

Printable *healthy eating* activities for kids.

Eight sheets to play, color and talk about food without a fight. Print on plain paper, one sheet per child, and keep the crayons close.

1. My colorful plate
2. Food pyramid to color
3. Rainbow hunt of the week
4. New flavors bingo
5. Match the food to its group
6. My habit chart
7. My lunchbox week
8. Food word search

How to use it without turning it into pressure

The sheets are an invitation, not a test. Praise curiosity ("you tried something new today"), never the amount eaten. Written from a mother's perspective and based on research in child nutrition sources — if you have any concern about growth or food refusal, talk to your pediatrician.

1 • My colorful plate

ages 2-6

Draw or paste a food into each part of the plate. Half of it is vegetables — that is why that part is the biggest.

Vegetables
half of the plate

Energy
rice, pasta, bread, potato

Building
beans, egg, meat, chicken, fish

Fruit
the everyday dessert

2 • Food pyramid to color

ages 5-10

Color each tier and write two foods you know inside it. The bottom tier is the biggest because it is what we eat most often.

Sweets and fried food
once in a while

Milk, cheese, egg, beans, meat
they build the body

Fruit and vegetables
they protect and give vitamins

Rice, bread, pasta, potato, cassava
they give energy to play

3 • Rainbow hunt of the week

ages 3-8

Every time you eat a food of this color, color one square. The goal of the week is to complete the whole rainbow — different colors mean different nutrients.

Red	tomato, strawberry, watermelon, red pepper	
Orange	carrot, papaya, pumpkin, orange	
Yellow	banana, corn, mango, pineapple	
Green	broccoli, lettuce, zucchini, kiwi	
Purple and blue	grape, beet, red cabbage, blueberry	
White	banana, cauliflower, potato, pear	

4 • New flavors bingo

ages 3-10

Tasting means touching it with your tongue — you do not have to swallow. Mark the square of every food you tasted. A full line wins a game of your choice.

☐ Broccoli	☐ Avocado	☐ Sweet potato	☐ Grapes
☐ Raw carrot	☐ Cherry tomato	☐ White cheese	☐ Kale
☐ Pear	☐ Beans	☐ Scrambled egg	☐ Corn
☐ Mandarin	☐ Bell pepper	☐ Fish	☐ Peanut butter

Name: _____

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5 • Match the food to its group

ages 4-8

Draw a line from each food on the left to what it does for us on the right. One group can get several lines.

- Bread
- Egg
- Broccoli
- Rice
- Fish
- Water
- Orange
- Beans

- Energy to play all day long
- Building makes the body grow
- Protection vitamins that defend us
- Hydration the water of every day

6 • My habit chart

ages 3-10

Color one heart for every day you did it. This chart celebrates taking part — helping, tasting, drinking water — never how much food was on the plate.

Habit of the week



7 • My lunchbox week

ages 4-10

Pack it with your child the night before: one fruit, one energy food, one building food and the water bottle. Whoever chooses, eats.

Monday	Tuesday	Wednesday	Thursday	Friday
fruit _____	fruit _____	fruit _____	fruit _____	fruit _____
energy _____	energy _____	energy _____	energy _____	energy _____
building _____	building _____	building _____	building _____	building _____
drink _____	drink _____	drink _____	drink _____	drink _____
extra _____	extra _____	extra _____	extra _____	extra _____

Quick ideas: banana + white cheese · homemade bread with peanut butter · carrot sticks with hummus · filled tapioca crêpe · grapes + nuts · oat and apple pancake.

8 • Food word search

ages 6-10

Find the eight foods hidden in the grid — they run across or down, in capital letters. Then circle on the list the ones you have eaten this week.

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

Find these

- ☐ APPLE
- ☐ BEANS
- ☐ CARROT
- ☐ EGG
- ☐ BROCCOLI
- ☐ RICE
- ☐ BANANA
- ☐ FISH