

THE ACE SHOW

Name: _____

Grade/Class: _____

EPISODE 2:

BRIGHT AND BALANCED



Hey, kids! Ready to bring some **BALANCE** to your meals with **BRIGHT** foods packed with vitamins, fiber, protein, and all the things your body needs to work and grow? Write your **BRIGHT IDEAS** below!

Can you name FIVE nutritious fruits or veggies that are RED?

Hint: One of these a day keeps the doctor away, as the saying goes!

What is the most colorful, healthy food you ate yesterday?

Example: Watermelon is full of vitamins, and it keeps you hydrated!

What are some delicious, healthy food combinations you could try?

Example: Carrots and hummus, yum!

BRIGHT & BALANCED WORD SEARCH

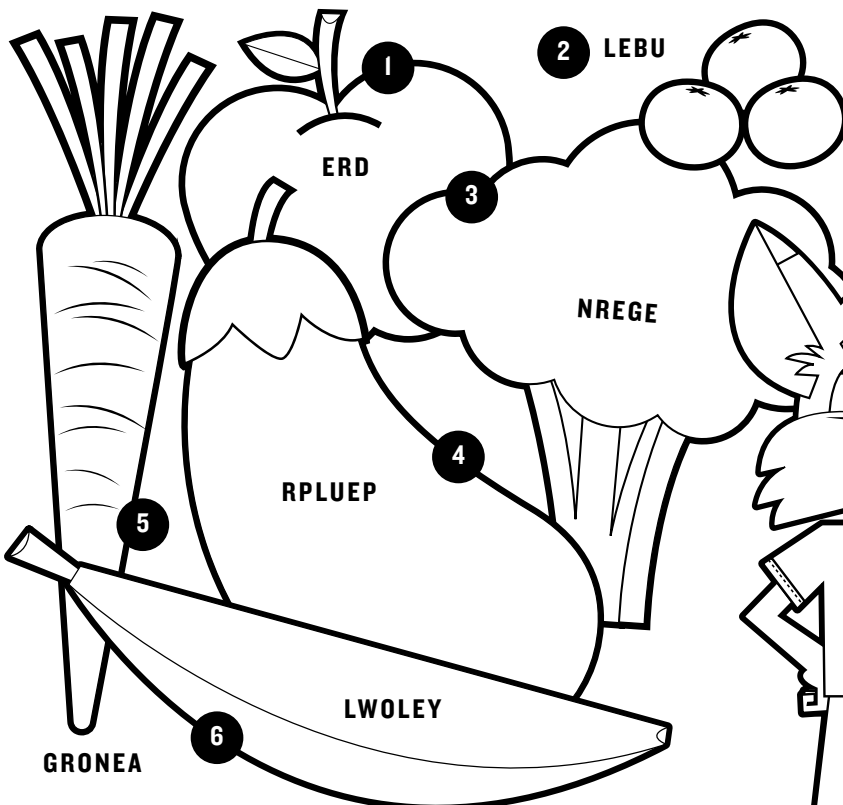
Find the colorful fruits and vegetables listed in the word search below. They may be found forward, up-and-down or diagonal.

KALE
 APPLE
 ORANGE
 BANANA
 CARROT
 SPINACH
 EGGPLANT
 BLUEBERRY
 STRAWBERRY
 WATERMELON

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

BREATHING IN COLOR

Practice mindfulness through Bright Breathing as you unscramble, then color the items below.



DID YOU KNOW?

- The most popular fruit in the world is ... the tomato! That's right, tomatoes are technically FRUIT!
- A strawberry isn't actually a berry, since its 10,000 seeds are on its OUTSIDE, not inside!
- The first vegetable grown in space was a potato — NASA did it in 1995!

