



Summer Series Healthy Food Activity Sheets



Cycle of a Plant

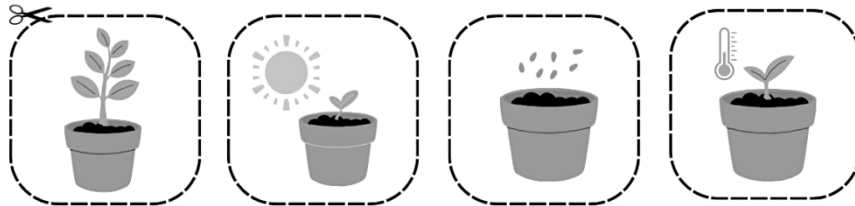
Cut out the pictures below and paste them in the correct order to show the cycle of a plant.

FIRST, A SEED IS PLANTED IN SOIL.

NEXT, THE SEED STARTS TO GROW AND A SPROUT COMES OUT OF THE SOIL.

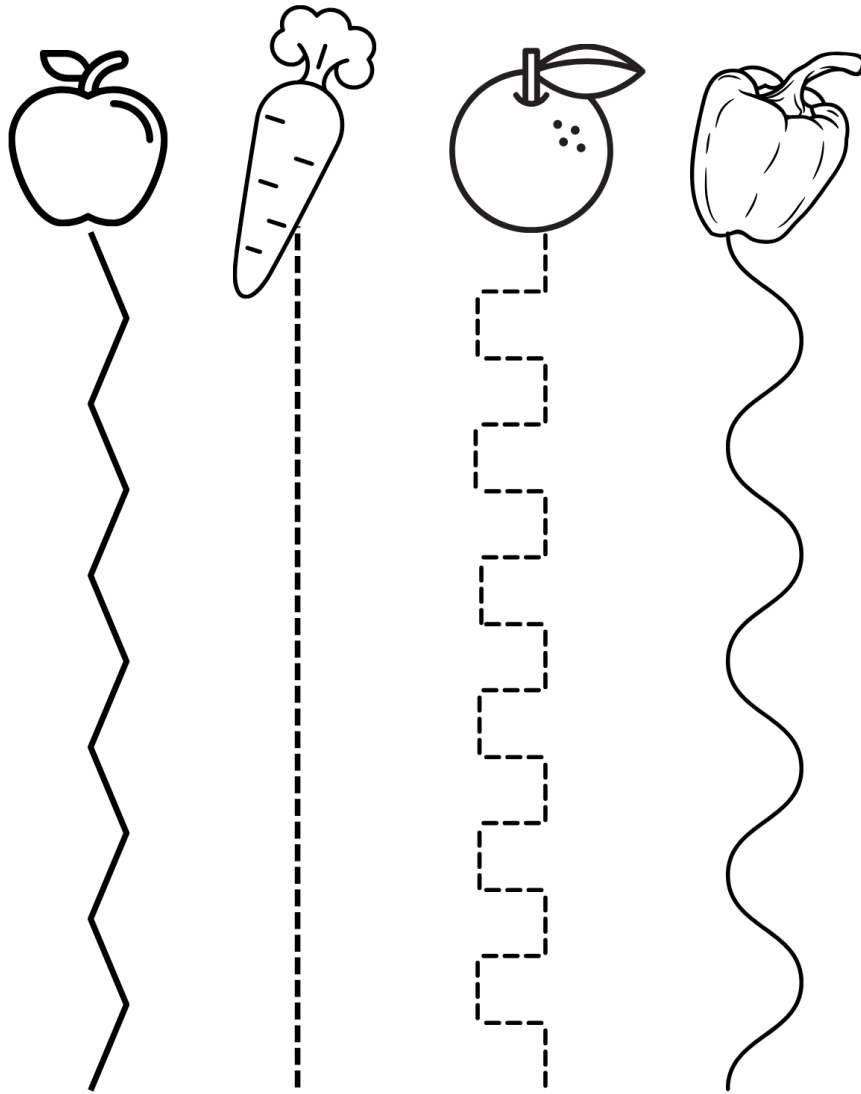
THEN, THE SPROUT GROWS INTO A PLANT WITH A FLOWER ON TOP.

LAST, THE FLOWER TURNS INTO A FRUIT OR SEED POD THAT CONTAINS NEW SEEDS FOR NEW PLANTS TO GROW.



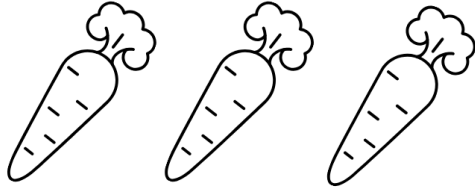
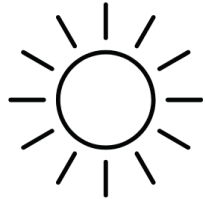
Scissor Skills

Carefully practice your scissor skills by cutting from the bottom to reach the fruit or veggie.














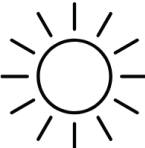





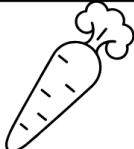


Counting Practice

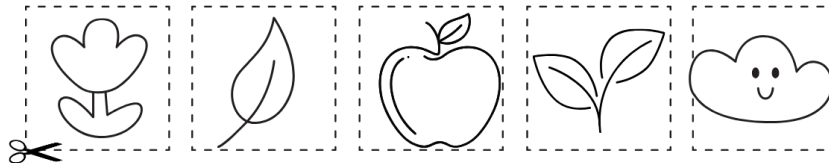
Count the items and write the number in the box.



What Comes Next?

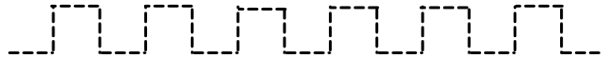
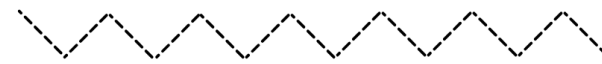
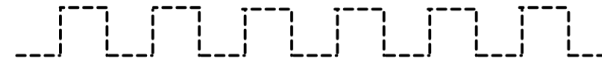
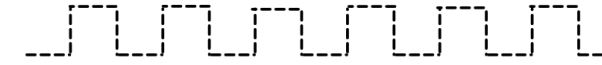
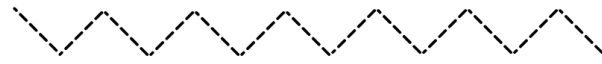
Color, cut & paste the patterns below to complete the patterns on the left.



Pre-Writing

Trace the path to help the seedlings find their pots.




Summer Spelling

NAME: _____


DATE: _____

Color and write the correct letter that has the beginning sound of each word.




_____ eaf

(l) (e) (m)




_____ loud

(d) (g) (c)



_____ unny

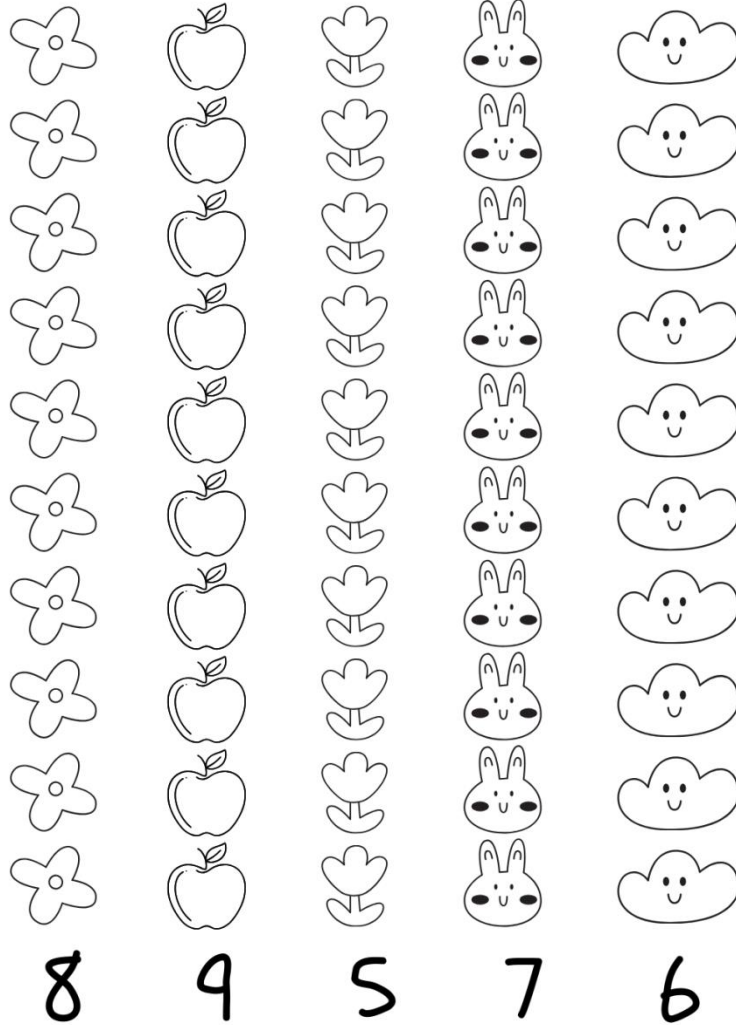
(h) (b) (p)



_____ ulip

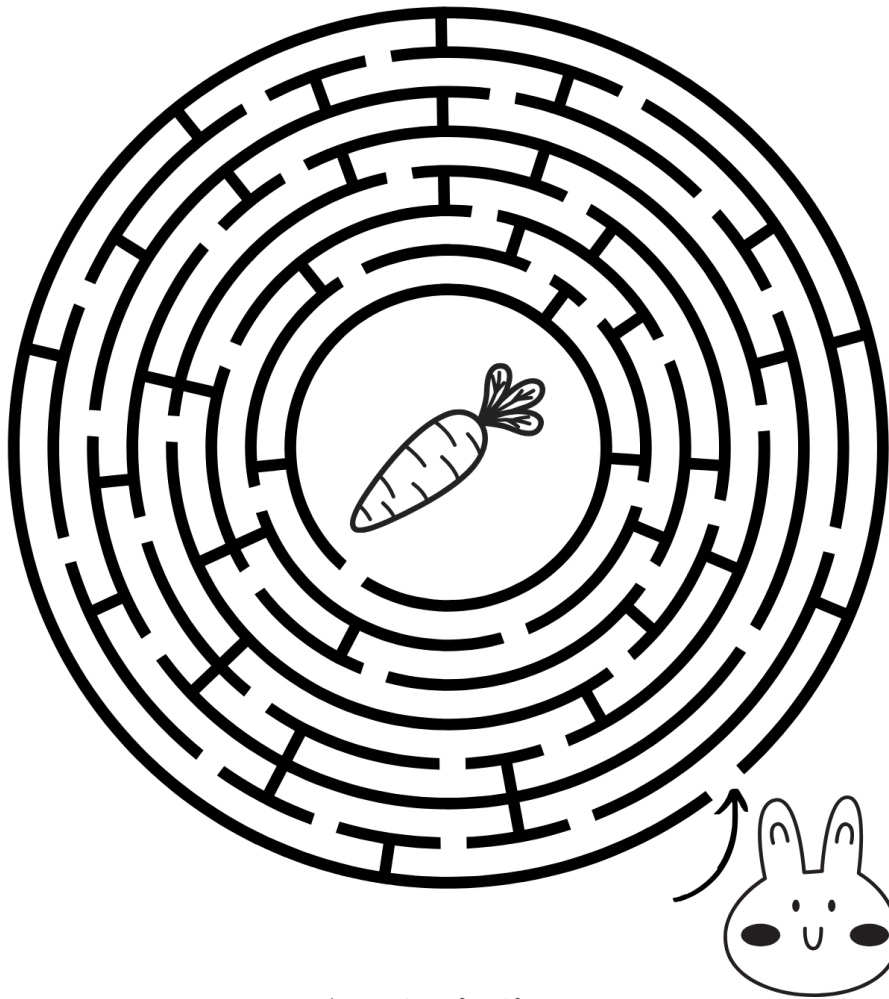
(t) (l) (s)

Color the correct number of items according to your color palette below. For example, color 8 of the daisies.



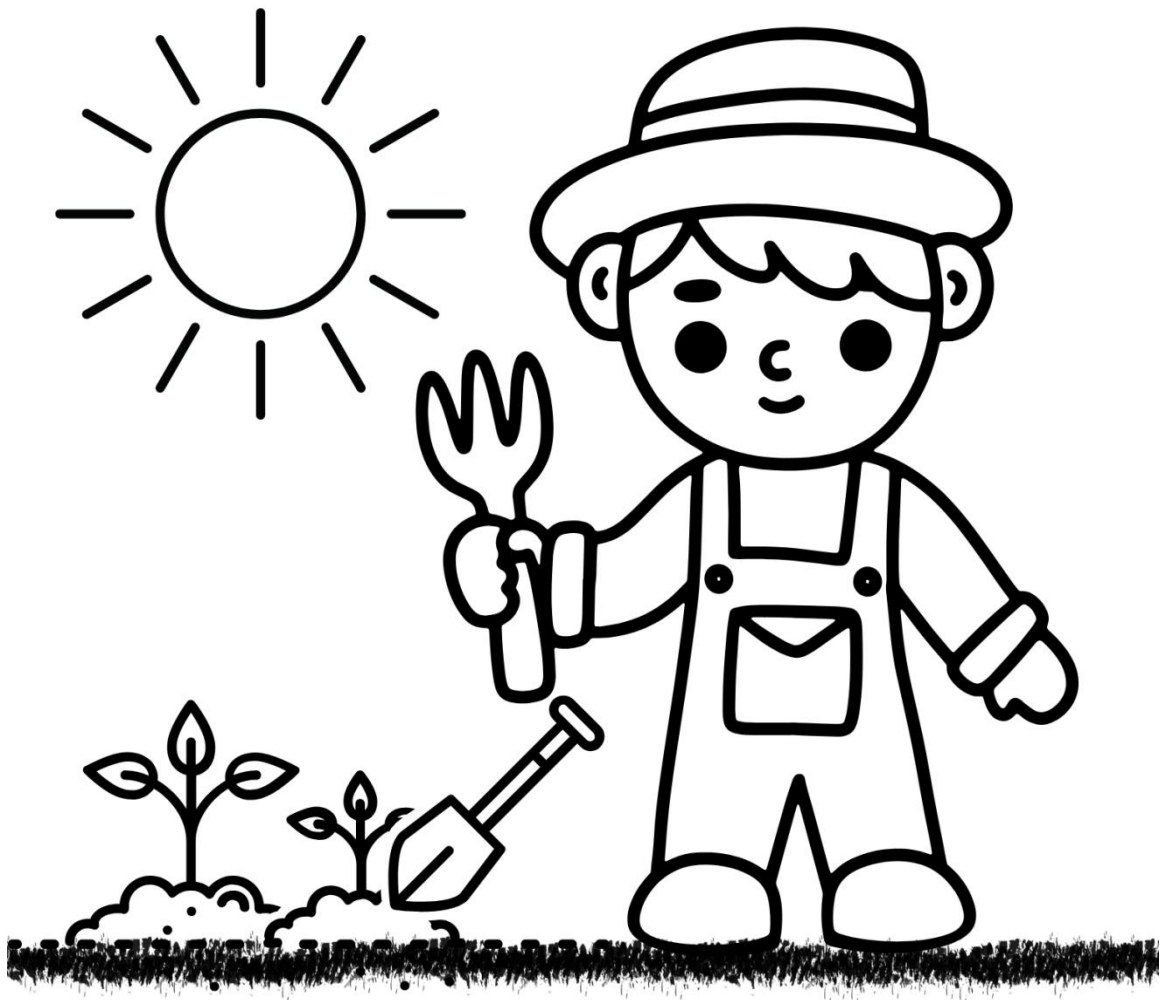
Summer Maze Puzzle

Help the bunny to find the way through to the carrot.



Summer is a great time
to be in the garden!

Color the picture below.

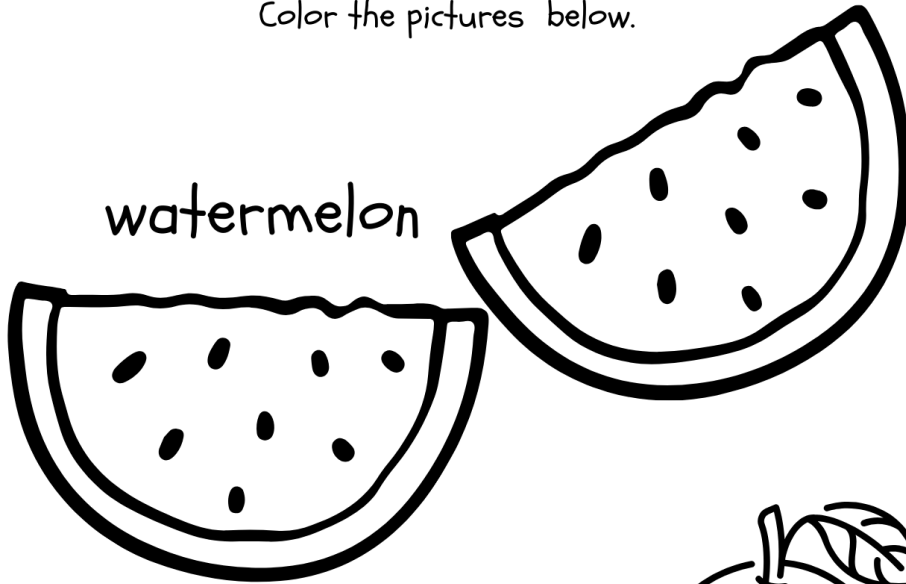


ranchocordovafoodforall.org

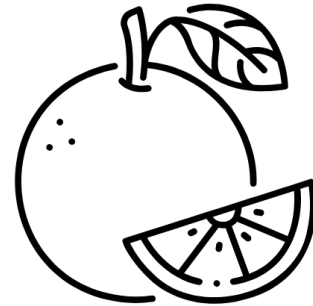
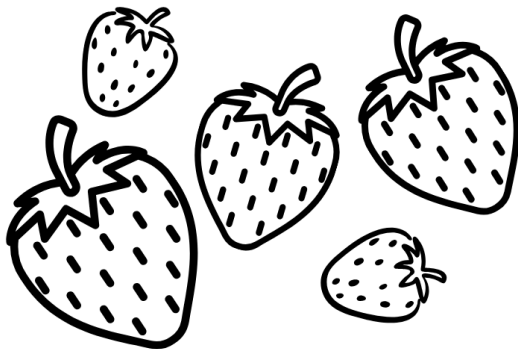
Summer Fruits

Color the pictures below.

watermelon



strawberries



oranges

I enjoy eating fruits
and vegetables.

Color the picture below.

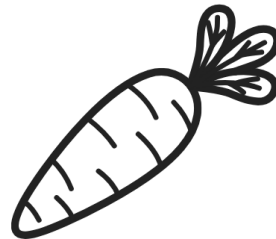


Connect the name to the correct fruit or vegetable.

strawberry



watermelon

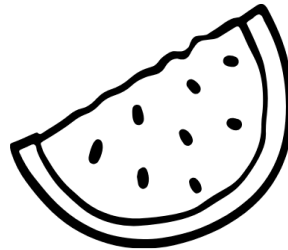


apple



carrot

broccoli



Farmers' Market Finds

Visit your local market and see how many of these seasonal fruits and vegetables you can spot. Check them off your list as you go, and draw your favorites.

- Berries _____
- Apricots _____
- Avocados _____
- Cherries _____
- Corn _____
- Eggplant _____
- Figs _____
- Okra _____
- Peaches _____
- Tomatoes _____
- Cucumbers _____
- Nectarines _____
- Pears _____
- Watermelon _____
- Zucchini _____



Word Search

Something for the older kids or adults!

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

Apple Banana Carrot Broccoli Spinach Tomato Berry Orange Grape
Mango Pear Peas Lettuce Cucumber Avocado Strawberry Watermelon
Pumpkin Bean Pineapple Kiwi Kale Almond Yogurt Oatmeal