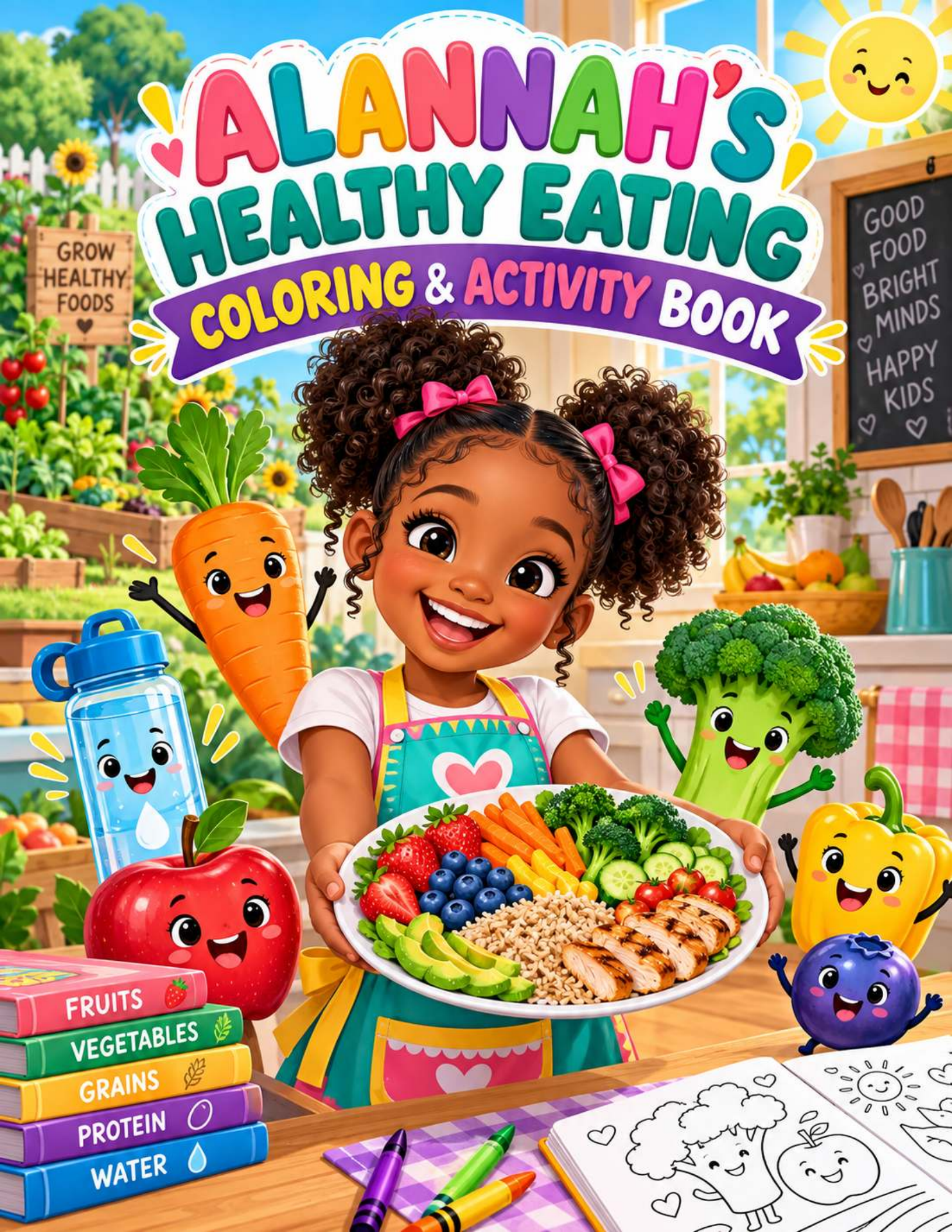

ALANNAH'S
HEALTHY EATING
COLORING & ACTIVITY BOOK
GROW HEALTHY FOODS
GOOD FOOD BRIGHT MINDS HAPPY KIDS
FRUITS
VEGETABLES
GRAINS
PROTEIN
WATER

THIS HEALTHY BOOK BELONGS TO...



Taste. Explore. Color. Grow!

A NOTE FOR GROWN-UPS

This book makes healthy eating playful for ages 3-8. The lessons encourage variety across fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives.

Invite children to notice colors, textures, smells, and flavors. Offer new foods without pressure; children may need many chances to become comfortable with a food. Avoid labeling foods or bodies as good or bad. Follow allergy, choking-safety, cultural, and medical guidance from your child's healthcare professional.

Guidance: USDA MyPlate and CDC healthy-drink resources.

COLORFUL FOODS MAKE EVERY PLATE AN ADVENTURE!

ALANNAH'S FOOD EXPLORER PROMISE

- [ ] I explore foods with my senses.
- [ ] I try new foods when I feel ready.
- [ ] I drink water when I am thirsty.
- [ ] I listen to my hungry and full feelings.
- [ ] I help make mealtime kind and fun.

A RAINBOW OF FRUIT



Fruits come in many colors and flavors.

TRACE THE HEALTHY WORDS

FRUIT

AMAZING APPLES



Apples can be crisp, juicy, sweet, or tart.

TRACE THE HEALTHY WORDS

APPLE

BANANA SMILES



Bananas are easy to peel and enjoy.

TRACE THE HEALTHY WORDS

BANANA

STRAWBERRY PICKING

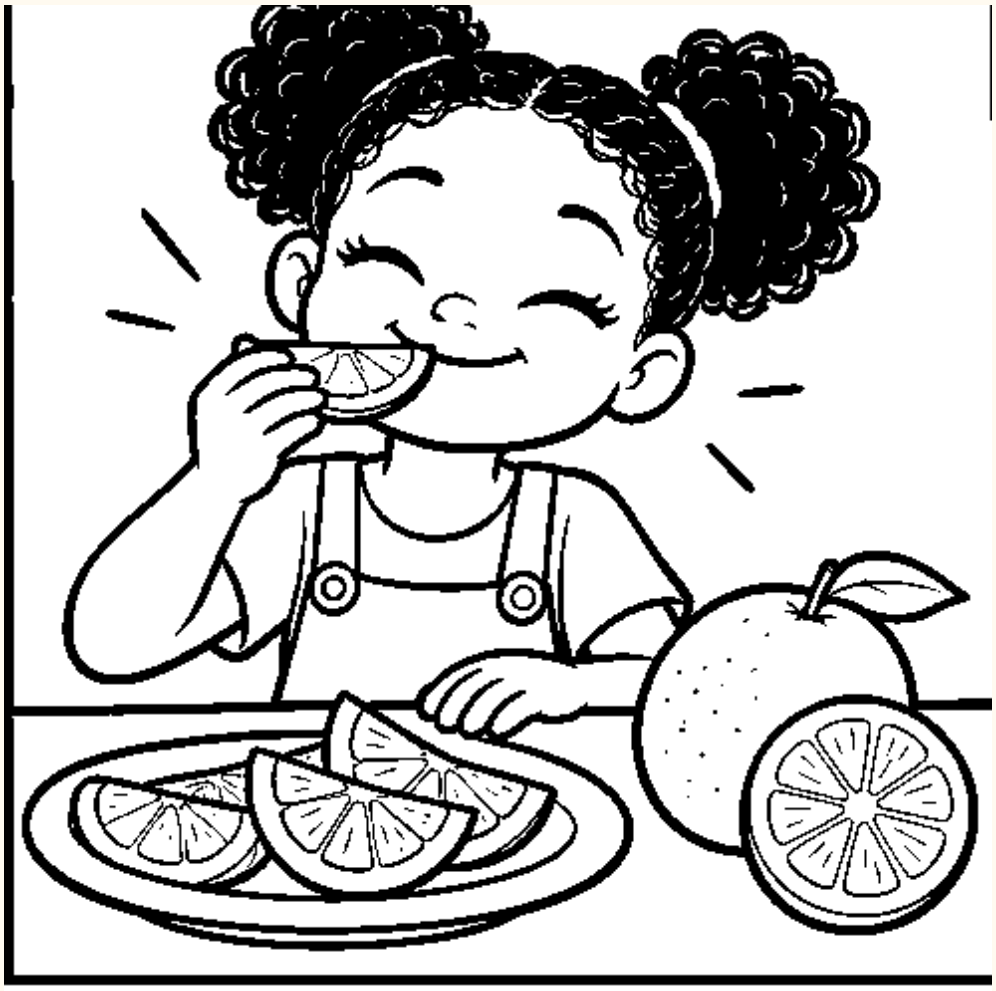


Berries can be tiny, bright, and juicy.

TRACE THE HEALTHY WORDS

BERRIES

ORANGE SUNSHINE



Explore the smell and sections of an orange.

TRACE THE HEALTHY WORDS

ORANGE

BUILD A YOGURT BOWL



Add fruit for color and flavor.

TRACE THE HEALTHY WORDS

YOGURT

GARDEN VEGETABLES



Vegetables grow above and below the ground.

TRACE THE HEALTHY WORDS

VEGGIES

SUPER SALAD BUILDER

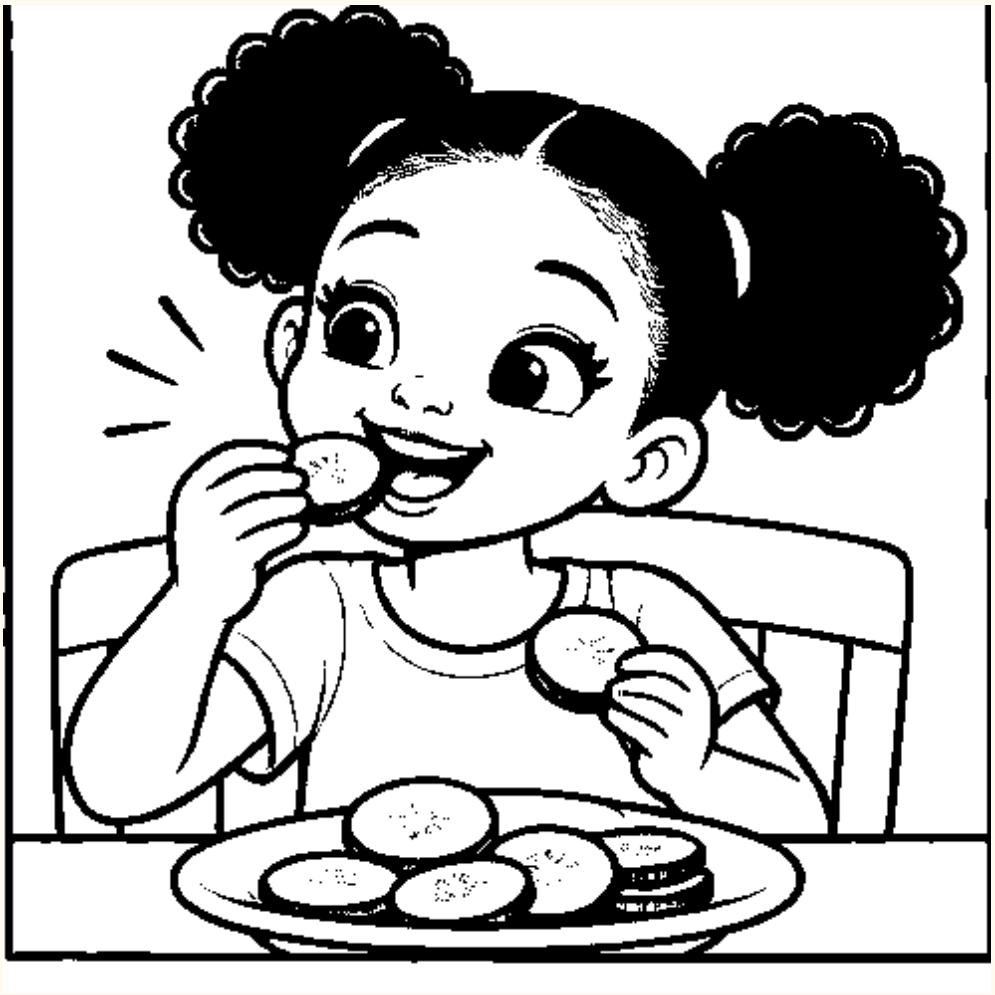


Mix colors, shapes, and crunchy textures.

TRACE THE HEALTHY WORDS

SALAD

COOL CUCUMBER CRUNCH



Notice the cool, crisp texture.

TRACE THE HEALTHY WORDS

CRUNCH

PEPPER RAINBOW



Peppers come in many bright colors.

TRACE THE HEALTHY WORDS

COLOR

WASH BEFORE WE EAT



A grown-up can help wash fresh produce.

TRACE THE HEALTHY WORDS

WASH

BRAVE TASTE EXPLORER



A tiny taste is one way to explore.

TRACE THE HEALTHY WORDS

TASTE

WHOLE-GRAIN MORNING

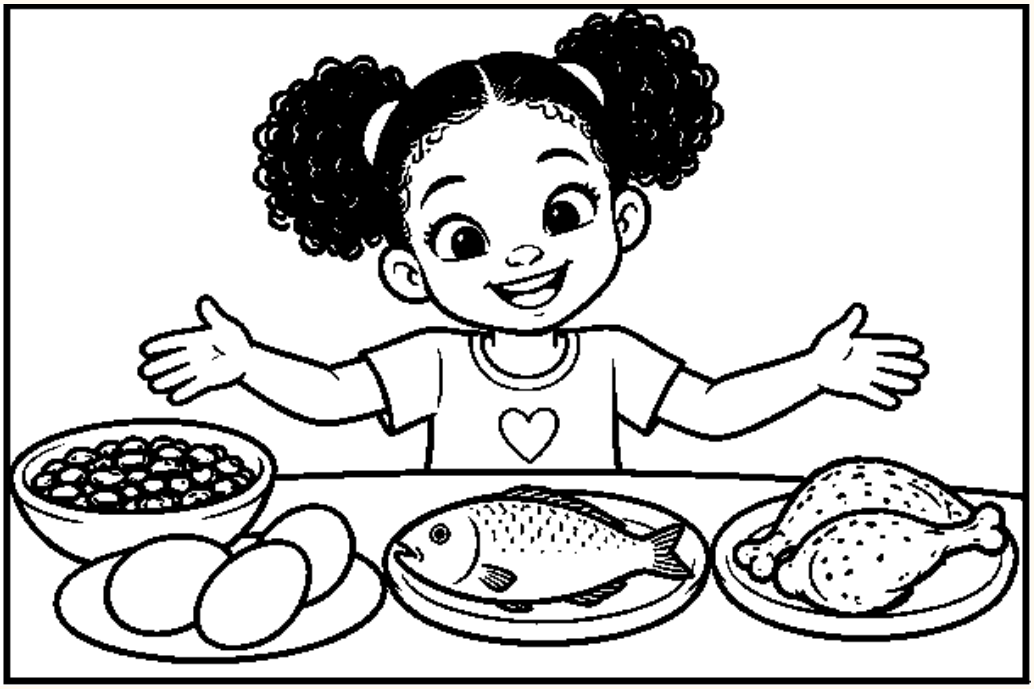


Whole grains can be part of breakfast.

TRACE THE HEALTHY WORDS

GRAINS

POWERFUL PROTEIN FOODS



Beans, eggs, fish, poultry, and more give variety.

TRACE THE HEALTHY WORDS

PROTEIN

BONE-BUILDING CHOICES



Milk, yogurt, or fortified soy can add nutrients.

TRACE THE HEALTHY WORDS

DAIRY

WATER IS WONDERFUL

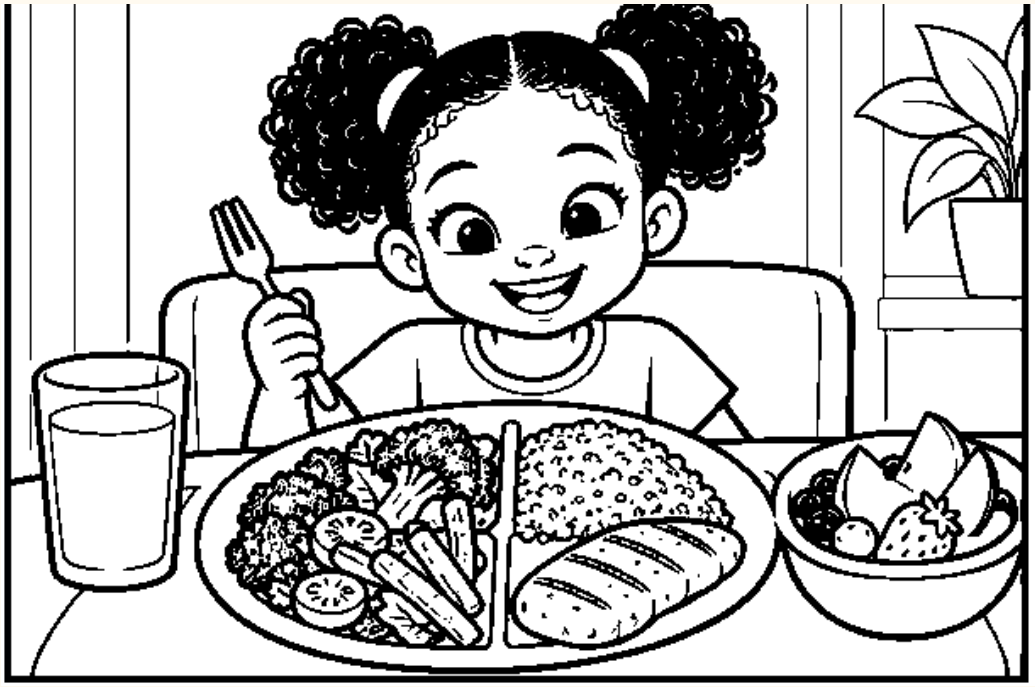


Choose water often when you are thirsty.

TRACE THE HEALTHY WORDS

WATER

BUILD A BALANCED PLATE

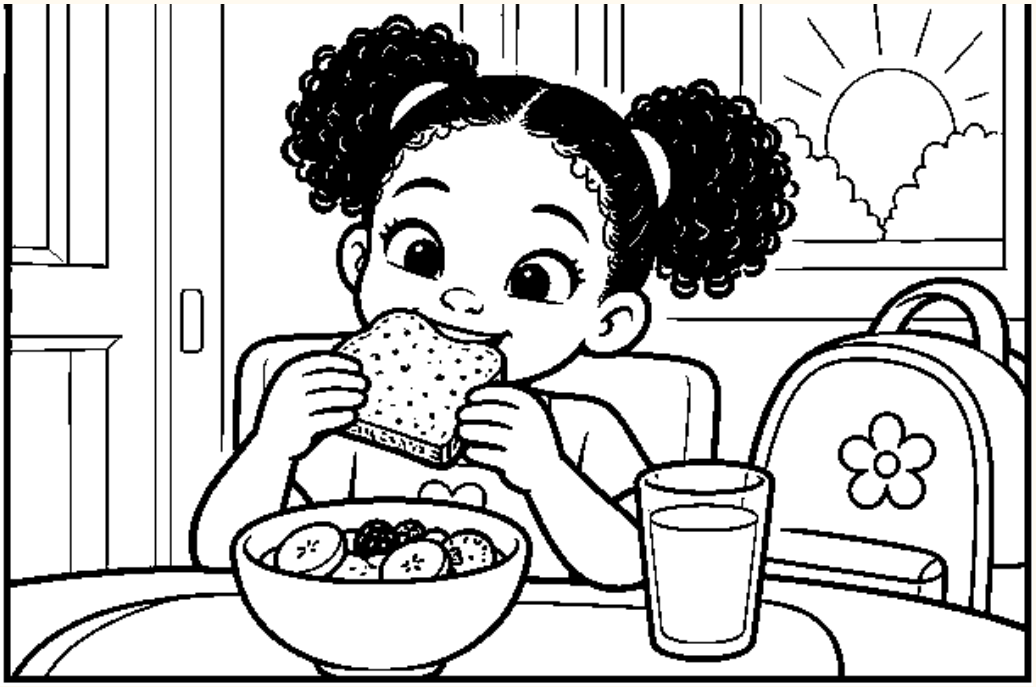


Choose foods from different food groups.

TRACE THE HEALTHY WORDS

VARIETY

BREAKFAST ENERGY



Breakfast can help start a busy day.

TRACE THE HEALTHY WORDS

BREAKFAST

MARKET COLOR HUNT



Look for fruits and vegetables of many colors.

TRACE THE HEALTHY WORDS

CHOOSE

LITTLE KITCHEN HELPER

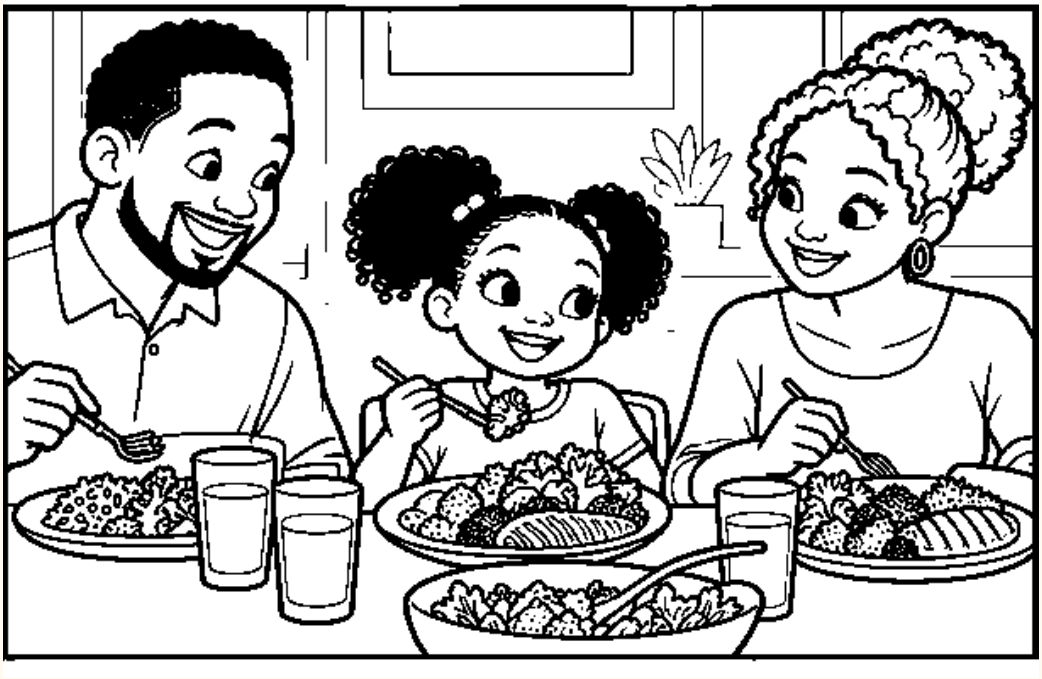


Prepare food with a trusted grown-up.

TRACE THE HEALTHY WORDS

HELP

FAMILY MEAL MOMENTS



Share food and conversation together.

TRACE THE HEALTHY WORDS

TOGETHER

PACK A COLORFUL LUNCH



Pack several colors and food groups.

TRACE THE HEALTHY WORDS

LUNCH

LISTEN TO YOUR TUMMY



Notice when you feel hungry or comfortably full.

TRACE THE HEALTHY WORDS

LISTEN

SNACK, THEN PLAY



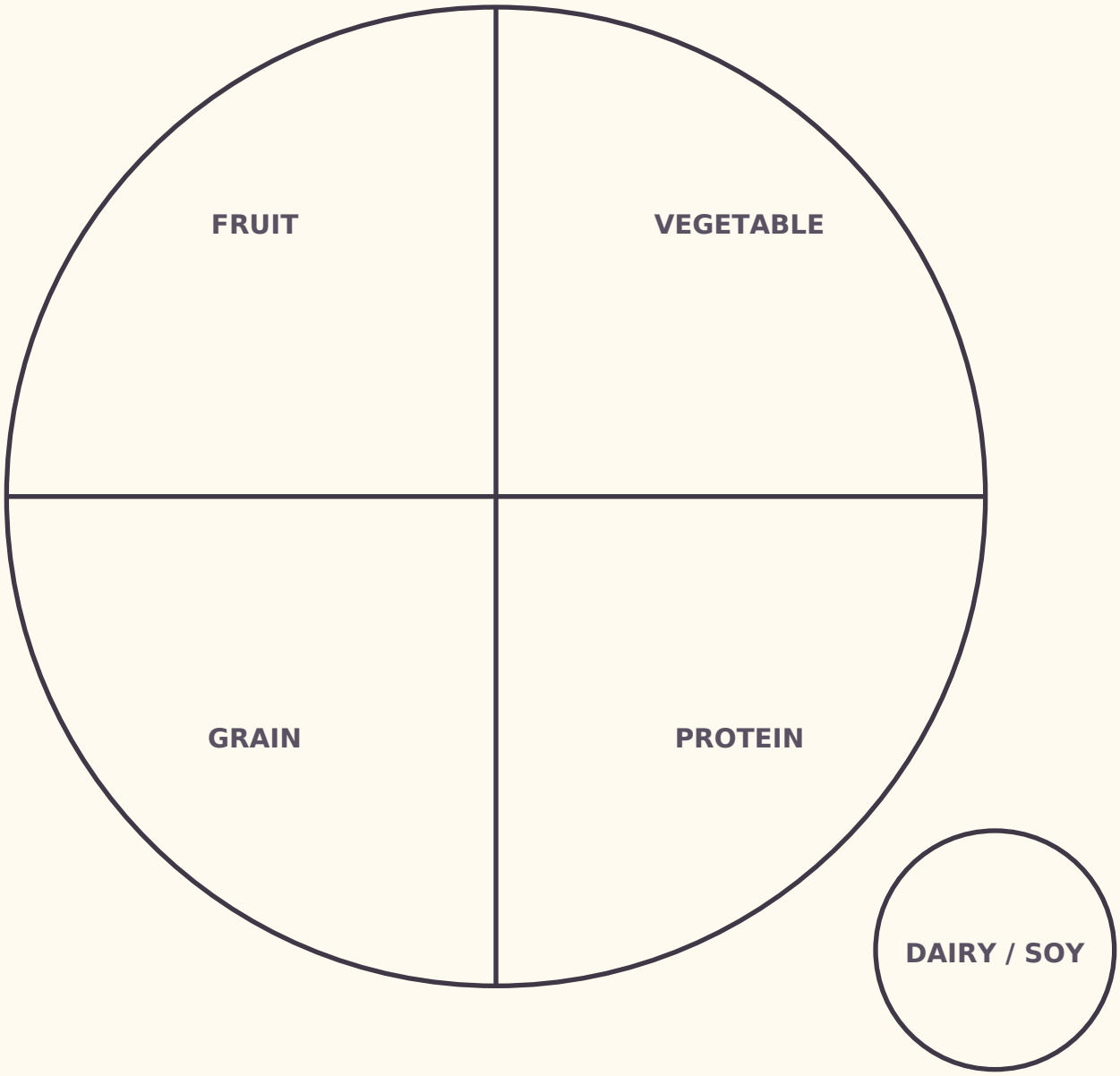
Food and movement help us learn and play.

TRACE THE HEALTHY WORDS

MOVE

DESIGN YOUR OWN PLATE

Draw foods you enjoy or want to explore.



RAINBOW FOOD CHALLENGE

Draw or write one food for every color.

RED: _____

ORANGE: _____

YELLOW: _____

GREEN: _____

BLUE / PURPLE: _____

FOOD GROUP MATCH

Match each food to its group.

APPLE	**FRUIT**
CARROT	**VEGETABLE**
OATMEAL	**GRAIN**
BEANS	**PROTEIN**
WATER	**DRINK**

Draw a line from each food to its group.

MY FOOD EXPLORER PAGE

Choose one food and describe it with your senses.

It looks... _____

It smells... _____

It feels... _____

It sounds... _____

It tastes... _____

HEALTHY FOOD EXPLORER

Certificate of completion



This certificate proudly belongs to

for being a curious and creative food explorer!

DATE

GROWN-UP SIGNATURE



TASTE THE RAINBOW!

Explore new colors, flavors, and foods.

ALANNAH DIOR'S LEARNING WORLD