MIYLAH'S

PLANT-POWERED FUN PACK!

COLORING PAGES + HEALTHY ACTIVITIES

AGES 4-8



Good food. Growing minds. Brighter futures.

A free printable from Saviour Publishing

Color Miylah's Garden

Add your favorite colors to the fruits, vegetables, flowers, and sky!



Color a Plant-Powered Plate

Can you name the fruits and vegetables on Miylah's plate?



Build a Rainbow Plate

e plant f

RED

ORANGE

YELLOW

GREEN

BLUE

PURPLE

My rainbow plate promise:

I will taste a new fruit or vegetable called _____.

Fruit or Vegetable?

Draw a line from each food to the correct basket.

APPLE

GRAPES

CARROT

CORN

BANANA

STRAWBERRY

BROCCOLI

PEAS

FRUIT

VEGETABLE

Bonus: Circle the food you would like to taste today!

Plant-Powered Word Search

Find all 10 healthy words. Words go across, down, and diagonal.

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

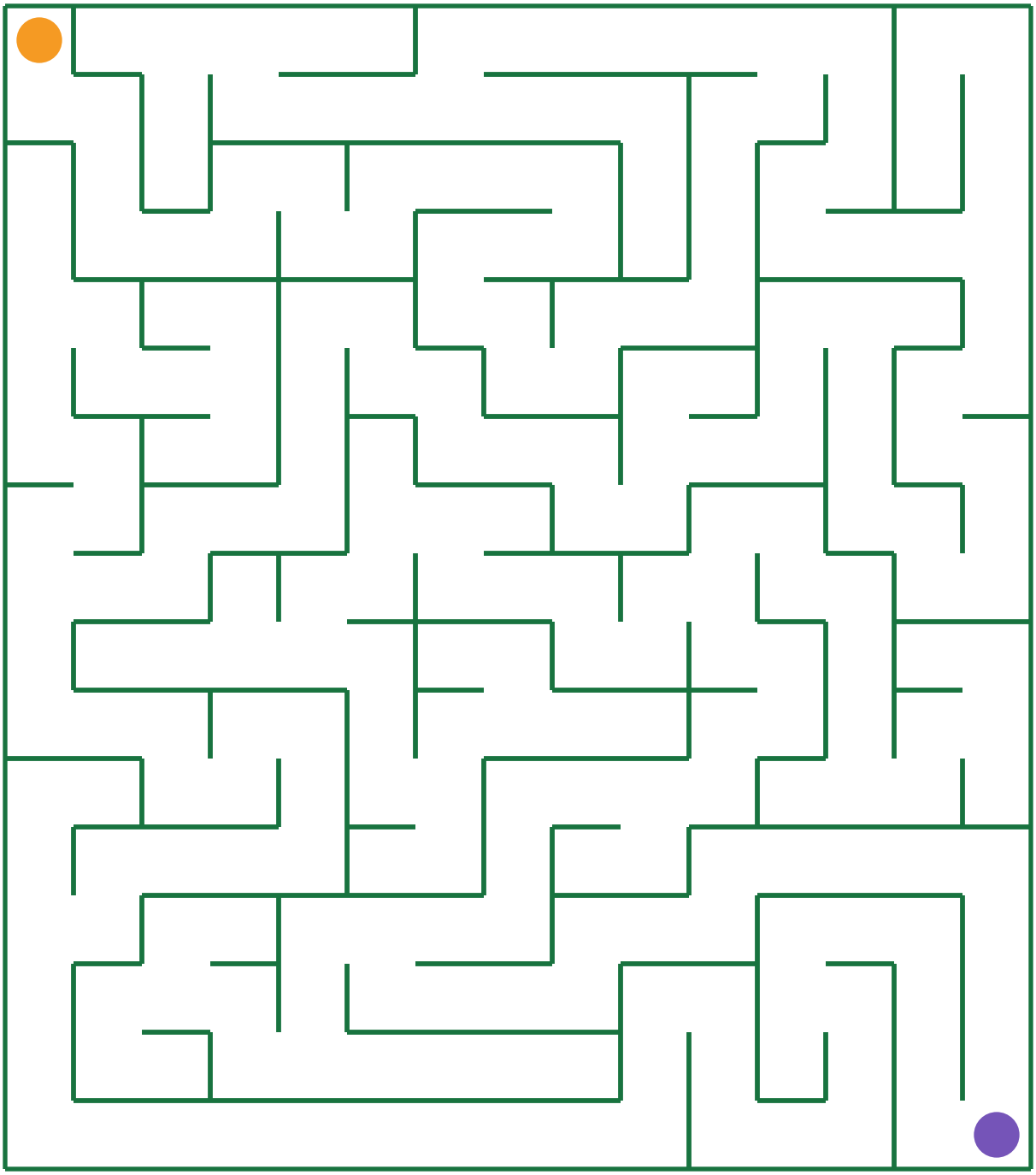
APPLE BEANS BERRY CARROT CORN

GRAPES PEAS SALAD WATER GROW

Help Miylah Reach the Garden

Start at the watering can and follow the path to the basket.

START: WATERING CAN



FINISH: FOOD BASKET

My Healthy Week

Color one leaf each time you complete a healthy habit.

	MON	TUE	WED	THU	FRI	SAT	SUN
I ate a fruit.	○	○	○	○	○	○	○
I ate a vegetable.	○	○	○	○	○	○	○
I drank water.	○	○	○	○	○	○	○
I moved my body.	○	○	○	○	○	○	○
I tried something new.	○	○	○	○	○	○	○

My proud moment this week:

_____