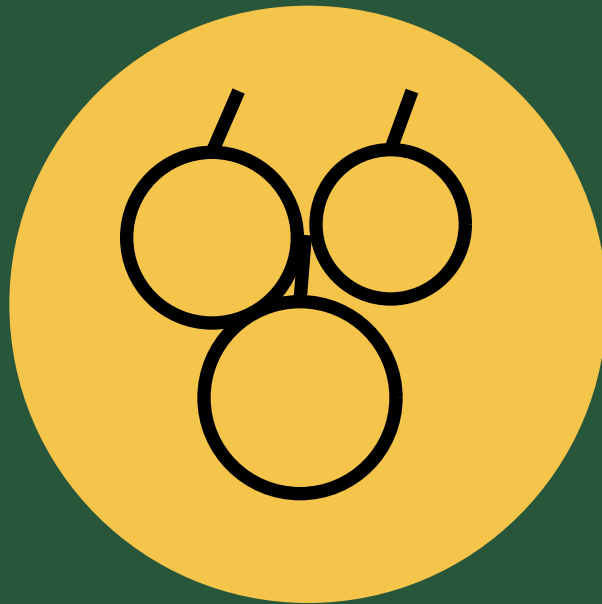


AMY'S

HEALTHY FOOD COLORING BOOK



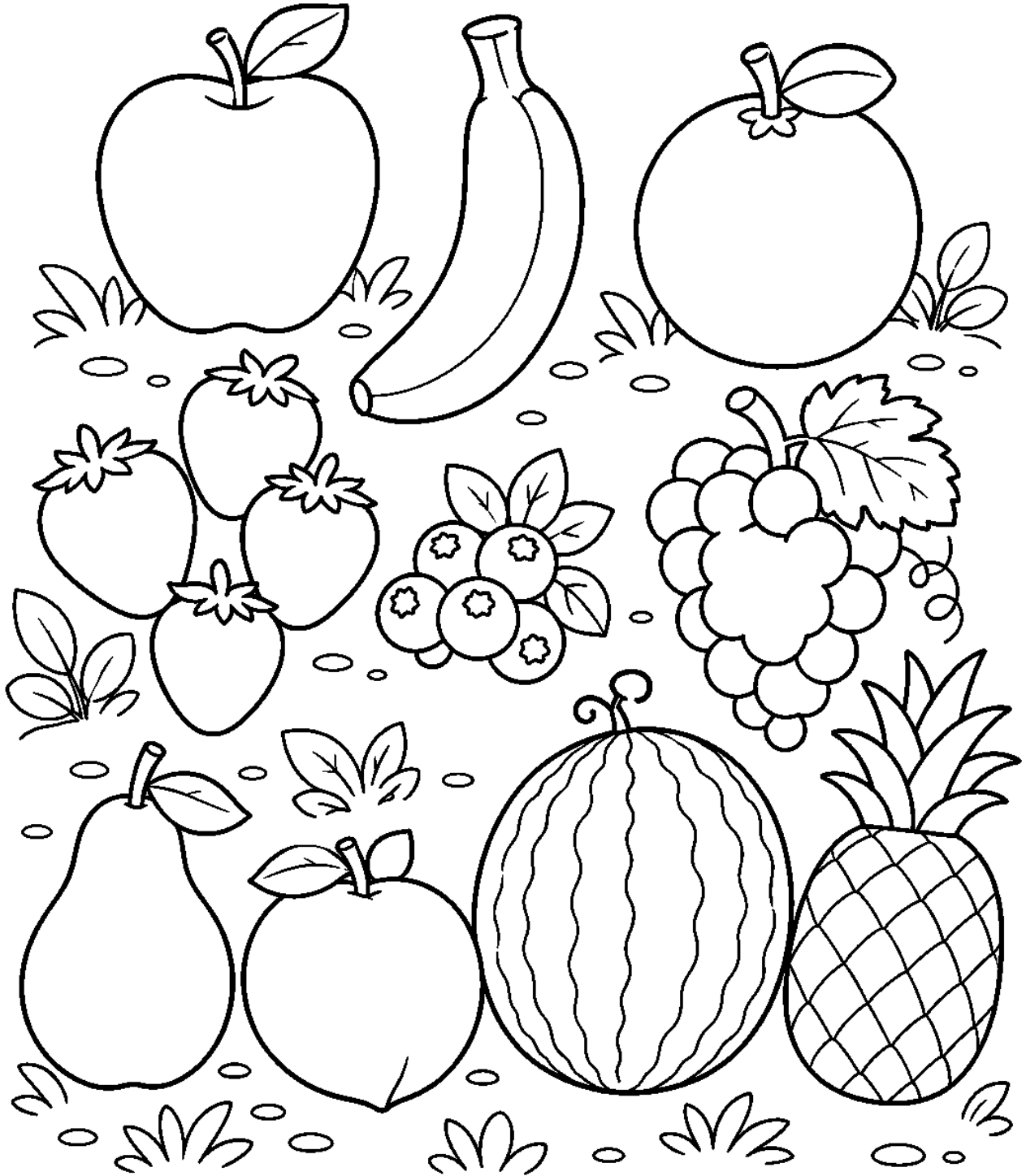
FRUITS - VEGGIES - FAMILY FUN

Gluten-free and yeast-free food fun for kids

FREE PRINTABLE

FRUIT GARDEN

Color the fruits. Circle one you would like to try.



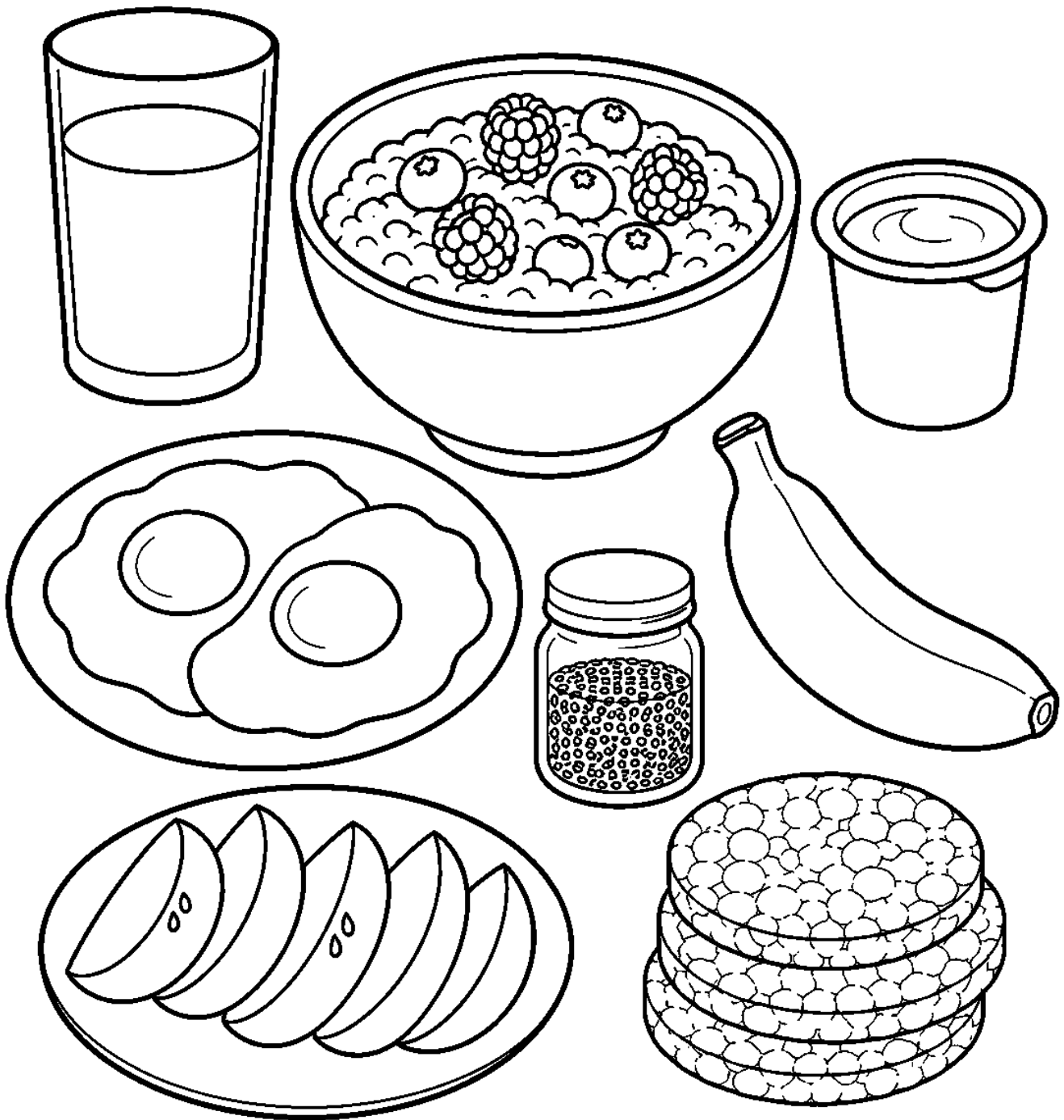
VEGGIE MARKET

How many different vegetables can you find?



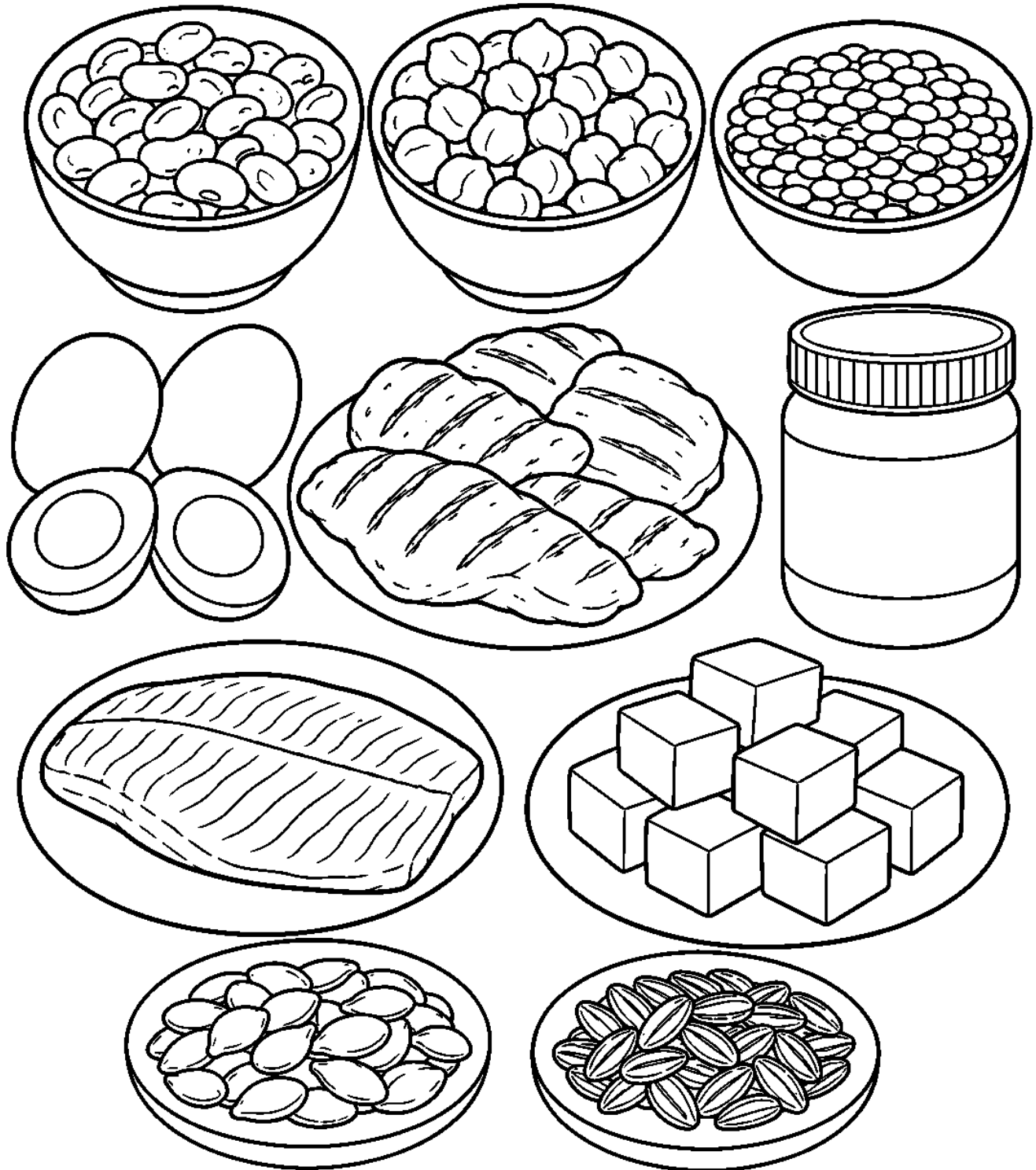
BREAKFAST POWER

Color a breakfast that helps you start the day.



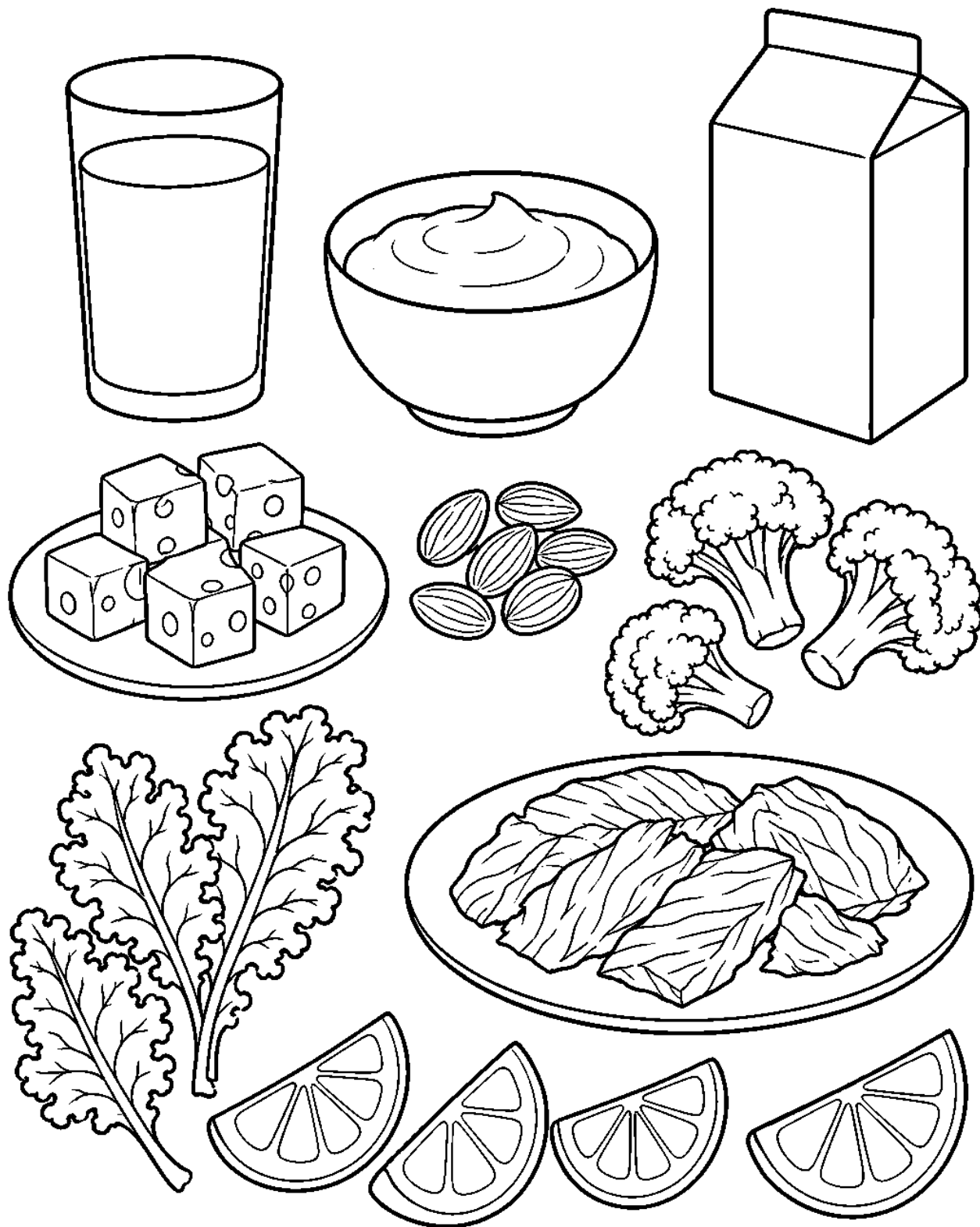
PROTEIN PICNIC

Beans, eggs, fish, chicken, tofu, nuts, and seeds can help bodies grow.



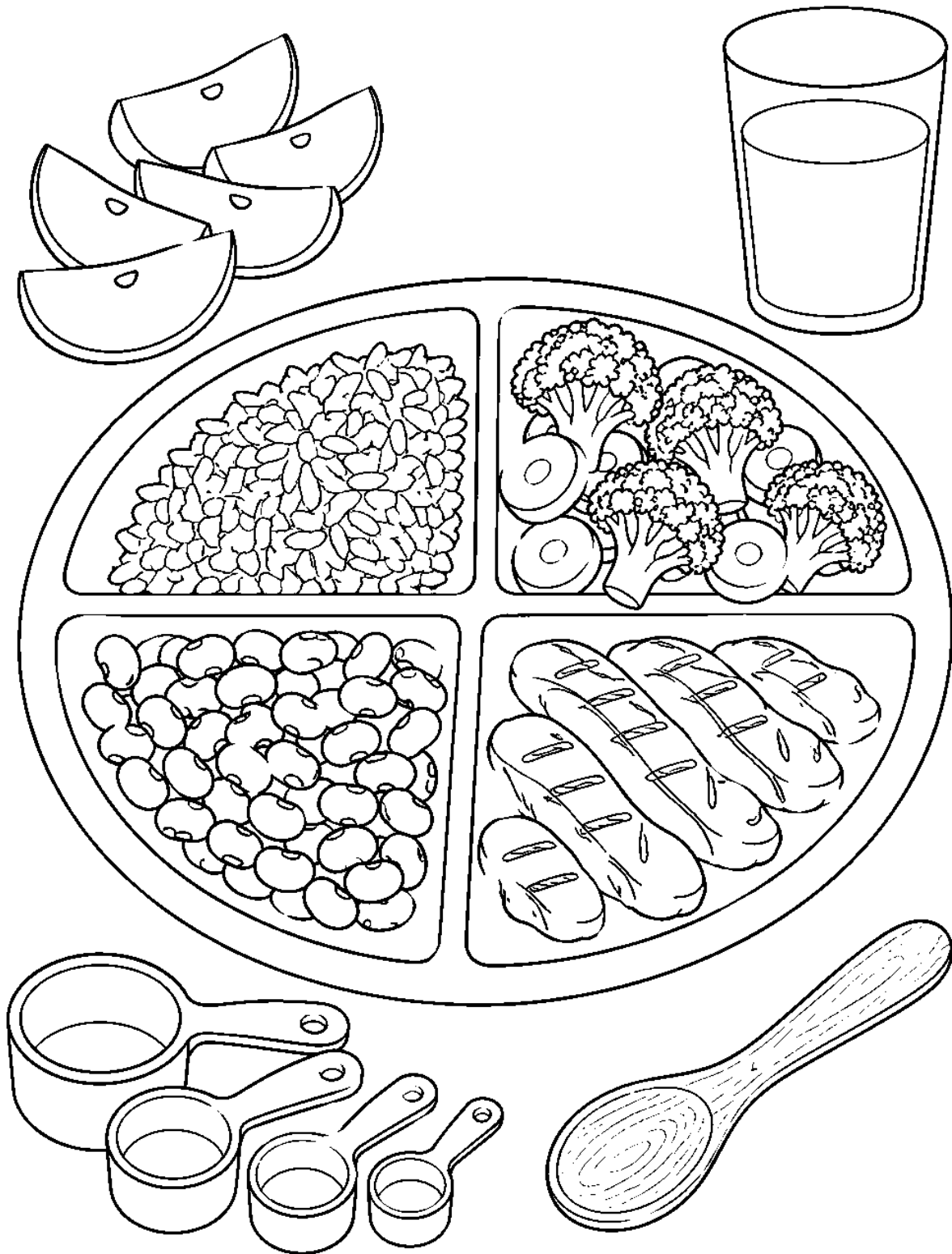
STRONG-BONES SNACKS

Color the foods. A grown-up can help you choose what is safe for you.



BUILD A BALANCED PLATE

Color the food groups and the kitchen-helper tools.



HEALTHY FOOD EXPLORER CERTIFICATE

This certificate belongs to:

I colored and explored:

- ☐ Fruits
- ☐ Vegetables
- ☐ Breakfast foods
- ☐ Protein foods
- ☐ Strong-bones snacks
- ☐ A balanced family plate

My next food adventure:

Grown-ups: Always check labels, allergies, choking risks, and age-appropriate food preparation.