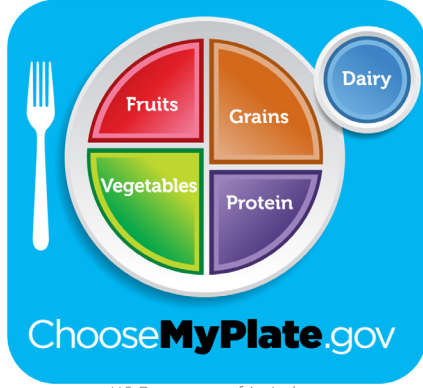




# WannaBee Healthy?

**Be Smart:** Choose healthy food!

1/2 of your plate should be filled with fruits and vegetables each meal.



U.S. Department of Agriculture

Help Sunny Smart fill her plate! **Circle** all the fruits and vegetables you see!



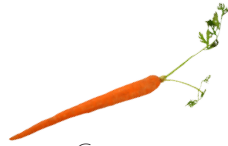
Corn



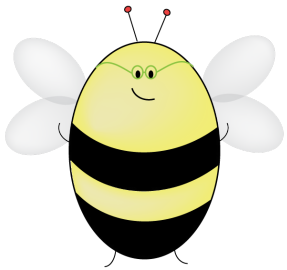
Baked potato



Apple



Carrot



Blueberries



Ice Cream



Banana



Lollipop

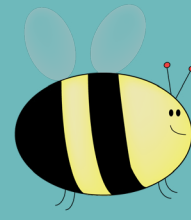


Orange



Donut

WannaBee Healthy? Visit:  
[partnershipsforhealthychildren.com](http://partnershipsforhealthychildren.com).



# WannaBee Healthy?

**Be a Leader:** Tell others how to be healthy, too!

Being healthy means filling 1/2 of your plate with fruits and vegetables and being active as much as you can. You can **Be a Leader** by sharing with others how they can be healthy, too! Use these fun ideas to motivate your friends and family to be healthy with you:

**Go on a bike ride with your friends**

**Take a family walk**

**Wash the car together**

**Drink water**

**Plant a garden**

**Play a game of tag**

**Create an obstacle course**

**Play basketball**

**Play follow the leader**

**Try new vegetables together**

**Go bowling**

**Jump rope**

**Have a dance party**

**Take healthy snacks to school**

**Toss a frisbee in your backyard**

WannaBee Healthy? Visit:  
[partnershipsforhealthychildren.com](http://partnershipsforhealthychildren.com).

You can Be a Leader by making sure your family drinks plenty of water. Try this recipe:

Have a cup of flavored water!

**Ingredients:**

- 2 large oranges, sliced thinly
- 1 gallon of water



**Directions:**

1. Pour ½ gallon of water into a pitcher.
2. Slice oranges in circles (width wise), very thin.
3. Place orange slices in the water.
4. Stir water.
5. Place water in the refrigerator overnight to chill.
6. Pour into a glass and enjoy!

Try other combinations, too!

**Citrus Water**

- 1 lemon, sliced; 1 lime, sliced; 1 orange, sliced

**Watermelon Water**

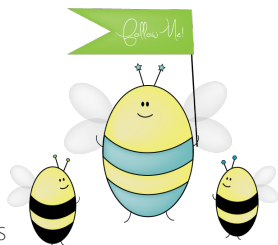
- 2 cups of seedless watermelon in chunks

**Melon Water**

- 1/4 honeydew, in chunks and 1/4 cantaloupe, in chunks

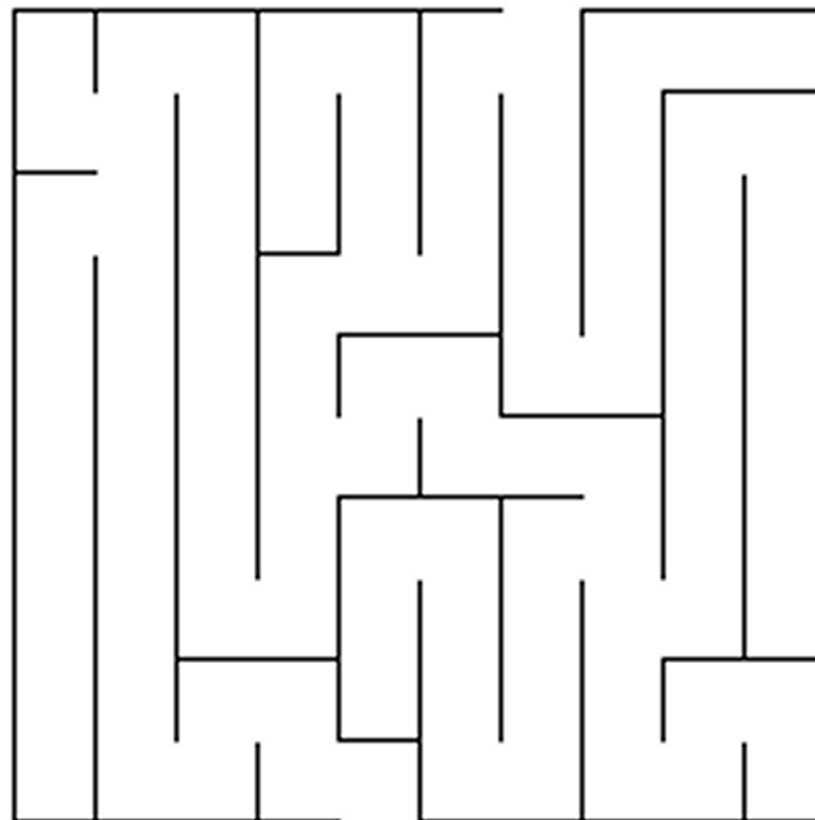
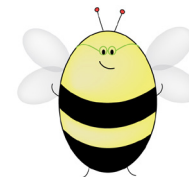
**Berry Water**

- 1/2 cup of mixed berries (strawberries, blueberries, blackberries and raspberries)



Reference:  
Eat Right. (2012). Retrieved from: [http://www.eatright.org/Media/content.aspx?id=6442469620&terms=safely%20enjoy#\\_U9FKM4BdXEI](http://www.eatright.org/Media/content.aspx?id=6442469620&terms=safely%20enjoy#_U9FKM4BdXEI).

Sunny Smart wants to make smart choices. Help Sunny find the fruits and vegetables:



Broccoli



Lemon



Apple



Strawberry



Cucumber