



Shape Your Future

FALL WORD SCRAMBLE

Can you unscramble the list of words below?



ACERS _____

TCA _____

CWHTI _____

OTGSH _____

MUPKINP _____

OBO _____

PEISDR _____

SLPAPE _____

GORANE _____

EHONLAWEL _____

WORD KEY: Pumpkin, Cat, Apples, Ghost, Boo, Scare, Orange, Witch, Spider, Halloween



Now, go back and circle all the fruits and veggies! (Hint: there are 3.)

Way to go! Now, write your favorite fruit or veggie here:



Have a happy, healthy fall! Fill half your plate with fruits and veggies, and get 60 minutes of physical activity!

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FALL WORD CREATOR

Fill in the blanks with the words that describe each picture. Then use the circled letters to find the hidden word below!



○ _____



○ _____



_____ ○



_____ ○



How did the apple feel after he got 60 minutes of physical activity?



Healthy to the _____.

Try an apple after school — or any other fruit or veggie!
Just be sure to fill half your plate with fruits
and veggies and get 60 minutes of physical activity!

Have a happy, healthy fall!





Shape Your Future

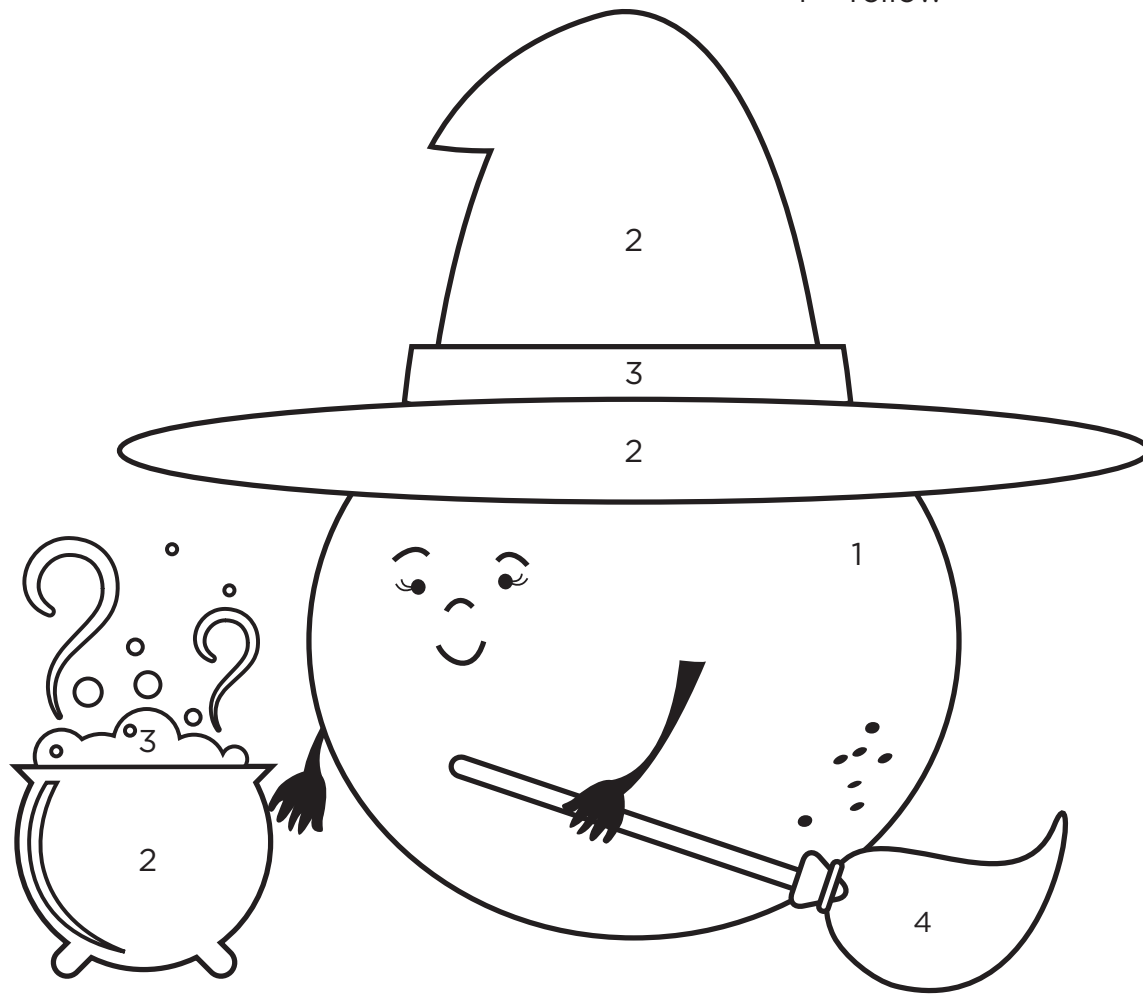


FALL COLOR BY NUMBER

Add some color to the page by following the number codes below.
Then, add some color to your life by filling half your plate with colorful fruits and veggies!



- 1 - Orange
- 2 - Black
- 3 - Green
- 4 - Yellow



What fruit or veggie are you hungry for?
Add it to the picture above.

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