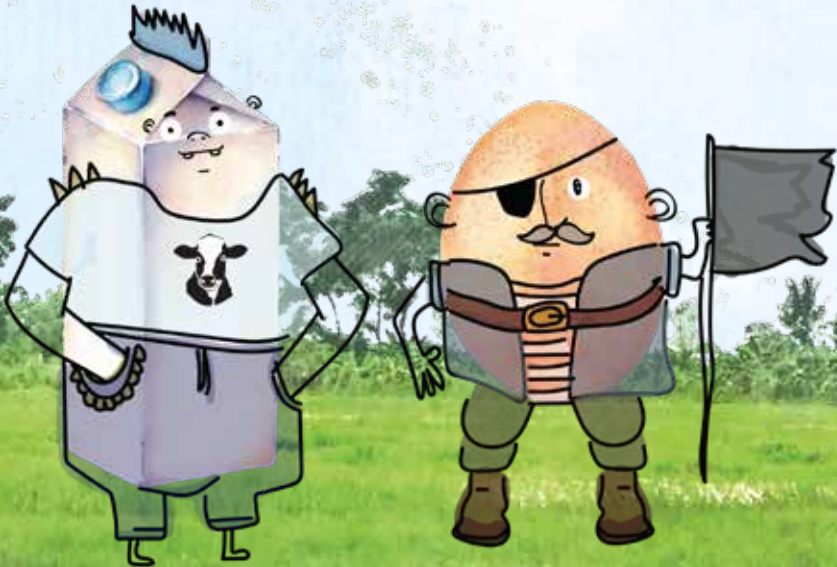


SPAR 

BETTER CHOICES

kids

MY FUN FOODIE BOOK



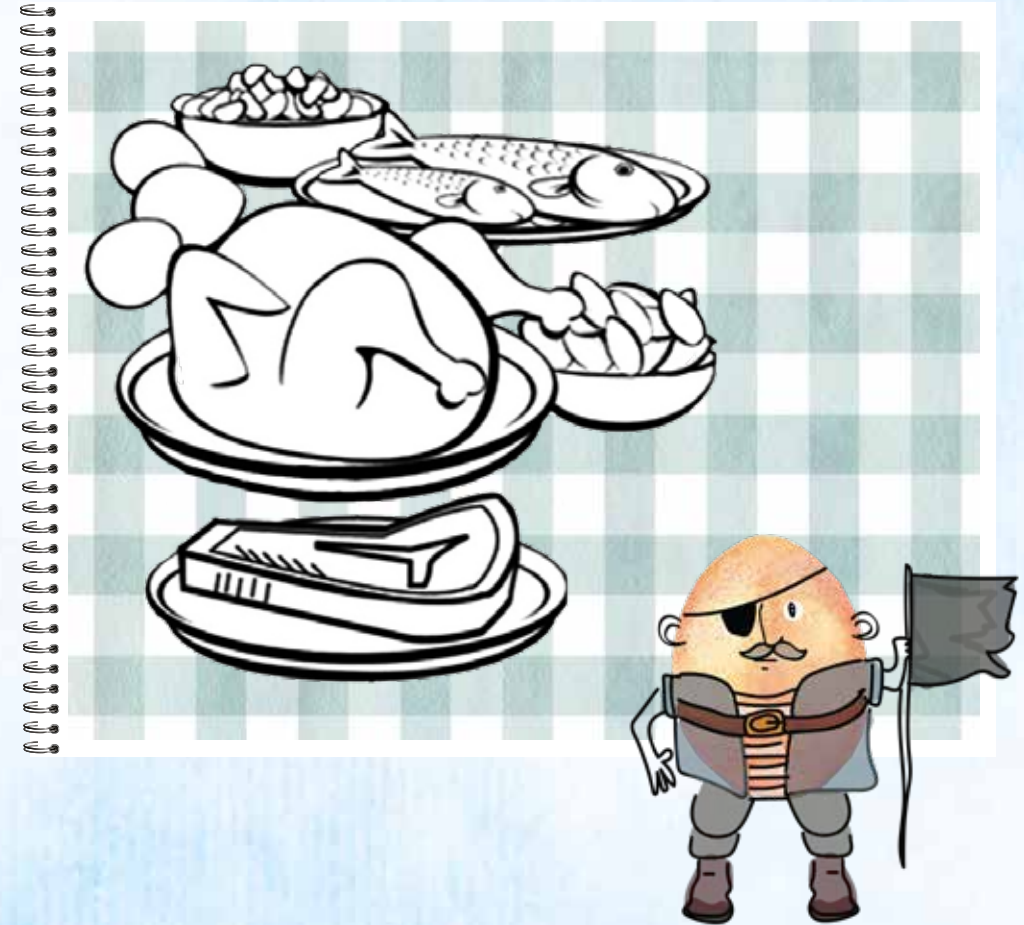
MUSCLES AND BONES

PROTEIN AND MY BODY

Protein foods help my muscles and bones grow! They also help my muscles, bones and teeth stay strong!



COLOUR IN THE PROTEIN



WHAT TO DO:

1. Colour in these protein foods. Can you see the red beans, eggs, fish, nuts, chicken and steak?

I EAT FOODS THAT HELP MY BONES GROW STRONG!

Word search grid:

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

Food list:

- CHICKEN
- SEEDS
- LENTILS
- MILK
- CHEESE
- NUTS
- SALMON
- TUNA

WHAT TO DO:

1. Search for the foods that keep your bones strong!
2. When you have found each word, circle it!

THIS CLEVER SQUIRREL KNOWS THAT NUTS ARE GOOD FOR HIM!

Maze puzzle with a squirrel and nuts.

WHAT TO DO:

1. Nuts are high in protein. Go through the maze and help him collect all the nuts.

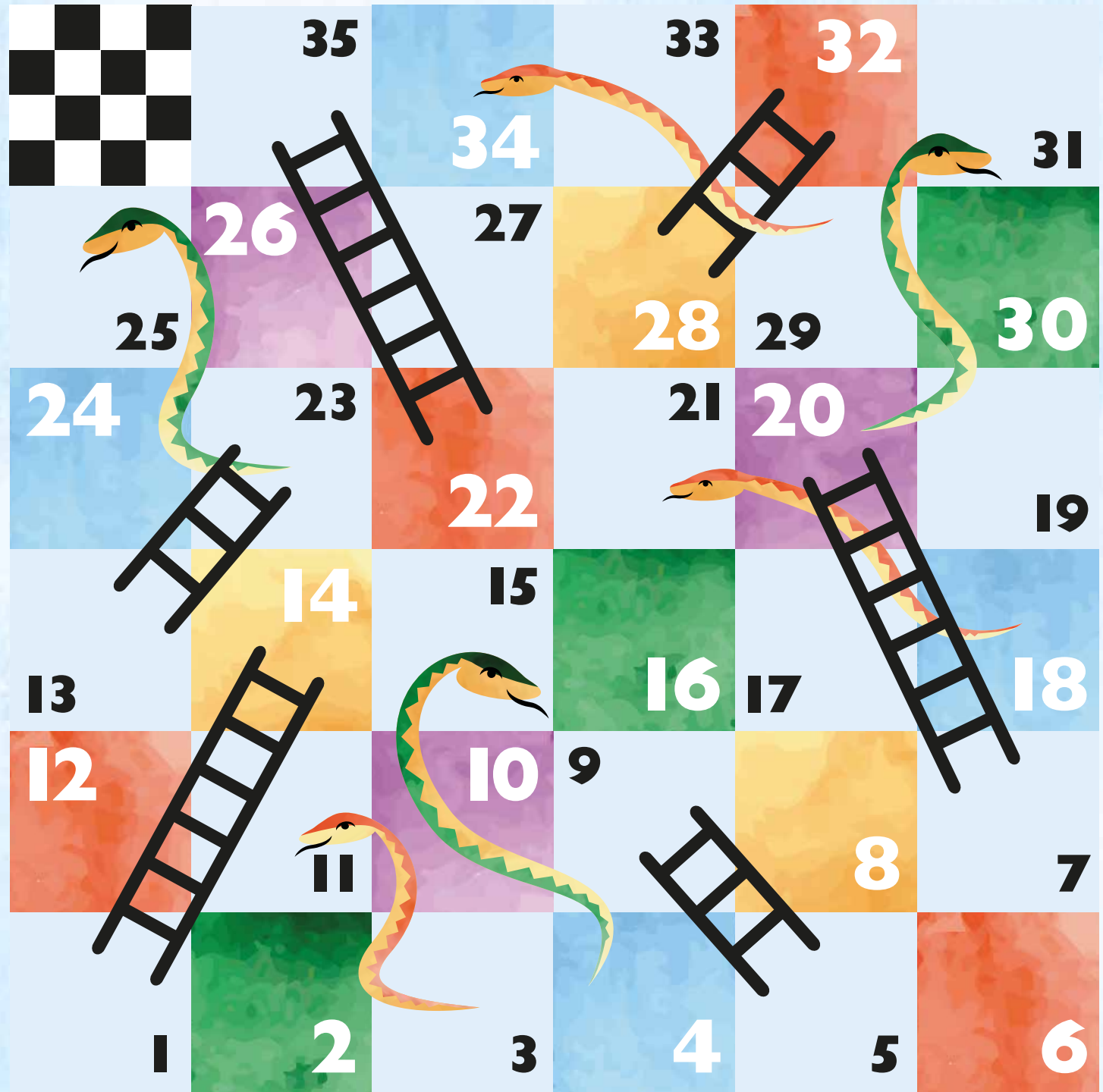
SNAKES AND LADDERS

TIP!

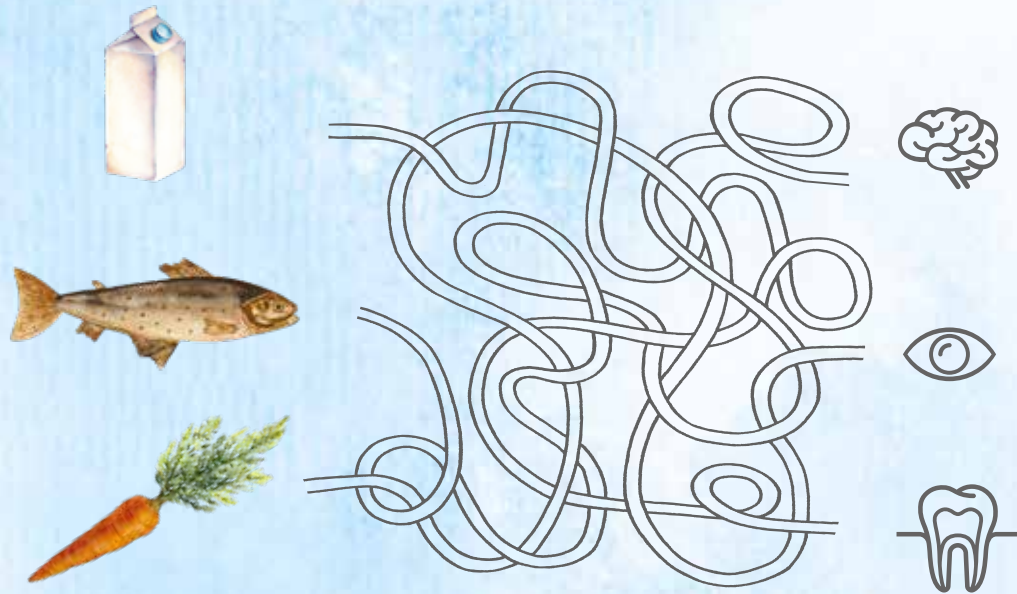
If you don't have a dice then write the numbers 1 to 6 on pieces of paper, roll them up and pick one. Good Luck!

HOW TO PLAY

Roll the dice and move your play piece from square to square. If you land at the bottom of a ladder then move up to the top of the ladder. If you land on a snake's head then you move down to the end of their body.



HEALTHY FOODS HELP MY BODY IN DIFFERENT WAYS!



WHAT TO DO:

1. Follow the path to see what part of your body the food helps

I CAN GROW MY OWN BEANS!

WHAT TO DO:

- 1) Use an empty egg shell
- 2) Fill it with some soil from the garden
- 3) Put a kidney bean in the soil
- 4) Keep watering it every day until you see it sprouting
- 5) When it's big enough, crack the shell gently and plant it in a bigger pot
- 6) Keep it inside and let it grow big enough to grow some pods!



I CAN MAKE A HEALTHY LUNCH!

WHAT YOU NEED:

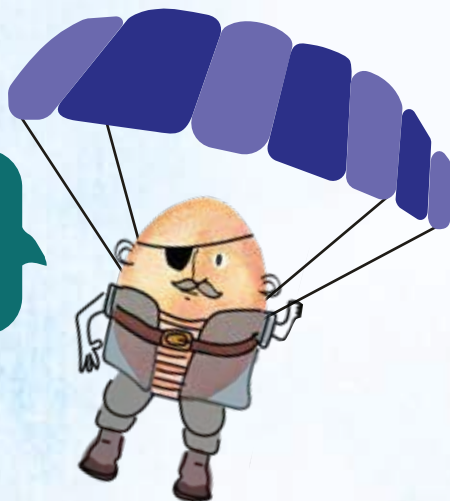
- 1 baked potato per person
- 1 teaspoon butter
- 1/2 cup grated Mozzarella or Cheddar cheese
- Veggies to make the eyes e.g. cucumber/carrots/red pepper
- 2 Sage leaves per person

WHAT YOU NEED:

- 1) Wash your potato and prick it several times with a fork.
- 2) Place it in the microwave to cook, ask an adult to help with the microwave settings!
- 3) Cut up some triangular carrot pieces for the nose and to some extra shapes decorate the plate.
- 4) For the eyes you can use another coloured vegetable such as cucumbers or red peppers.
- 5) When the potato is cooked, remove it from the microwave and set aside to cool a little.
- 6) Once it's not too hot to touch, cut a slit in the middle of the potato and pop a teaspoon of butter and some grated cheese into it.
- 7) Cut another slit at the front of the potato and add 2 sage leaves for ears.
- 8) Snap a pic of your bunny and then eat them up!



Eating healthy foods every day keeps your mind and body healthy and strong



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