



2 Step Kids

Activity Book



This book belongs to

I am _____ years old.

I choose _____ to help me learn about good food and exercise.



PEPPER



MIKE



MRS. FITZ



I.E. FONTENOT



DOC



COACH

Finding Fruits and Veggies



Louisiana is a great place to find delicious fruits and vegetables all year long. Every kid needs to eat lots of fruits and vegetables to stay healthy and to grow strong. Names of Louisiana fruits and vegetables can be found up, down, forward, backward and diagonal in this puzzle.

See if you can find all 12!

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

CORN
CUCUMBERS
FIGS
OKRA

PEACHES
RICE
SATSUMAS
SQUASH

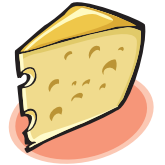
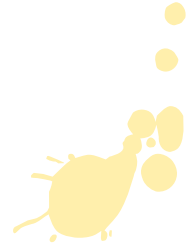
STRAWBERRIES
SWEET POTATOES
TOMATOES
WATERMELON

I need your help in
finding these fruits
and vegetables



My Pyramid

To really eat healthy, you have to eat a balanced diet. That doesn't mean you stand on one leg while eating! That means you eat the right amounts of the right types of foods.



Pyramid Scramble

Do you know the five main groups on the pyramid? Unscramble the words to learn more.

1

RANIGS _____
This group includes breads and pasta.

2

TBLESVEGEA _____
Green and orange ones are great for your body!

3

RUFTIS _____
These are nature's sweet treats.

4

LMKI _____
This gives you calcium to build strong bones.

5

ATME & AENSB _____
Protein is what you need!



Where does it belong?

Draw a line from each food on this page to the name of its group in the Pyramid Scramble above.



Tell me your favorite activity!

7

5	6
---	---



4



2	3
---	---

1



Play Every Day

Playing helps you to MOVE MORE and gives your body the exercise it needs to stay healthy.



How do you like to play? Do you jump rope, play a sport, ride bikes, fly a kite or chase your brother or sister?

Think of fun ways to play and write or draw them in each block to win the hopscotch below! There are pictures of activities all over this book to get you started.



Make Good Choices

Do you know how to stay healthy? You have to choose the right foods and the right activities! Circle the best food or activity from the groups below.



We want to go on a picnic!

1

Pretzels and sandwiches?
A steak and fries?
A bag of potato chips?



Time to do the 2 Step, cher.

2

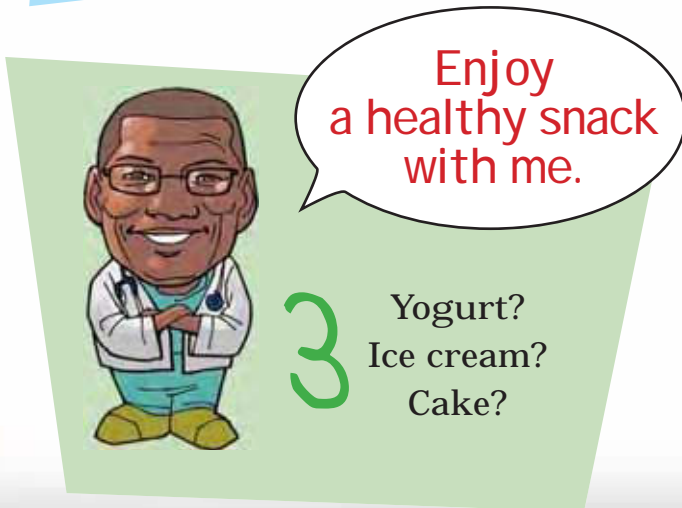
Dance shoes?
Slippers?
Socks?



Let's get to the game!

4

Video controller?
Football?
Pillow?



Enjoy a healthy snack with me.

3

Yogurt?
Ice cream?
Cake?