

BRAVE! WARRIORS!

NAME _____

Everybody gets scared sometimes. Brave Body Quest warriors get scared too.

Circle the items that scare you. Draw a square around the items that do not scare you.



BODY QUEST

LESSON 1 PENCIL-AND-PAPER ACTIVITY

BRAVE! WARRIORS!

NAME _____

Pull out the fruit cards in your Body Quest card deck.

Draw a picture of the fruit you do not like but are willing to taste again.

Be a brave Body Quest Warrior!
Try fruits and vegetables!



BODY QUEST

LESSON 1 PENCIL-AND-PAPER ACTIVITY

BRAVE! WARRIORS!

NAME _____

Pull out the vegetable cards in your Body Quest card deck.

Draw a picture of the vegetable you do not like but are willing to taste again.

Be a brave Body Quest Warrior!
Try fruits and vegetables!



BODY QUEST

LESSON 1 PENCIL-AND-PAPER ACTIVITY

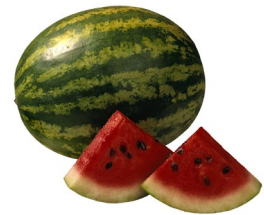
BATTLE! GROUPS!

NAME _____

Write the name of each food in the space next to the battle group.
If you need help, use your Body Quest card deck.

BATTLE GROUP
FRUITS

.....



BATTLE GROUP
VEGETABLES

.....



BATTLE GROUP
GRAINS

.....



BATTLE GROUP
MEAT, BEANS,
AND MILK

.....



Eat a variety of healthy foods every day.
Variety makes life more interesting!

BODY QUEST

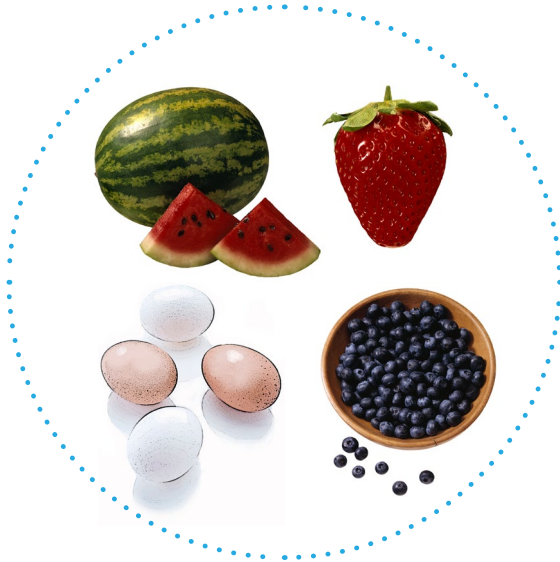
LESSON 2 PENCIL-AND-PAPER ACTIVITY



BATTLE! GROUPS!

NAME _____

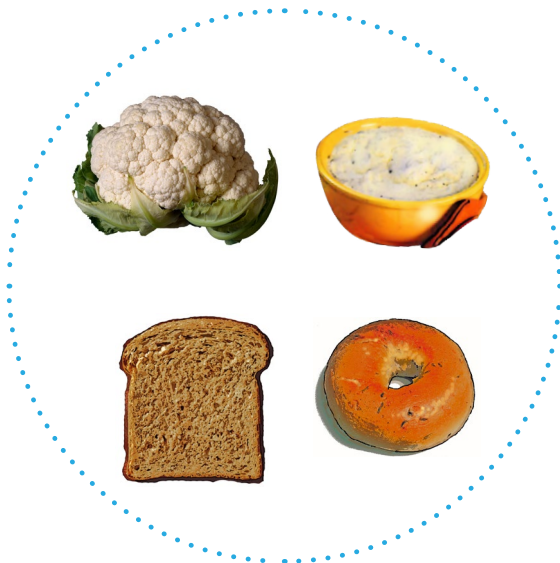
Can you tell which food doesn't belong? Circle the food in the wrong battle group. If you need help, use your Body Quest card deck.



BATTLE GROUP **FRUITS**



BATTLE GROUP **VEGETABLES**



BATTLE GROUP **GRAINS**



BATTLE GROUP **MEAT, BEANS, AND MILK**

Eat a variety of healthy foods every day.
Variety makes life more interesting!

BODY QUEST

LESSON 2 PENCIL-AND-PAPER ACTIVITY



BALANCED! MEALS!

NAME _____

Trans Fat Cat is in danger! He needs to eat balanced meals with foods from each battle group. Can you change his meals to make them healthier? Be sure to include brightly colored foods in every meal. Use your Body Quest card deck to make balanced meals for Trans Fat Cat.



BREAKFAST

Trans Fat Cat ate a doughnut, chocolate cake, and a soft drink.

A Body Quest warrior breakfast would include:

..... FRUIT GRAIN

..... VEGETABLE MEAT, BEANS, OR MILK

LUNCH

Trans Fat Cat ate cookies, french fries, and a soft drink.

A Body Quest warrior lunch would include:

..... FRUIT GRAIN

..... VEGETABLE MEAT, BEANS, OR MILK

DINNER

Trans Fat Cat ate chicken nuggets, chips, chocolate cake, and a soft drink.

A Body Quest warrior dinner would include:

..... FRUIT GRAIN

..... VEGETABLE MEAT, BEANS, OR MILK

BODY QUEST

LESSON 3 PENCIL-AND-PAPER ACTIVITY

BALANCED! MEALS!

NAME _____

Trans Fat Cat is in danger! He needs to eat balanced meals with foods from each battle group. Can you change his meals to make them healthier? Be sure to include brightly colored foods! Use your Body Quest card deck to draw a balanced meal for Trans Fat Cat.



BREAKFAST

Trans Fat Cat ate this for breakfast:



Draw a picture of what Trans Fat Cat could eat for a healthy breakfast.

BODY QUEST

LESSON 3 PENCIL-AND-PAPER ACTIVITY

BALANCED! MEALS!

NAME _____

LUNCH

Trans Fat Cat ate this for lunch:



Draw a picture of what Trans Fat Cat could eat for a healthy lunch.

DINNER

Trans Fat Cat ate this for dinner:



Draw a picture of what Trans Fat Cat could eat for a healthy dinner.

BODY QUEST

LESSON 3 PENCIL-AND-PAPER ACTIVITY

WARRIOR POWERS!

NAME _____

Good food gives you power and can heal you. It can make you look and feel good. It can make you strong and smart. It also can give you energy power!

You must eat the right foods to have Body Quest warrior powers. Each warrior has special strengths. Help identify the foods that give them their powers. Use the Body Quest card deck to do this activity.



My powers come from eating vegetables! They taste good, and they make you feel good on the inside and look good on the outside. I love to eat colorful vegetables. Can you name four vegetables that I eat?

.....
.....

My special power is energy—energy for my body and mind. Foods with grains give me energy. Can you name four foods with grains?



.....
.....

BODY QUEST

LESSON 4 PENCIL-AND-PAPER ACTIVITY

WARRIOR! POWERS!

NAME _____



I have the power to heal and keep people from getting sick. I eat fruits that are rich in vitamins and minerals—the more color the better! Can you name four fruits that give you the power to stay as healthy as you can be?

.....

.....

My bones and muscles are super strong. I eat lots of meat, bean, and milk products to build my strong bones and muscles. Can you name four foods with protein that give me my special powers?



.....

.....



Strong and healthy? Fruits and vegetables? Who cares about all that! I like to eat fattening foods—fried foods and foods with lots of sugar. Can you name four foods that I like to eat—foods that give me the special power to be flabby and drabby?

.....

.....

BODYQUEST

LESSON 4 PENCIL-AND-PAPER ACTIVITY

WARRIOR POWERS!

NAME _____

Good food gives you power and can heal you. It can make you look and feel good. It can make you strong and smart. It also can give you energy power!

You must eat the right foods to have Body Quest warrior powers. Each warrior has special strengths. Help identify the foods that give them their powers. Use your Body Quest card deck to do this activity.



My powers come from eating vegetables! They taste good, and they make you feel good on the inside and look good on the outside. I love to eat colorful vegetables. Can you draw four vegetables that I eat?

BODY QUEST

LESSON 4 PENCIL-AND-PAPER ACTIVITY

WARRIOR POWERS!

NAME _____

My special power is energy—energy for my body and mind. Foods with grains give me energy. Can you draw four foods with grains?



BODY QUEST

LESSON 4 PENCIL-AND-PAPER ACTIVITY

WARRIOR POWERS!

NAME _____



I have the power to heal and keep people from getting sick. I eat fruits that are rich in vitamins and minerals—the more color the better! Can you draw four fruits that give you the power to stay as healthy as you can be?

BODY QUEST

LESSON 4 PENCIL-AND-PAPER ACTIVITY

WARRIOR POWERS!

NAME _____

My bones and muscles are super strong. I eat lots of meat, bean, and milk products to build my strong bones and muscles. Can you draw four foods with protein that give me my special powers?



BODY QUEST

LESSON 4 PENCIL-AND-PAPER ACTIVITY

WARRIOR POWERS!

NAME _____



Strong and healthy? Fruits and vegetables? Who cares about all that! I like to eat fattening foods—fried foods and foods with lots of sugar. Can you draw four foods that I like to eat—foods that give me the special power to be flabby and drabby?

BODY QUEST

LESSON 4 PENCIL-AND-PAPER ACTIVITY

WARRIOR! SNACKS!

NAME _____

It's a battle of wills. Our Body Quest warriors and Trans Fat Cat want to snack on something. Help them make good decisions for healthy snacks! Use your Body Quest card deck to do this activity.



I love to eat fresh fruits for snacks. Name two healthy choices for a quick fruit snack that you can peel and eat.

.....

.....



Vegetables make great snacks. It's quick and easy to prepare vegetables, and they're delicious, too! What are two vegetables you can wash and eat?

.....

.....

BODY QUEST

LESSON 5 PENCIL-AND-PAPER ACTIVITY

WARRIOR! SNACKS!

NAME _____



I like to snack on foods with protein because protein gives me the strength I need during the day. Name a meat and a milk product that make a good snack.

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.....



Grains make good snack foods for quick energy, especially when they're combined with a protein. Can you name three power snacks—healthy snacks that include grains?

.....

.....

.....



Healthy snack foods? Who wants that? I like to eat greasy finger foods and yummy sugary-sweet foods for snacks! Name some examples of snack foods I like to eat—foods that taste great but don't give me energy, health, or strength.

.....

.....

.....

BODY QUEST

LESSON 5 PENCIL-AND-PAPER ACTIVITY

WARRIOR! SNACKS!

NAME _____

It's a battle of wills. Our Body Quest warriors and Trans Fat Cat want to snack on something. Help them make good decisions for healthy snacks! Use your Body Quest card deck to do this activity.



I love to eat fresh fruits for snacks. Draw two healthy choices for a quick fruit snack that you can peel and eat.

BODY QUEST

LESSON 5 PENCIL-AND-PAPER ACTIVITY

WARRIOR! SNACKS!

NAME _____



Vegetables make great snacks. It's quick and easy to prepare vegetables, and they're delicious, too! Draw two vegetables you can wash and eat.

BODY QUEST

LESSON 5 PENCIL-AND-PAPER ACTIVITY

WARRIOR! SNACKS!

NAME _____



I like to snack on foods with protein because protein gives me the strength I need during the day. Draw one each of a meat and a milk product that makes a good snack.

BODY QUEST

LESSON 5 PENCIL-AND-PAPER ACTIVITY

WARRIOR! SNACKS!

NAME _____



Grains make good snack foods for quick energy, especially when they're combined with a protein. Can you draw three power snacks—healthy snacks that include grains?

BODY QUEST

LESSON 5 PENCIL-AND-PAPER ACTIVITY

WARRIOR! SNACKS!

NAME _____



Healthy snack foods? Who wants that? I like to eat greasy finger foods and yummy sugary-sweet foods for snacks! Draw some examples of snack foods I like to eat—foods that taste great but don't give me energy, health, or strength.

BODY QUEST

LESSON 5 PENCIL-AND-PAPER ACTIVITY

RECRUITING! WARRIORS!

NAME _____



Can you persuade your friends and family members to become Body Quest warriors? Use the space provided on this page to write and illustrate a song, a TV ad, a billboard, or a cheer that shares your love of fruits and vegetables. Use your Body Quest card deck if you need help.



BODY QUEST

LESSON 6 PENCIL-AND-PAPER ACTIVITY

RECRUITING WARRIORS!

NAME _____

BODY QUEST

LESSON 6 PENCIL-AND-PAPER ACTIVITY

RECRUITING! WARRIORS!

NAME _____



Can you persuade your friends and family members to become Body Quest warriors? Use the space provided on this page to draw a picture that shows your love of fruits and vegetables. Use your Body Quest card deck if you need help.



BODY QUEST

LESSON 6 PENCIL-AND-PAPER ACTIVITY