



Eagle Adventure, Lesson 4

This week we learned about everyday foods and sometimes foods. Fruits and vegetables are healthy everyday snacks. We can keep our bodies healthy if we eat fruits and vegetables, drink water and play hard.

Ask an adult in your home to help you do this page. Think of everyday foods that you could eat instead of the sometimes foods listed below and write them down or draw pictures of those foods. Remember to return this Nestwork in your folder, and you will get an Eagle Sticker.

SOMETIMES FOODS

EVERYDAY FOODS



Sugar Cereal



Cookie



Chips



Soda

This week I will do these healthy activities with a friend or family member: _____

My family and I will try this fruit for a snack: _____

My family and I will try this vegetable for a snack: _____

Parent or Guardian Signature: _____

