

Week 2 Healthy Eating

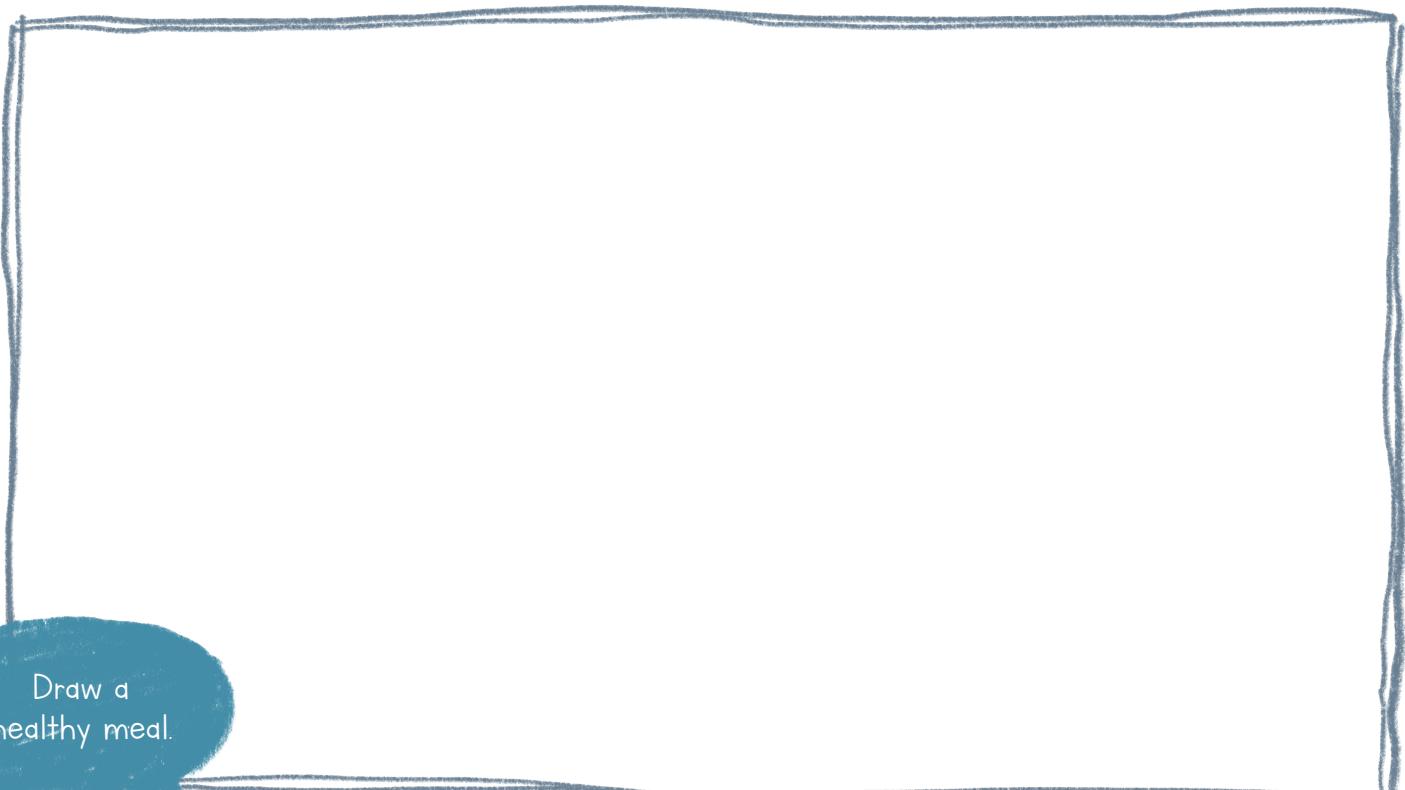
Let's

Name _____

List some healthy foods.

A worksheet for a healthy foods activity. At the top, there is a large area for drawing healthy foods. Below this are ten sets of horizontal lines for writing. In the top right corner, there is a blue speech bubble containing the text "healthy foods.". In the bottom right corner, there is another blue speech bubble containing the question "Why are fruits and vegetables good for us?".

Why are fruits
and vegetables
good for us?



Draw a healthy meal.