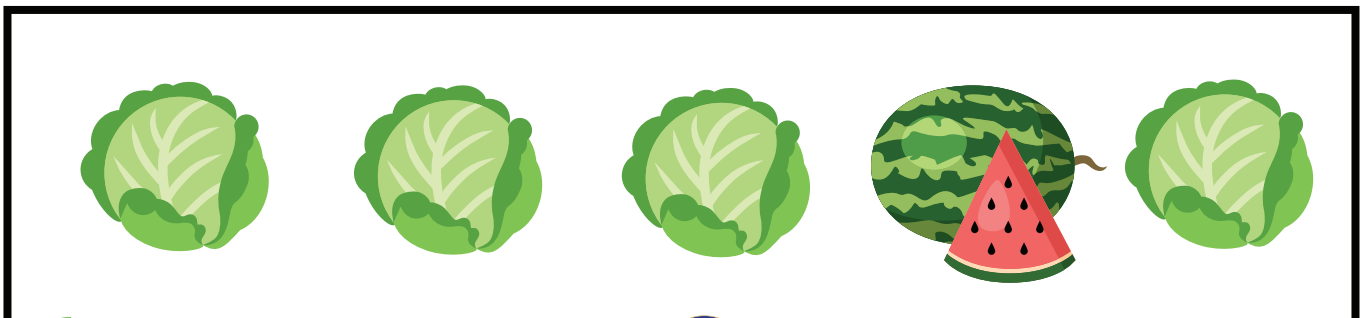
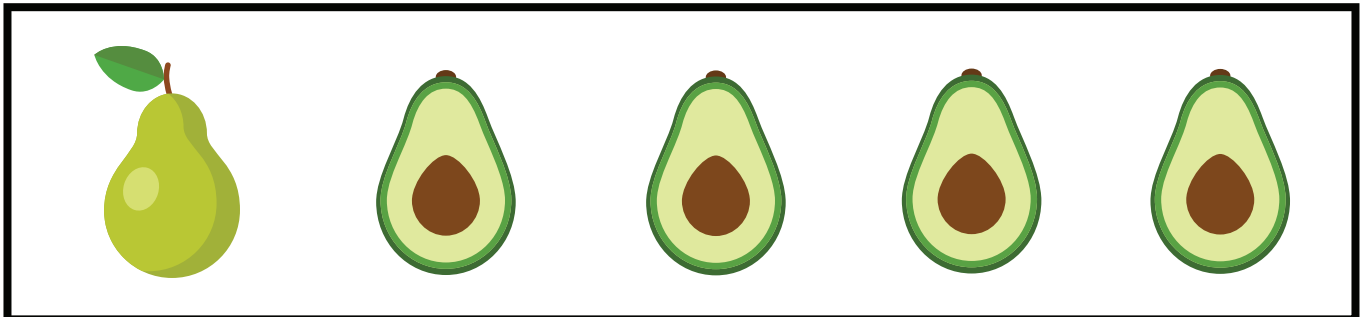
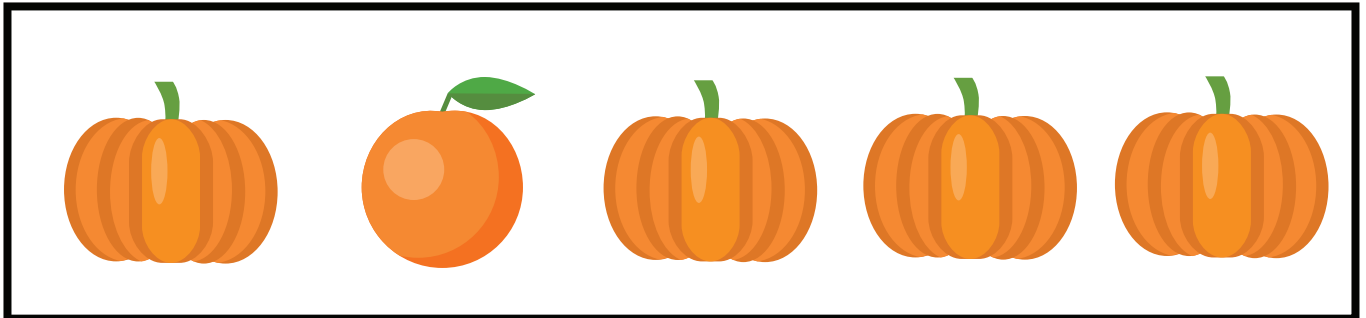
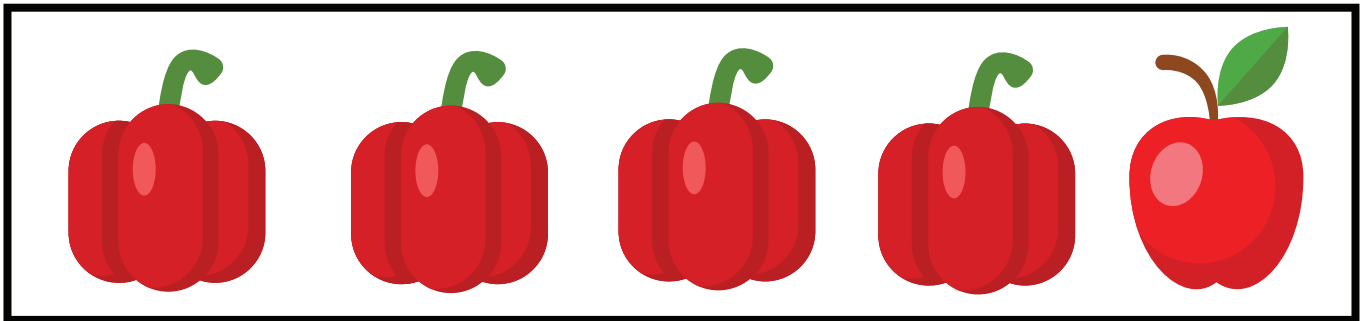


Spot the Difference

Vegetables are very important for balanced nutrition. Circle the picture in each row that is different.





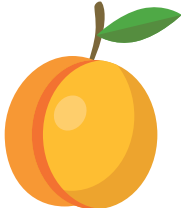








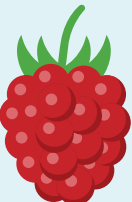
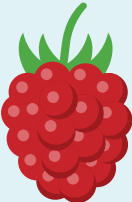

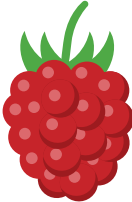



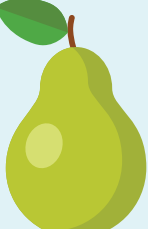

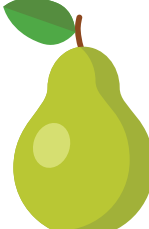









Patterns

Many types of fruits are grown in the state of Texas. Look at the pattern in column A and circle the fruit in column B that should come next in the pattern.

Column A

Column B



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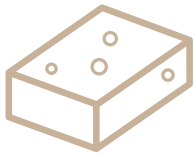
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Updated 12/17/2020
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Counting

Protein helps build muscle. Excellent sources of protein include, meat, seafood, eggs, dairy and beans. Count the number of each protein source and write it in the matchin box at the bottom.



Tofu



Yogurt



Chicken



Beef



Egg



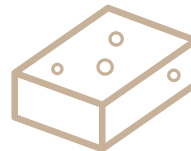
Egg



Beef



Cheese



Tofu



Fish



Beef



Egg



Chicken



Yogurt



Cheese



Yogurt



Chicken



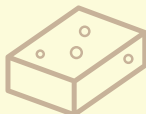
Cheese



Egg



Beef



Tofu



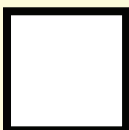
Egg



Beef



Chicken



Cheese



Yogurt



Fish



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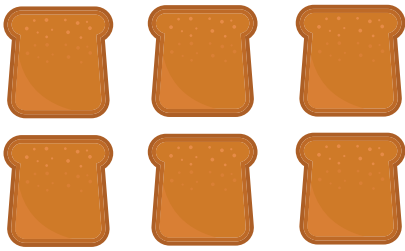
Numbers

"I can count to 10!" Write the missing numerals.

1, 2, __, 4, 5, __, 7, 8, __, 10

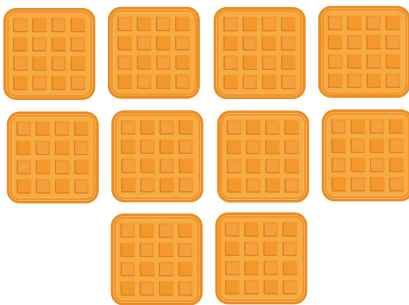
Count the number of whole grain food items in each box and circle the correct number.

Whole Grain Toast



8 6 4

Whole Grain Waffles



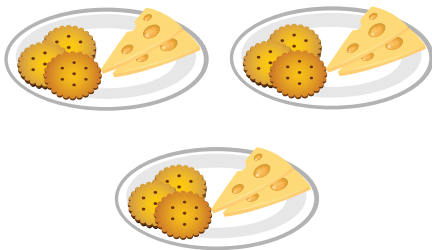
10 6 7

Whole Grain Blueberry Muffins



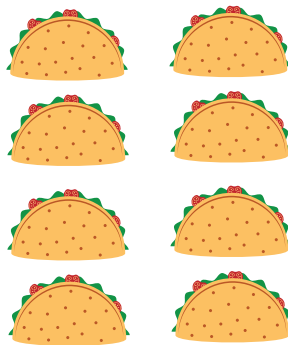
9 7 10

Cheese and Whole Grain Crackers



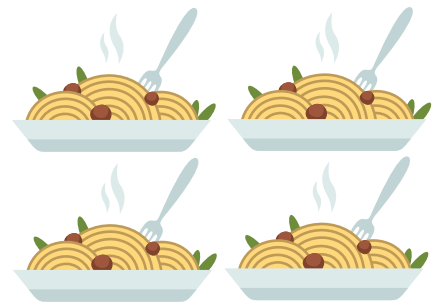
3 7 5

Whole Grain Tacos with Beef



8 1 9

Whole Grain Spaghetti with Meatballs



2 4 6

Storytime

Once upon a time there was a Texas rancher who lost some of his animals because the gate was left open. Will you help the farmer find all of his animals?



As the farmer walked by his garden he saw an animal eating his carrots. The animal has four hooved feet, it has fluffy white hair, and makes a "baaaa" sound. What animal did the farmer find?



Great job! You found all of the missing animals. Now the farmer can go and tend to his crops.



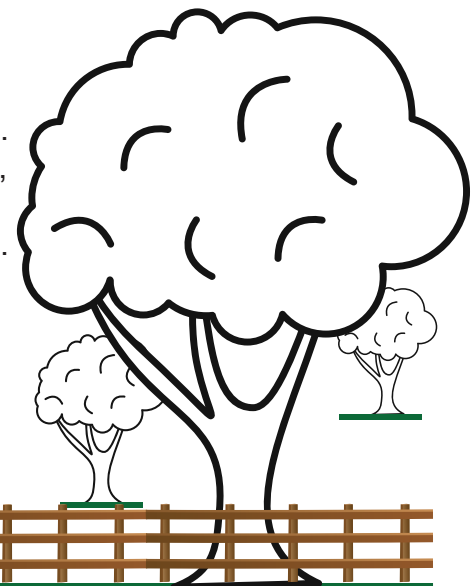
The farmer searched all day and came across an animal that produces milk, has a bell on its neck, is black and white and moos. Circle the correct animal the farmer found.



Under one of the farmer's apple trees he found an animal with feathers, a beak and it lays eggs. Circle the animal the farmer found.



Before you go, the farmer needs help with his apple trees. On the biggest tree, draw 5 red apples and 4 green apples.



Milk Participation Chart

Complete all 5 activities for the week to fill the milk glass!

