



©2021 MAIA, LLC. / 0421MAIAKIDKICK

Word of the Month

NUTRITION

It is important to practice good nutrition in order to keep our bodies strong and healthy! You are probably already better at nutrition than you realize. Healthy food doesn't have to be boring! Circle all the healthy foods that you like and write in a few more!

I LIKE:	OATMEAL	APPLES	ORANGES	CARROTS
	PEANUT BUTTER	MILK	CELERY	SALAD
	PASTA	BANANAS	SWEET POTATO	EGGS
	CHICKEN	BEANS	BROCCOLI	WHOLE WHEAT BREAD
OTHER HEALTHY FOODS I LIKE:	_____	_____	_____	_____
	_____	_____	_____	_____

Student Name: _____

Complete worksheet & turn it to the Dojo

Between April 24 - April 29th

Pick out a prize from the Treasure Box!!

