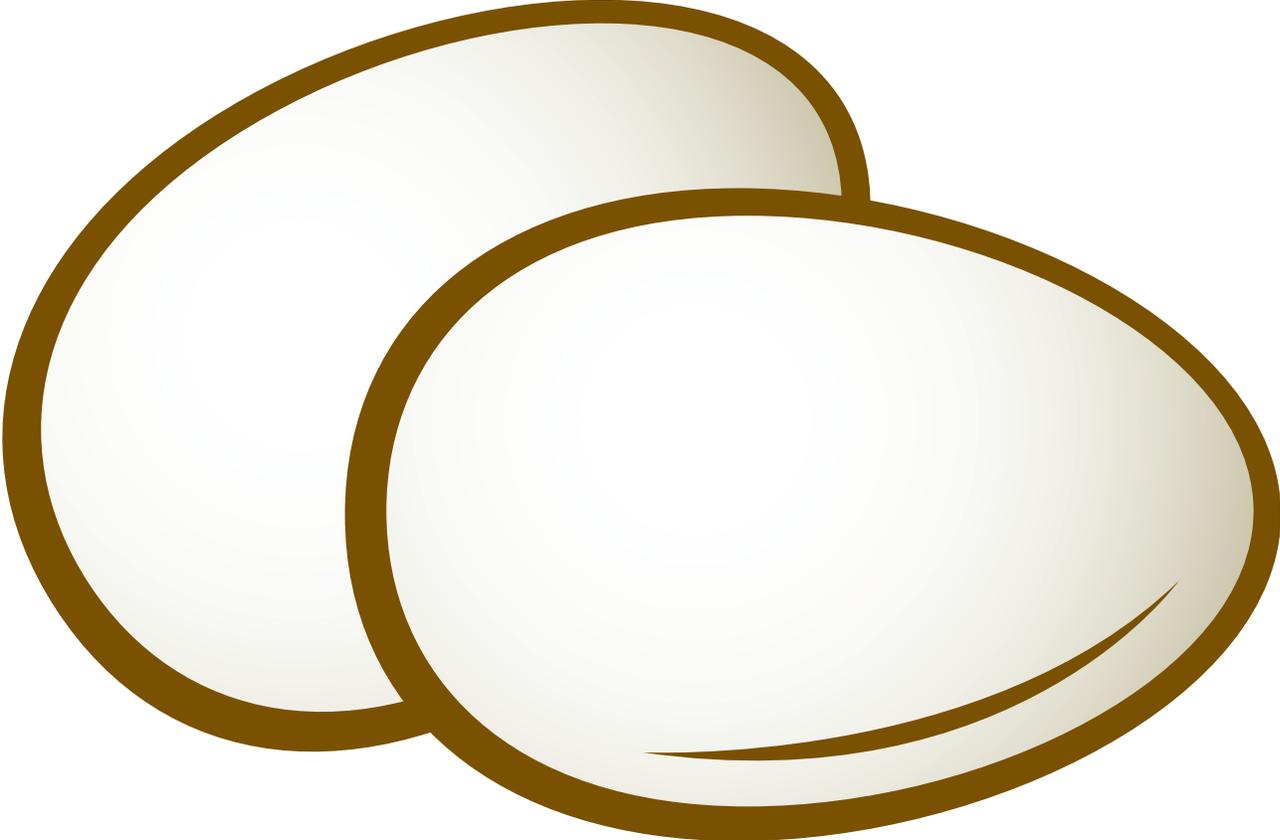


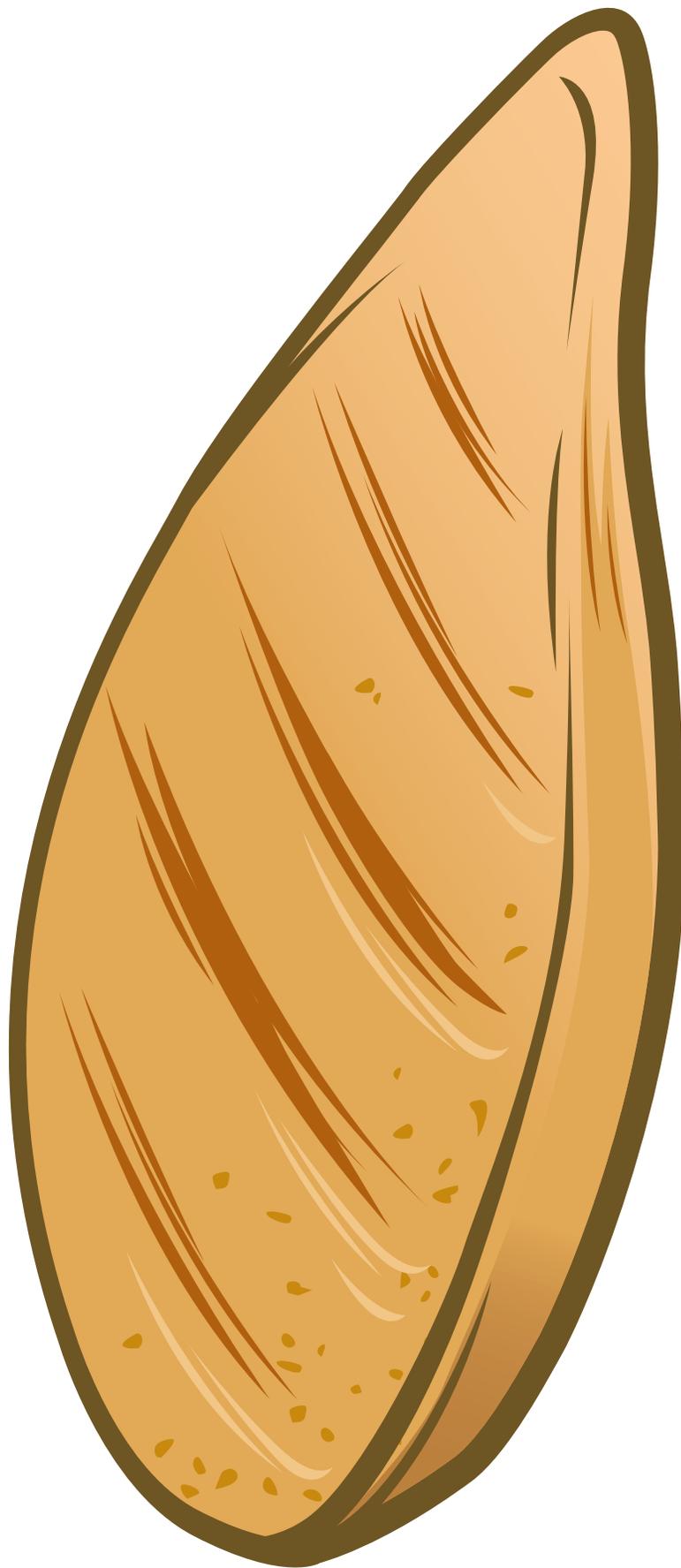


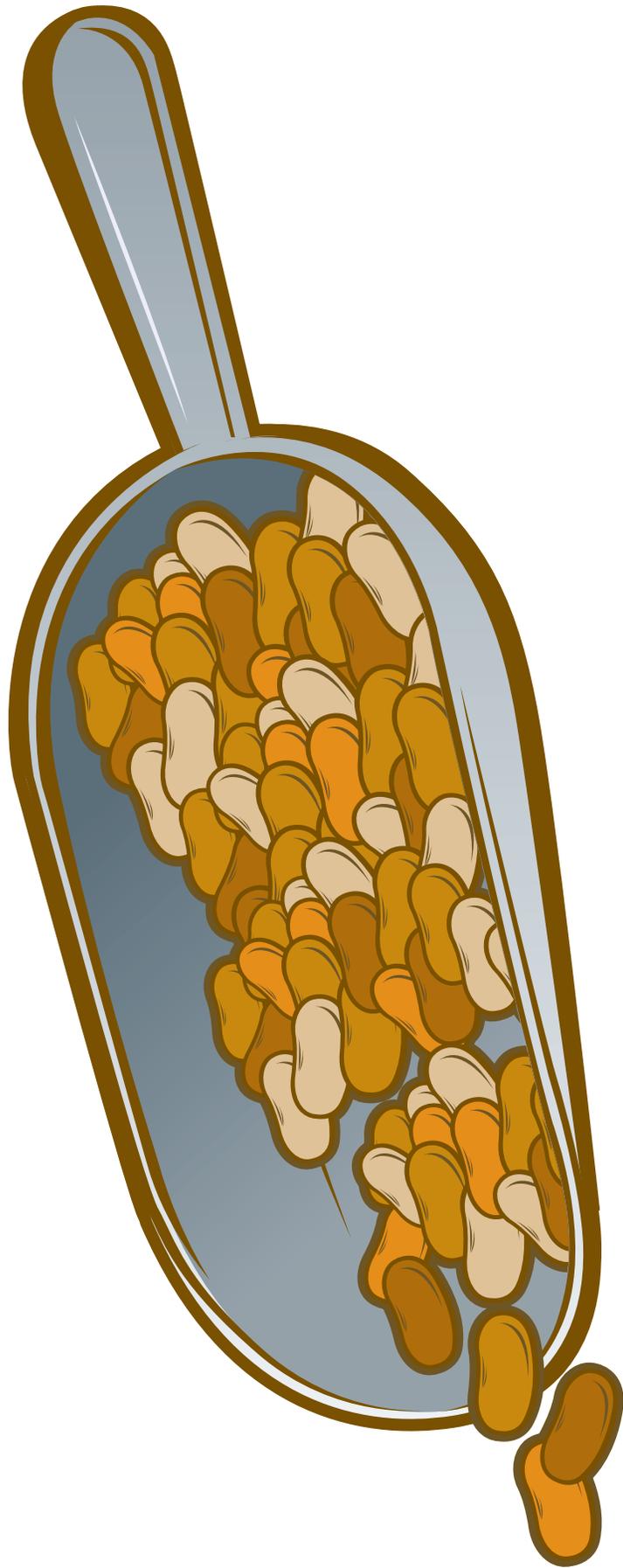
TUNA

CANNED IN WATER









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**

Meat & Beans Word Search

Instructions: Find and circle each word.



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

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

**BEANS
 NUTS**

**SEEDS
 IRON**

**LEAN
 FISH**

**MUSCLE
 HEALTHY**



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

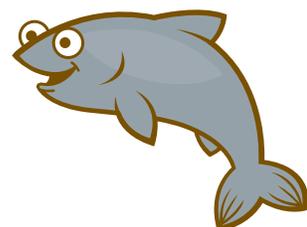
J S G L F B S O P B
 P I M V Y W Z J S D
 Y H R D A V N G X N
 Q T B X P B E G G S
 G Q I K J H E A Z X
 V I T A M I N S O S
 R Y D I T O A I T R
 Y Q B D Y K M R F S
 G S B G R M M E A T

**PEAS
 PROTEIN**

**CHICKEN
 TURKEY**

**VITAMINS
 EGGS**

MEAT



Meat & Beans Word Search

Instructions: Find and circle each word.



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

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

**BEANS
NUTS**

**SEEDS
IRON**

**LEAN
FISH**

**MUSCLE
HEALTHY**



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

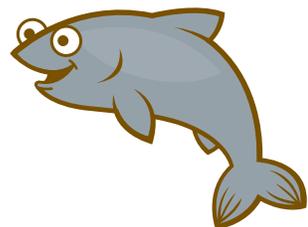
J S G L F B S O P B
 P I M V Y W Z J S D
 Y H R D A V N G X N
 Q T B X P B E G G S
 G Q I K J H E A Z X
 V I T A M I N S O S
 R Y D I T O A I T R
 Y Q B D Y K M R F S
 G S B G R M M E A T

**PEAS
PROTEIN**

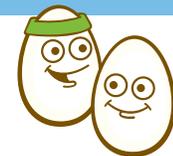
**CHICKEN
TURKEY**

**VITAMINS
EGGS**

MEAT



Meat & Beans Word Search



Instructions: Find and circle each word.

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



ZINC
IRON
MUSCLE
VITAMINS

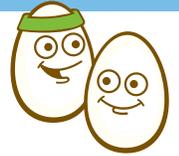
LEAN
PROTEIN
IMMUNE
SEEDS

FISH
POULTRY
EGGS
PHOSPHORUS

MINERALS
NUTS
HEALTHY



Meat & Beans Word Search



Instructions: Find and circle each word.



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

ZINC
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