

Coloring & Activity Sheets

Grades 3-5





Community Garden Activity

Complete the activity below and then think about what you would want to grow in your community garden if you could start one! Leaders, ask older children to describe three different types of salads on the back of this sheet, then challenge them to try them at home.

SESAME STREET

growing hope against hunger

CHILDREN'S ACTIVITY

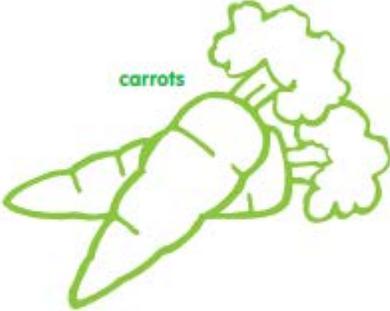


A Healthy Salad

Rosita and Elmo just picked and washed these fruits and vegetables from the community garden. Using a crayon, circle the fruits or vegetables you would like to include in this special healthy salad. It's okay to mix fruits and vegetables — grapes and apples are delicious with lettuce in a salad! Ask, "What green vegetable are you going to put in? How about a red fruit?"



lettuce



carrots



apple



cucumber



avocado



orange



pear



tomato

A creation of **sesameworkshop.**
The nonprofit educational organization behind Sesame Street and so much more.

Made possible by the generous support of **Walmart**



Green Vegetables Rainbow Activity!

Rainbow - Healthy Green Vegetables



Something has happened to the rainbow! The color green is missing!
Help Katlin convince her lucky green friends to color the rainbow with green by answering these questions.

Which green friend is not a vegetable but really a fruit? Draw an X on it.

Can you find the artichoke? Draw a square around it.

Which vegetable is like a little tree and is full of vitamin C? Draw a circle around it.

How often should you eat green vegetables? _____

Now draw in the green stripe on the rainbow and remember to color your plate like a rainbow!

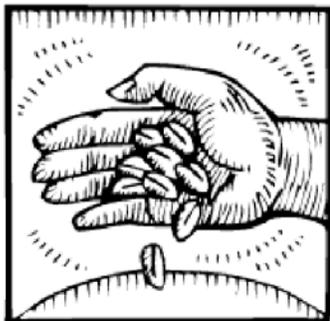


HOW DO PLANTS GROW?

Follow the directions below.

<p>_____</p> <p>Find the ten words in the word puzzle above. They appear in all directions, including backwards!</p>	<p>_____ ? _____</p> <p>_____ ? _____</p> <p>Germinate Nutrients Photosynthesis Embryo Seed Sprout Water Sunshine Soil Leaves</p>	<p>After you find all of the words, circle the remaining letters and put the first 16 in order into the spaces above to find a hidden phrase in the word puzzle!</p>
--	---	--

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





Lucky Fruit or Vegetable Writing Activity!

This is a great activity to promote eating healthy green fruits and vegetables. Have each child list their favorite green fruit or vegetable, and then describe the reasons why they like the vegetable. Then post it on a bulletin board in the classroom, or on the refrigerator at home, to remind them of their commitment to eat more green veggies!

Pick your Lucky Fruit or Vegetable Writing Activity



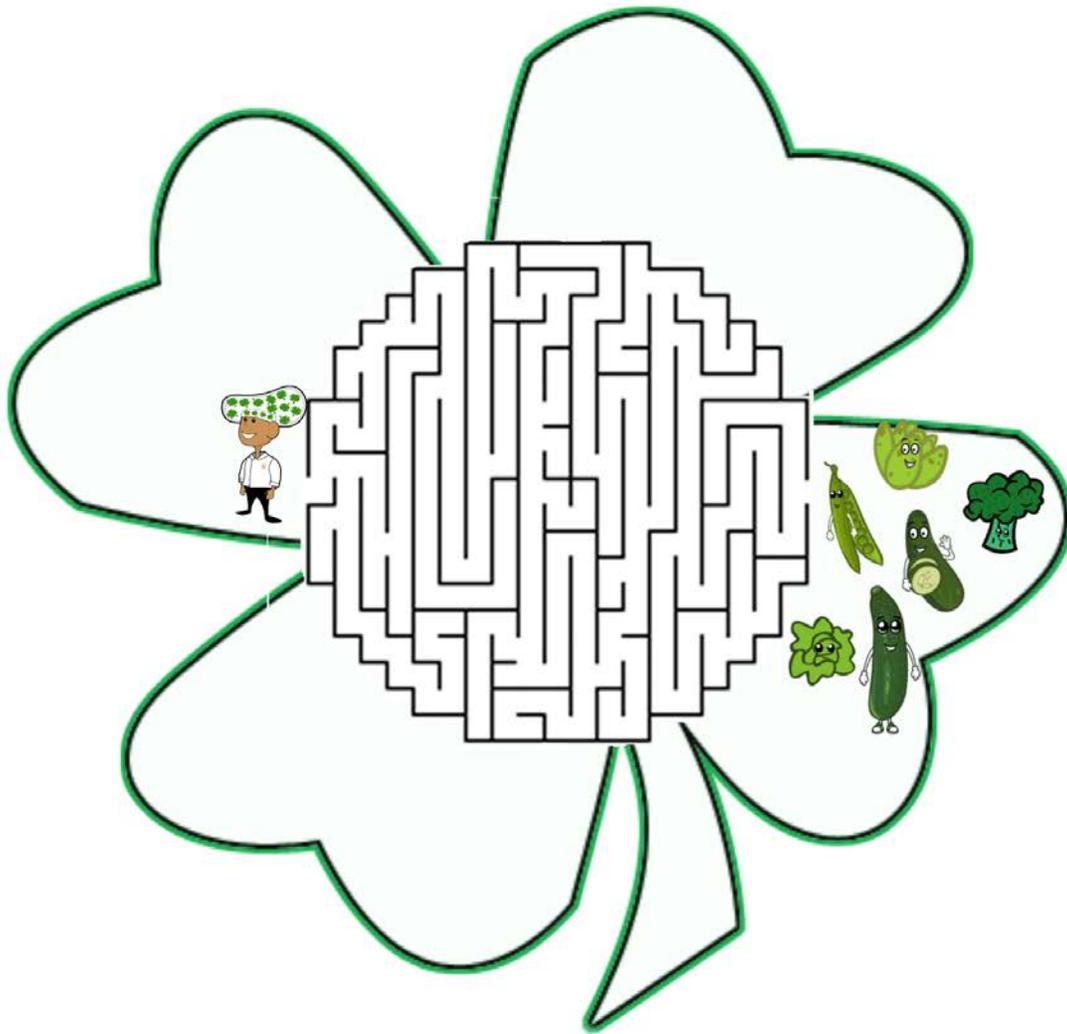
My Lucky Fruit or Vegetable is..



Lucky Green Vegetables Maze!

Chef Solus - Lucky Green Vegetables Maze

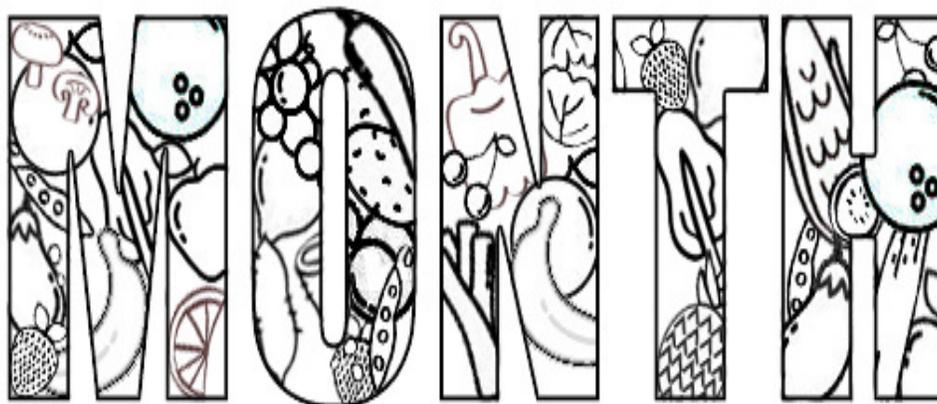
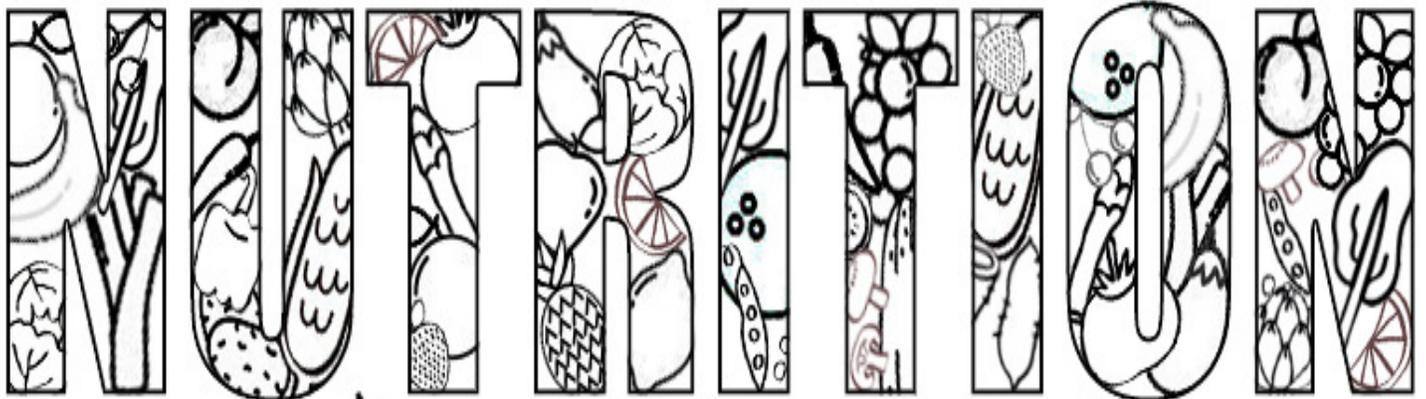
Chef Solus is looking for his lucky green vegetables.
Can you help him find them.





Nutrition Month Coloring Sheet!

March is National Nutrition Month. Color this coloring sheet and remember the importance of eating lots of fruits and vegetables in all colors of the rainbow, and nutritious whole grains!!





National Nutrition Month Pledge!

Celebrate National Nutrition Month with a pledge! Have children make one pledge for the month that will encourage them to eat colorful fruits and veggies every day, whole grains, lean proteins, and dairy or nondairy milk!

March to National Nutrition Month

My Pledge

This month I pledge to

Signed: _____



National Nutrition Month Unscramble!

National Nutrition Month Unscramble



IRTOTNUIN
11 17 5

TYEHAHL
1 9

MONHT
7

RAHMC
12

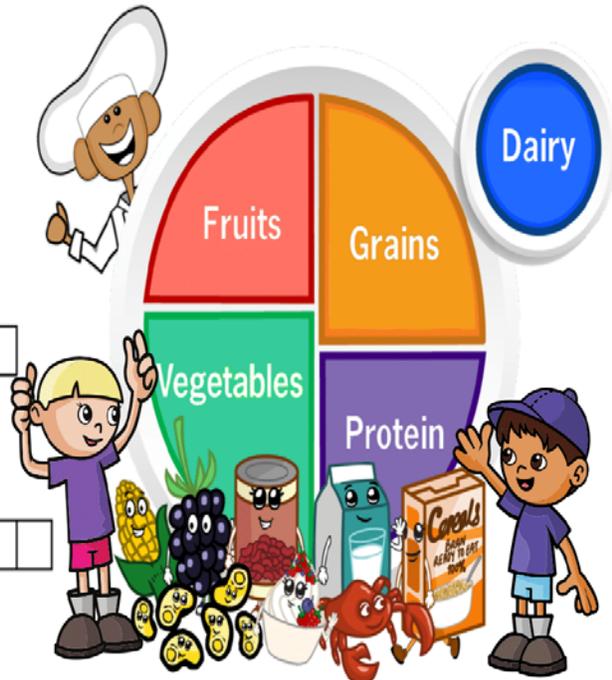
DATNITIESI
18 15 3 19

MY TELPA
14 8 16

OFOD RUPOGS
6 4 10

SAEML
2

SANKSC
13



, **W** ,
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 9

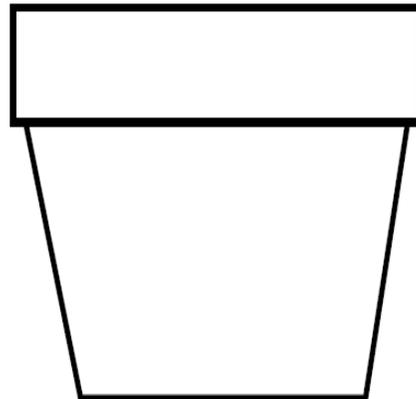
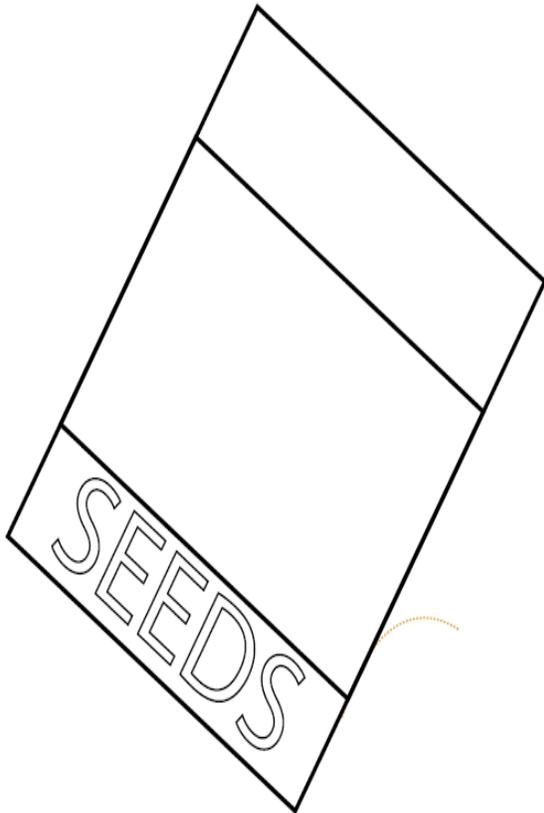
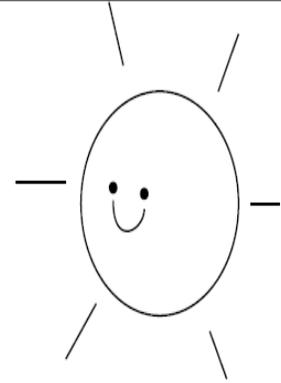
Unscramble each of the clue words.
 Copy the letters in the numbered cells to other cells with the same number.



Seed Planting

At this time of year, it is time to begin starting seedlings to be planted in spring and summer gardens! What types of edible plants would you want to plant in your garden? List them on the back side of this sheet. Then, do the activity below, drawing your seed packet and what the plant would look like.

What kind of seeds are you planting?
Design your seed packet and draw your plant.





St. Patrick Alphabetize Worksheet!

Lucky Green St Patrick Words - Alphabetize Worksheet

Name: _____

Chef Solus' has made a list of the words that are fun and healthy that he will need to make his St.Patrick's Day extra lucky. Put these St.Patrick's Day words in alphabetical order.

1. _____

2. _____ Green

3. _____ Lucky

4. _____ Clover

5. _____ Rainbow

6. _____ Broccoli

7. _____ Lettuce

8. _____ Zucchini

9. _____ Leprechaun

10. _____ Turnips

11. _____ Spinach

12. _____ Brussel Sprouts

13. _____

14. _____

15. _____

