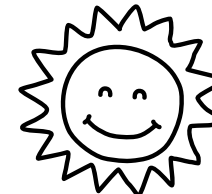
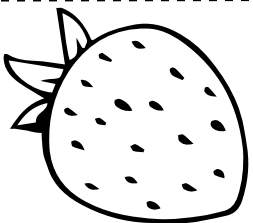


EAT THE RAINBOW!



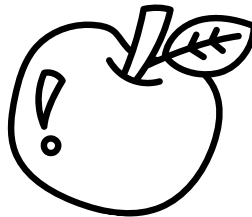
RED



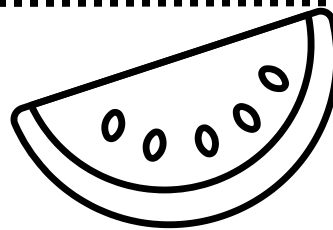
Strawberry



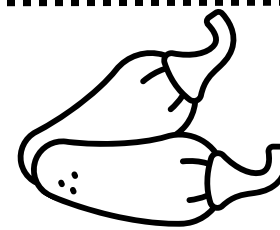
Tomato



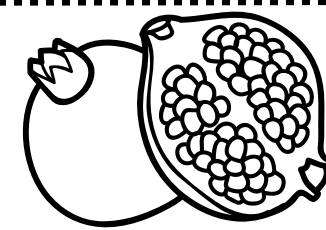
Apple



Watermelon

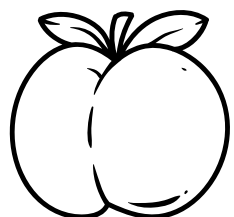


Chili pepper

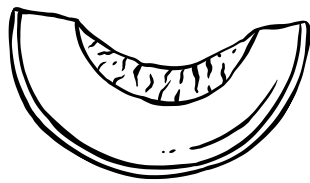


Pomegranate

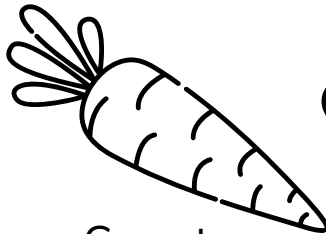
ORANGE



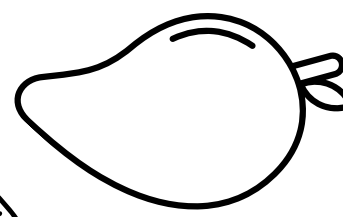
Peach



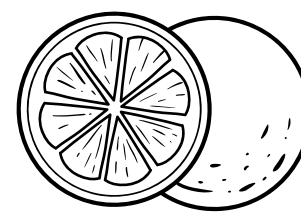
Cantaloupe



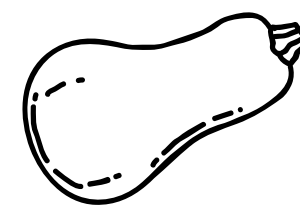
Carrot



Mango

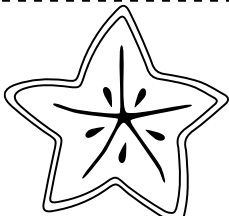


Orange



Squash

YELLOW



Starfruit



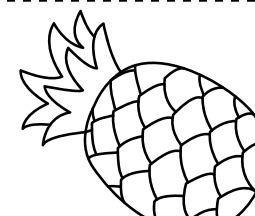
Corn



Lemon



Banana



Pineapple

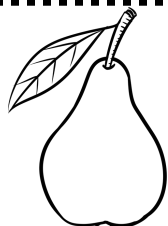


Bell pepper

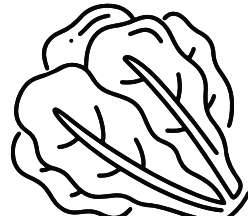
GREEN



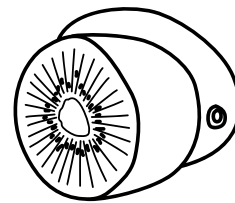
Broccoli



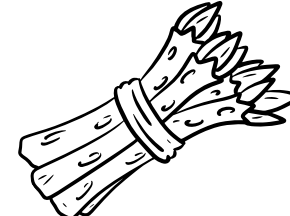
Pear



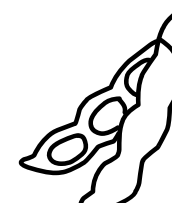
Lettuce



Kiwi

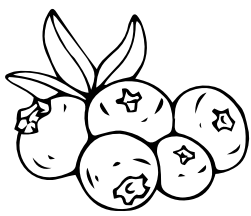


Asparagus

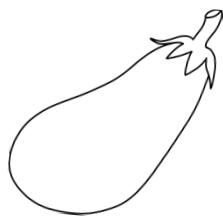


Green beans

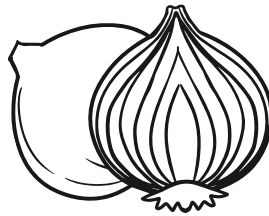
PURPLE



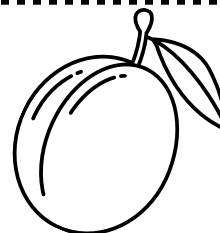
Blueberries



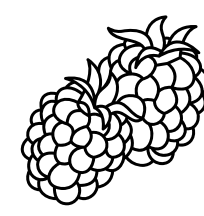
Egg plant



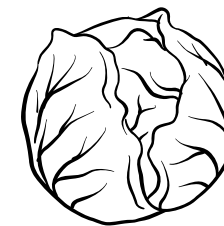
Onion



Plum



Blackberries



Cabbage

5

Or More Fruits & Vegetables

2

Or Less Hours of Screen Time

1

Hour or More of Physical Activity

0

Sugary Drinks

Every Day!

Wordsearch

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

Can you find all the healthy words?

(Words can be up-down, left-right, or diagonal)

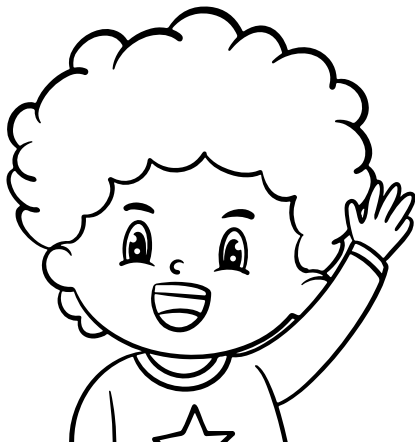
Water

Fruit

Vegetable

Healthy

Exercise



Check out myplate.gov for more nutritional guidance!

More Information

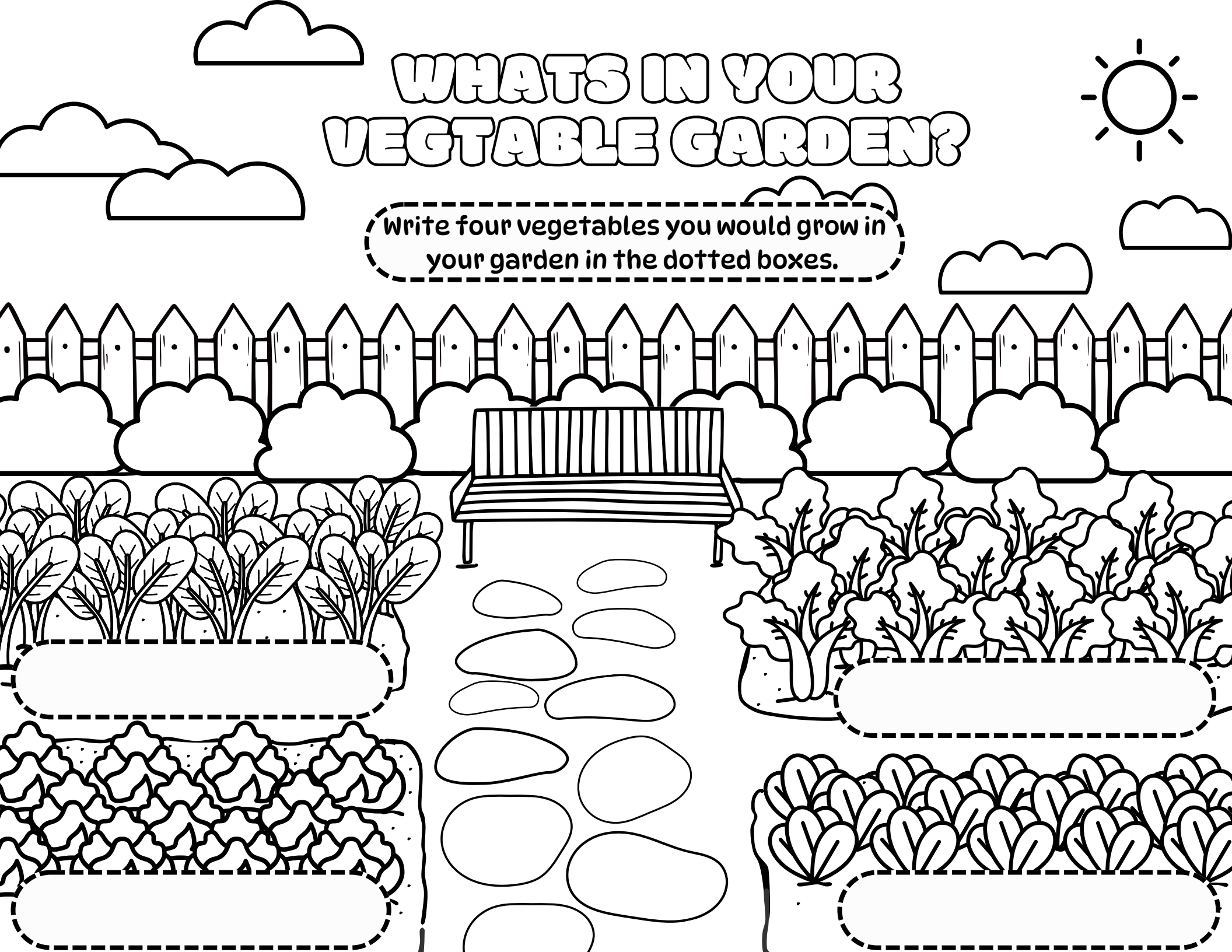
✉ 5210healthywashoe@nnph.org

🌐 5210washoe.com

☎ 775-328-2612

WHATS IN YOUR VEGETABLE GARDEN?

Write four vegetables you would grow in
your garden in the dotted boxes.



Cross Word

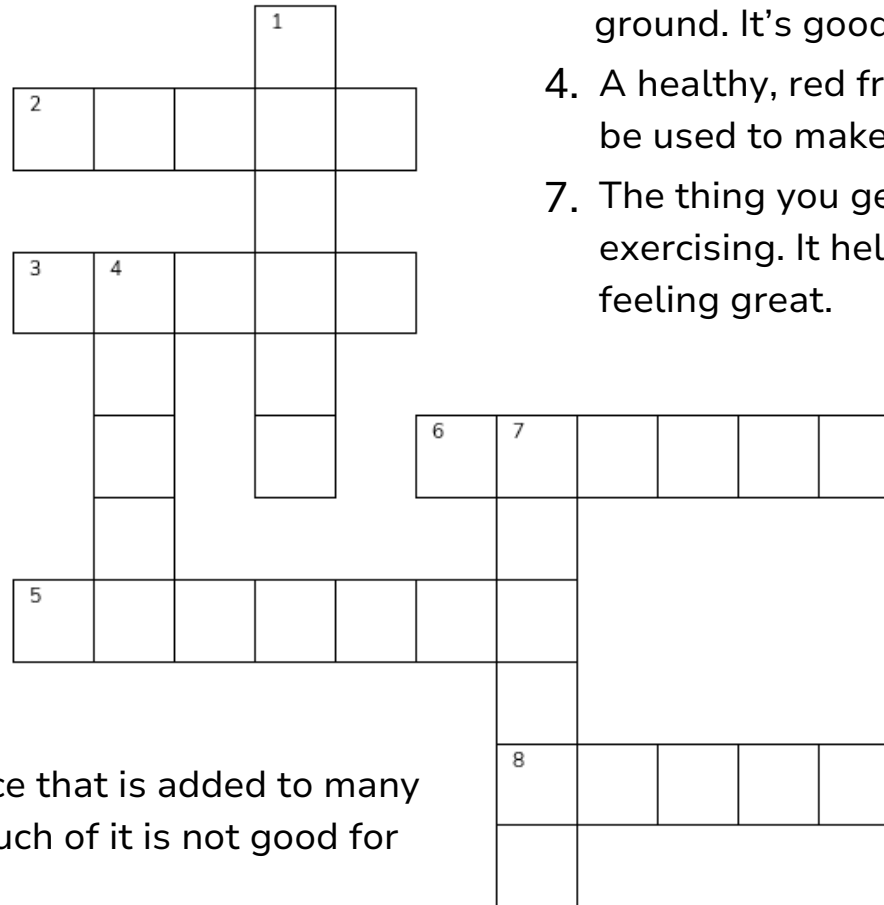
5 Or More Fruits & Vegetables

2 Or Less Hours of Screen Time

1 Hour or More of Physical Activity

0 Sugary Drinks

Every Day!



Across

2. A sweet, white substance that is added to many juices and sodas. Too much of it is not good for us.
3. A group of nutritious food that includes milk, cheese, and yogurt.
5. A head of _____ is often chopped up to make a salad.
6. The color of a ripe, delicious banana.
8. A common color of many healthy, leafy vegetables.

Down

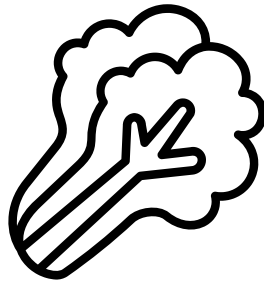
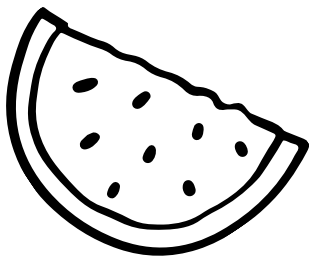
1. An orange, pointed vegetable that grows in the ground. It's good for horses and it's good for you.
4. A healthy, red fruit that grows on trees, and can be used to make a delicious juice, pie, or cider.
7. The thing you get from eating good foods and exercising. It helps you get through the day feeling great.

Check out parkfinder.washoe-county.gov to find a park near you!



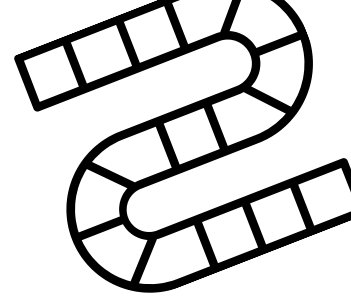
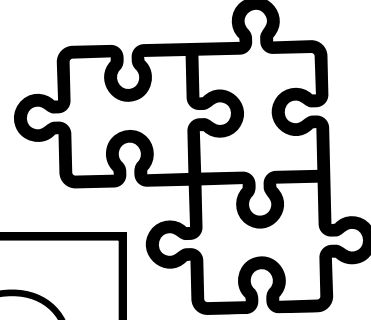
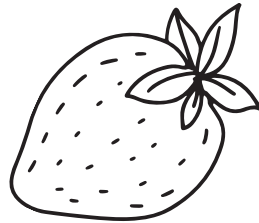
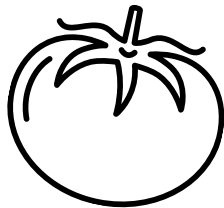
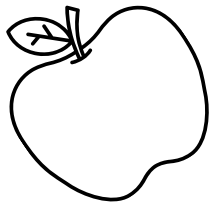
More Information

- ✉ 5210healthywashoe@nnph.org
- 🌐 5210washoe.com
- ☎ 775-328-2612



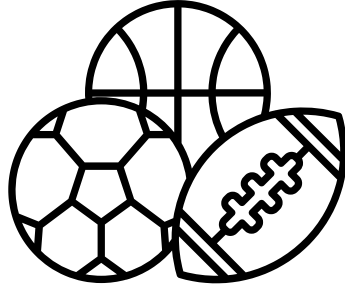
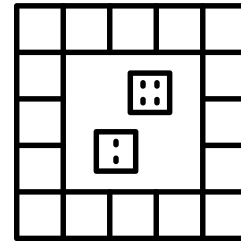
5

Or More Fruits &
Vegetables



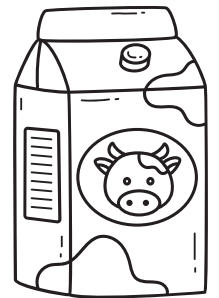
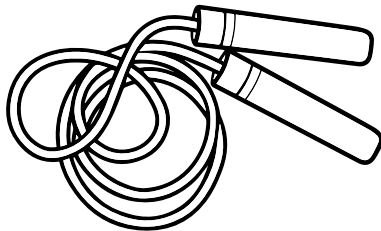
2

Or Less Hours of
Screen Time



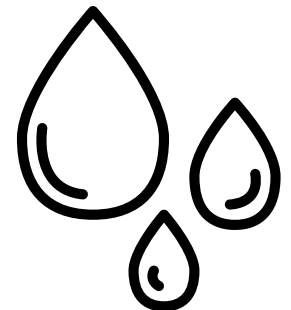
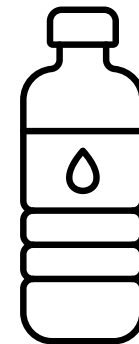
1

Hour or More of
Physical Activity



0


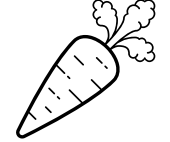
Sugary Drinks





I SPY



Can you find all the healthy options?

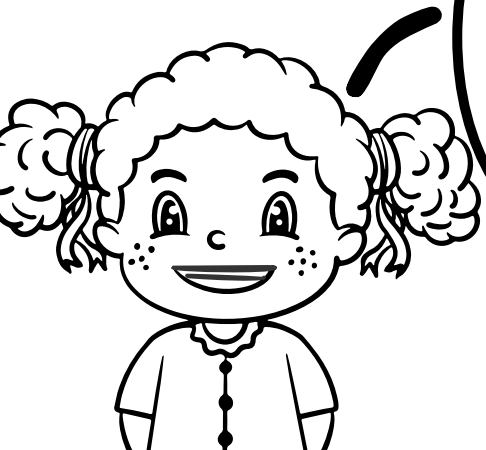
 = 5  = 3

 = 7  = 2

 = 4  = 6

 = 3  = 5

Check out
rethinkyourdrinknevada.com
 for healthy drink recipes!



More Information

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