Blue or Purple

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____



Don't forget to eat a variety of colorful fruits everyday!

Fantastic Fruit

Instructions: Unscramble the words using the letters and clues.

l w e r e a o t n m watermelon

I am green on the outside, but red or yellow on the inside!

g a m o e s n mangos

I am a unique orangy treat!

a a b n a n s bananas

Rich in potassium, fiber and vitamin C, just peel and eat!

i w k i kiwi

I am fuzzy on the outside, but soft and sweet on the inside.

e r u b e i s l r b blueberries

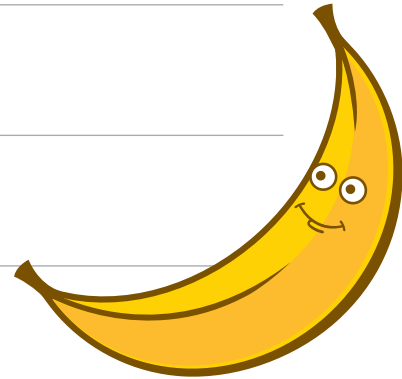
We are round and blue and great for you!

m t i v a i n s vitamins

We help keep your body healthy and come in most foods you eat.

l h e y h t a healthy

Eating nutritious foods and being active makes me?



Now list as many fruits as you can think of that would be the following colors:

Red

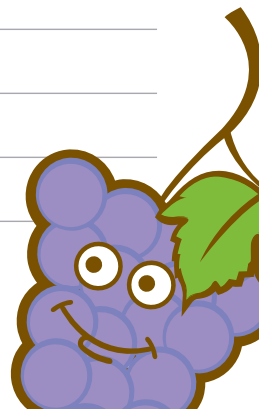
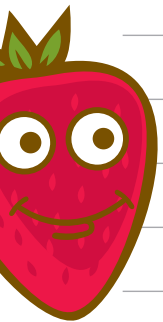
Orange or Yellow

White

Green

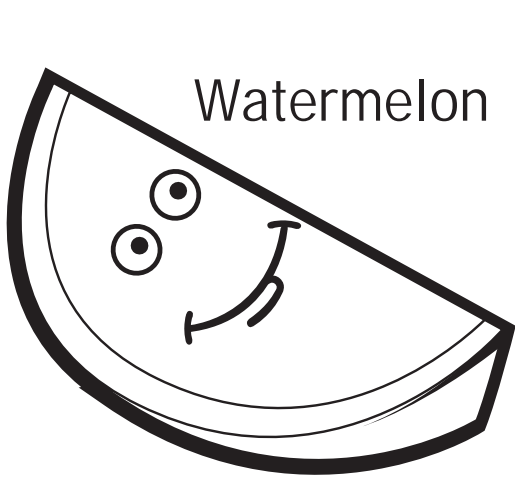
Blue or Purple

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____



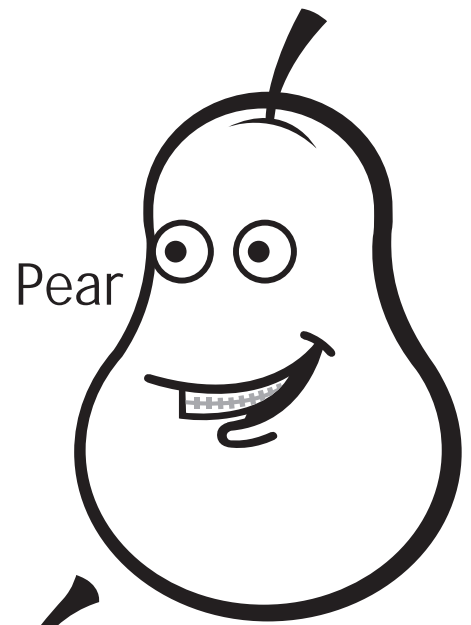
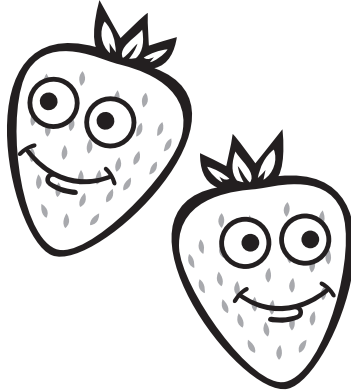
Don't forget to eat a variety of colorful fruits everyday!

Fantastic Fruit Coloring Sheet

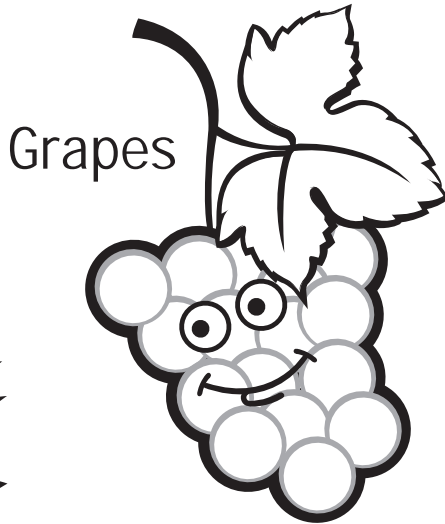


Watermelon

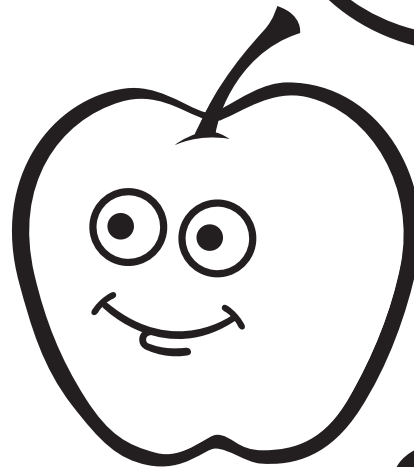
Strawberries



Pear



Grapes



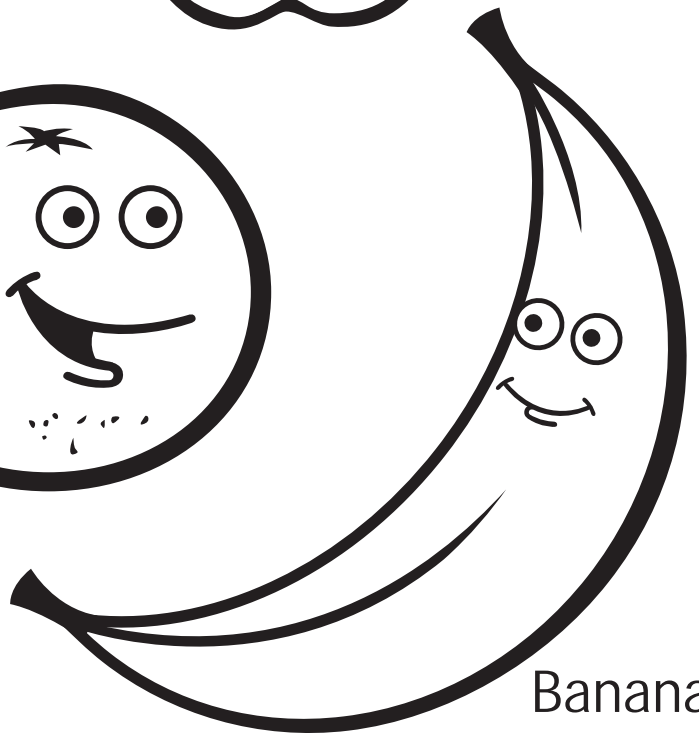
Apple



Pineapple

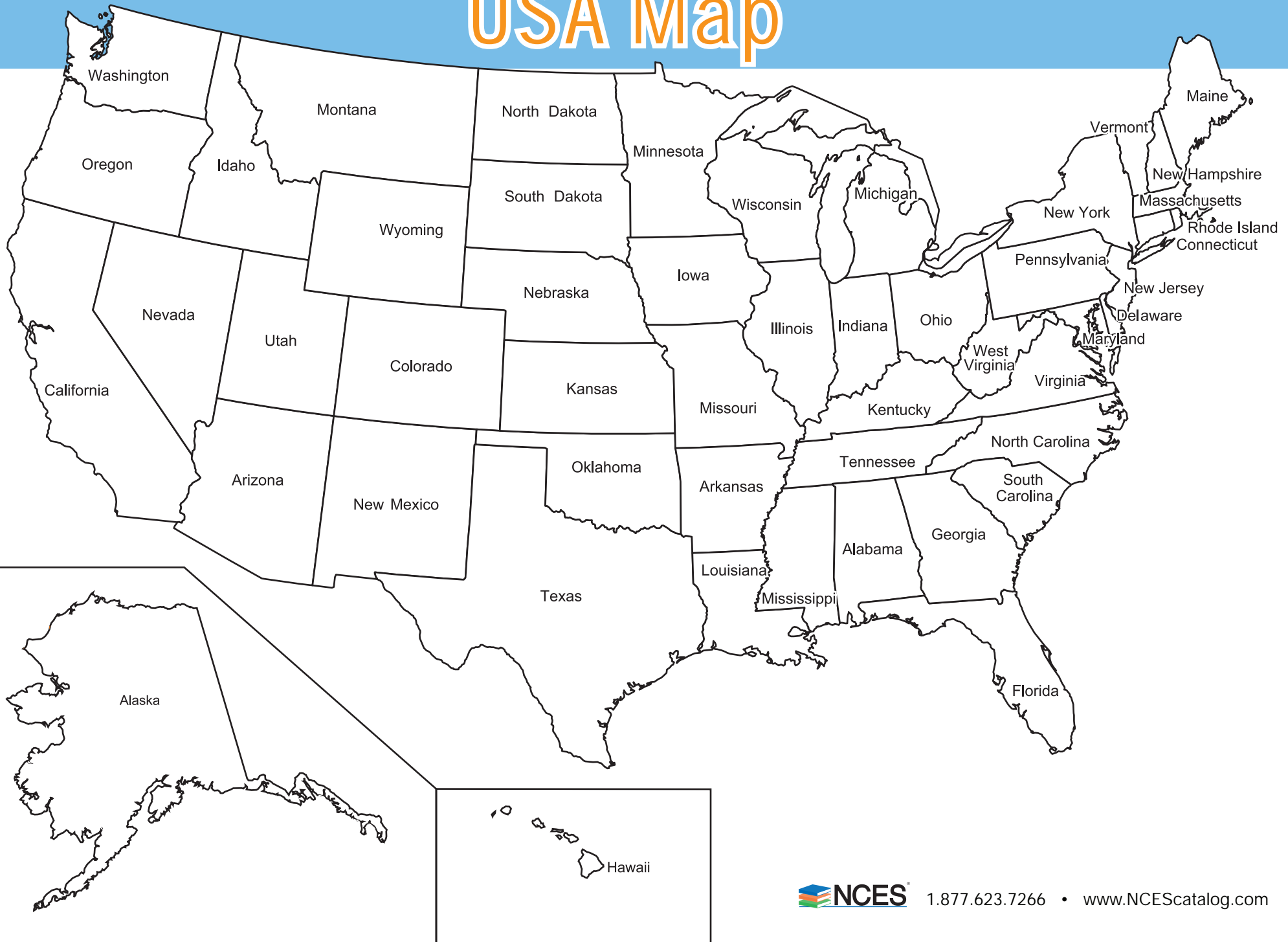


Orange



Banana

USA Map



Graph It!

Title

Label

Label