

Food Group Sort (headers)

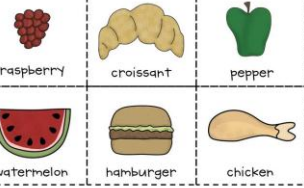
Fruits



Vegetables



Protein



Pick-a-Pepper

start

move forward!

sort(1)

blueberry

eggs

waffles

broccoli

move forward!

move back!

4 different crafts with writing prompts!

Food group sorts & games!

Eatin' Healthy with Fruits & Veggies!

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Many activities for staying fit!

An assessment & many writing maps

It feels good to be healthy!

By: \_\_\_\_\_

It feels g  
By:

It feels good to be healthy!

By:

It feels good to be healthy!

By:

Being Healthy with Hippos!

Getting Fit! (Level 1)

Complete individually or with a partner throughout the day! When you finish an activity put a (✓) in the box.

Getting Fit! (Level 3)

Complete individually or with a partner throughout the day! When you finish an activity put a (✓) in the box.

- Do 30 jumping jacks.
- Try to do 20 pushups in a row without stopping.
- Touch your hands to your toes and hold it for 45 seconds.
- Run in place for 1 minute.

It's a ... Healthy Hippo Hunt!!!

Fill Your Plate!

healthy foods you feel?

Reasons why we eat fruits and veggies.

Healthy Hippo Hunt!

write down 2 fruits

Run in place and write paper when

what is a healthy food

See who can write the name of who did the most.

Being Healthy with Hippos!

Let's brainstorm:

Reasons why we are active!