



Healthy Friends Activity Book



Being active with your friends is a lot of fun.

It helps you build muscle and keeps you in shape.

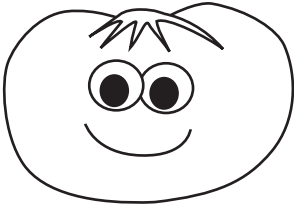
Nutritious foods provide the energy you need to play. Fruits, vegetables, and whole grains (whole wheat bread and pasta and brown rice) are important so you can grow up to be strong and healthy. Sugary sweets and sodas taste great, but they just don't have the nutrients your active body craves.

So ride your bike, play baseball, swim—have fun! And remember to eat wholesome foods to stay healthy as you grow.

From your friends at Standard Process, with a variety of whole food supplements just right for growing children.

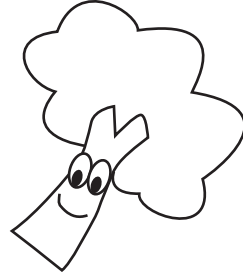


Can you color in these veggies?



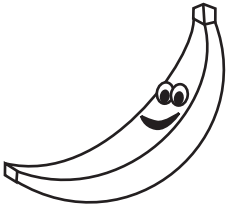
This tomato is RED.

Tomatoes contain vitamin C for a strong immune system.



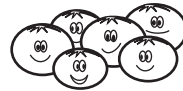
Broccoli is GREEN.

Broccoli contains iron to move oxygen through your body.



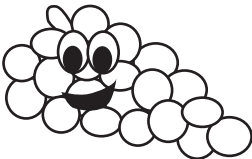
This banana is YELLOW.

Bananas have potassium, which helps change food into energy.



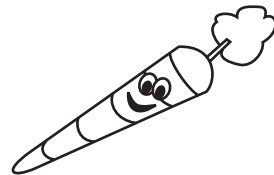
Blueberries are BLUE.

Blueberries are a good source of vitamin E, for a healthy heart.



These grapes are PURPLE.

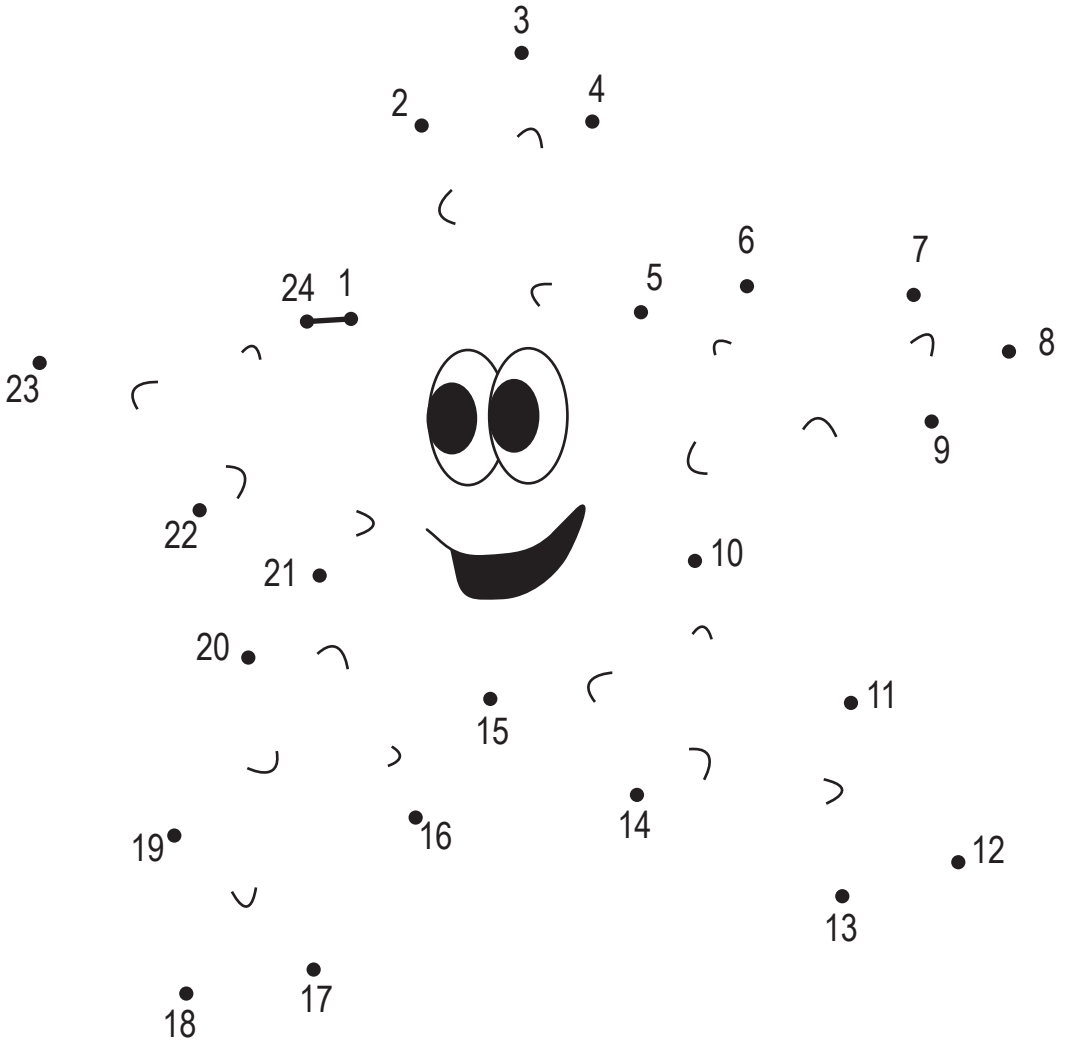
Grapes contain calcium for strong bones and teeth.



This carrot is ORANGE.

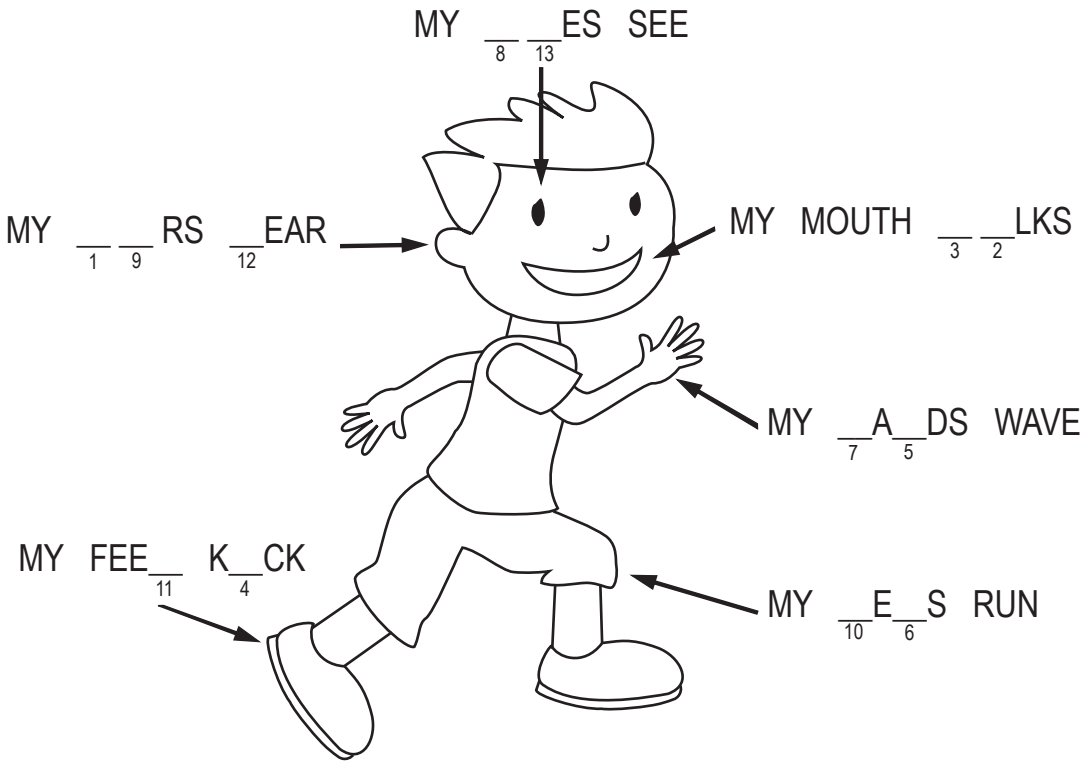
Carrots contain vitamin A to help you see well.

Connect the dots!
Then color me!



What am I?

What are the important things your body does?



Solve the mystery phrase!

$\frac{\quad}{1}$ $\frac{\quad}{2}$ $\frac{\quad}{3}$ $\frac{\quad}{4}$ $\frac{\quad}{5}$ $\frac{\quad}{6}$ $\frac{\quad}{7}$ $\frac{\quad}{8}$ $\frac{\quad}{9}$ $\frac{\quad}{10}$ $\frac{\quad}{11}$ $\frac{\quad}{12}$ $\frac{\quad}{13}$
 keeps my body active!



Can you find these words?

BOAT
FINS
FISH
FRESHWATER
GILLS

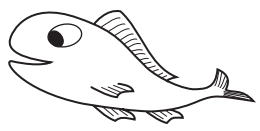
LAKE
MINNOW
NET
OCEAN
POND

RIVER
SAIL
SALMON
SALTWATER
SCALES

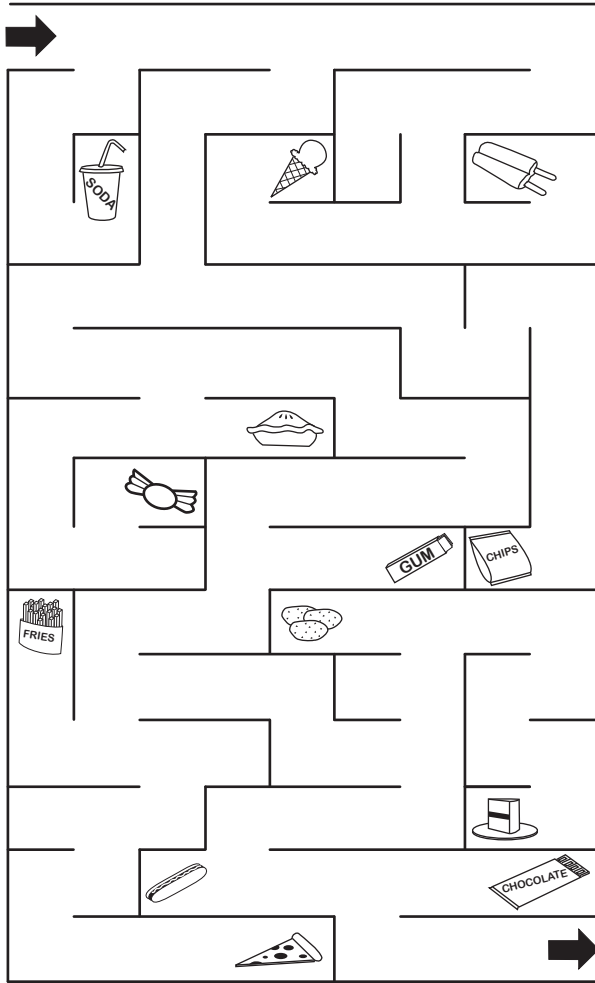
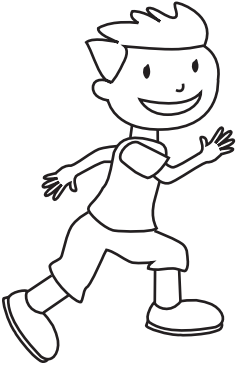
SCHOOL
SHIP
STARFISH
TROUT
TUNA



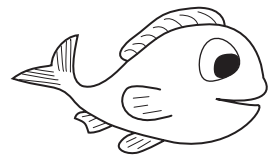
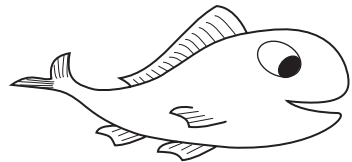
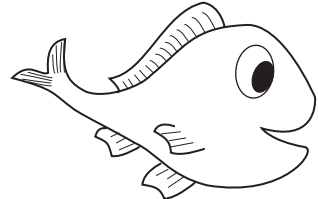
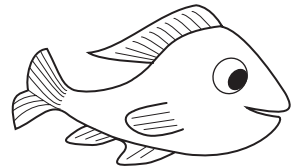
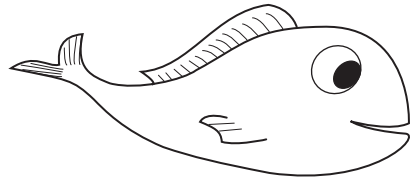
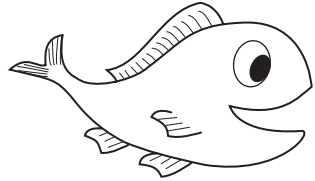
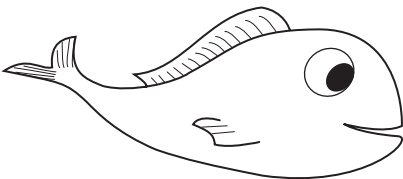
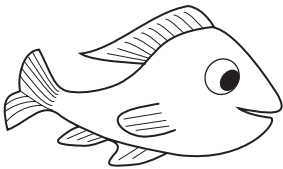
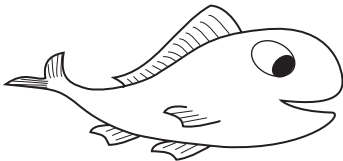
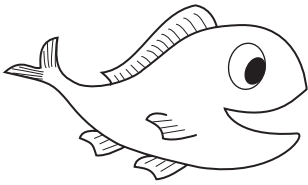
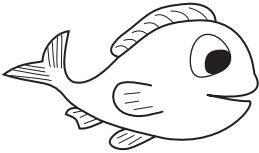
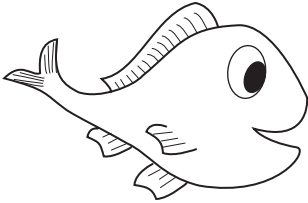
R C O T A S I S G M N K L P
 I G S R L C P A D X H B A S
 F B L C K M J I P I O V K T
 R R O S A S A L T W A T E R
 E K O A Q L R G U F J B E O
 S F I L T X E N R I V E R U
 H M F I S H K S T N P H D T
 W I Q N L A M C N S H I P R
 A N W S E O N H E Y V I O Z
 T N E G Y T E O O C E A N A
 E O S F I D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



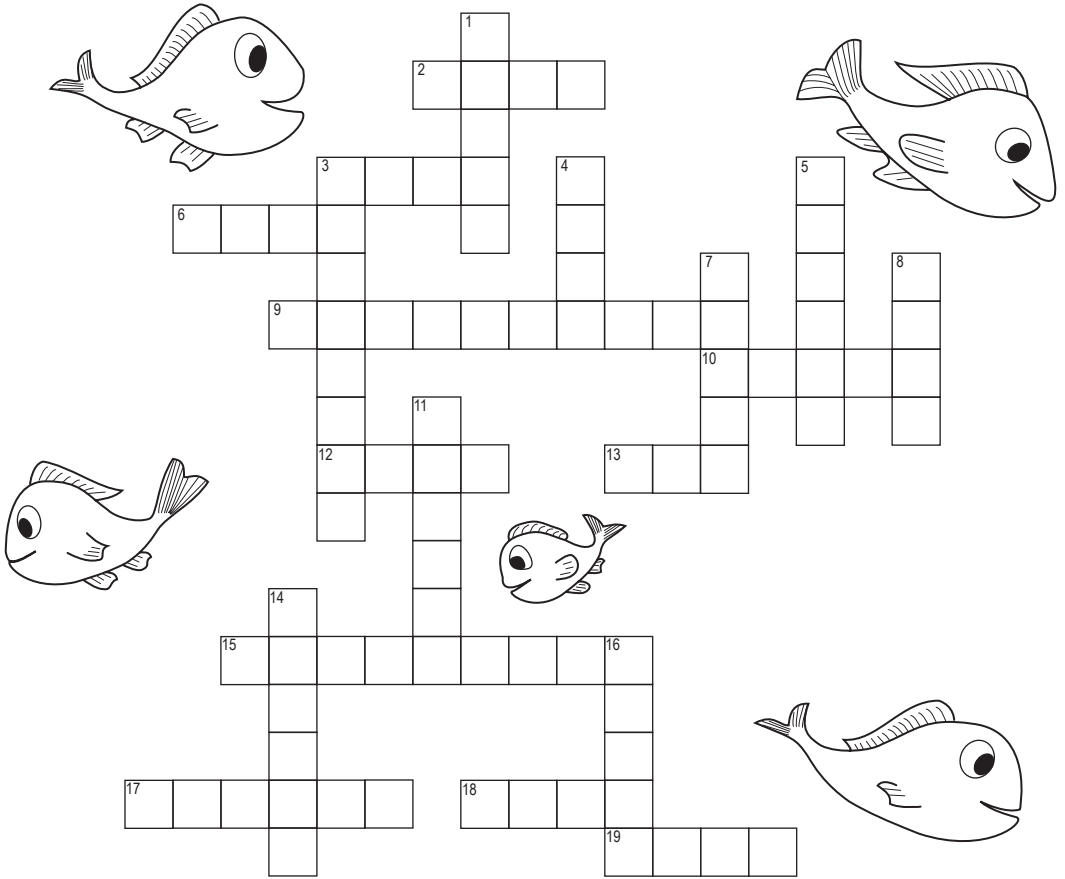
Can you help Max find a healthy food choice?



Can you match the fish?



Can you complete this fishy crossword puzzle?



Across

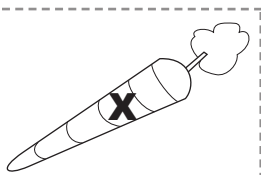
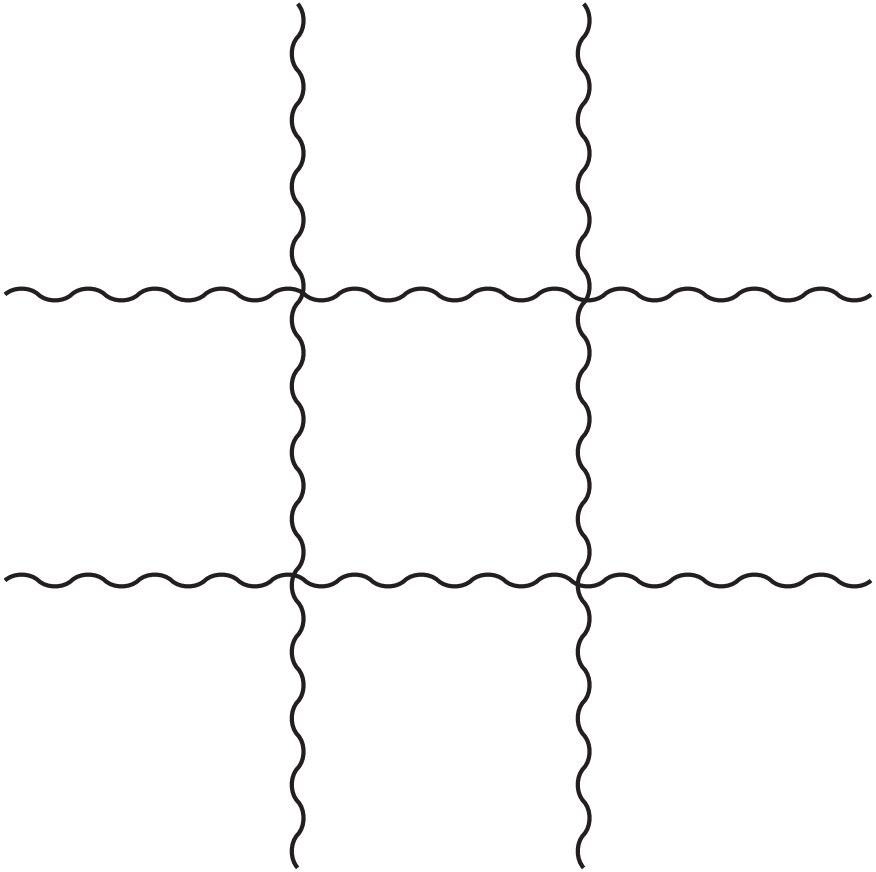
2. Animal with gills and fins and lives in the water
3. A part on a boat that "catches" the wind
6. A small vessel propelled on water by oars
9. The water found in lakes and rivers (not salt water, but _____)
10. The Pacific _____
12. A large boat that carries people or cargo
13. Used to catch fish
15. Water from the ocean; water containing salt
17. A group of fish
18. A large body of water surrounded by land
19. A ridge of coral below the ocean's surface

Down

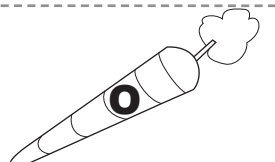
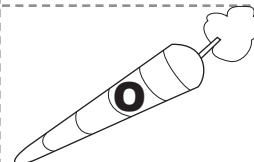
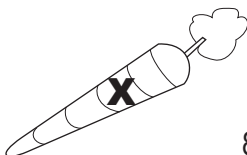
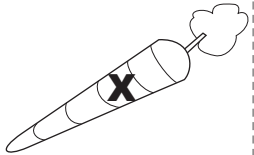
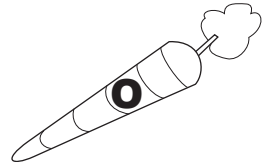
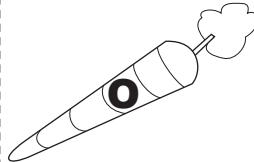
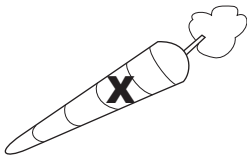
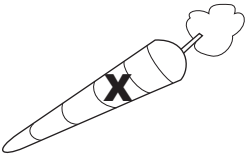
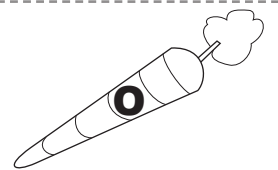
1. Fish breathe through these
3. Animal with 5 arms and lives in the ocean
4. _____ Omega-3 Chewable
5. Protects the skin of a fish
7. Rainbow _____
8. Fish swim with these
11. A very small fish, bait
14. This fish lives in the ocean, but lays its eggs in a river or stream
16. A flowing body of water

ANSWERS: Across: 2. Fish 3. Sail 6. Boat 9. Freshwater 10. Ocean 12. Ship 13. Net 15. Saltwater 17. School 18. Lake 19. Reef Down: 1. Gills 3. Starfish 4. Tuna 5. Scales 7. Trout 8. Fins 11. Minnow 14. Salmon 16. River

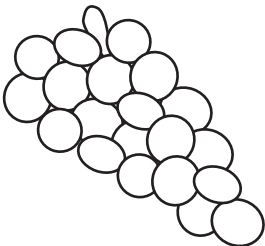
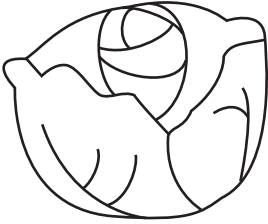
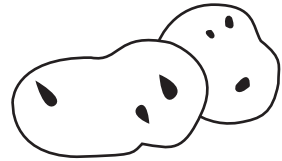
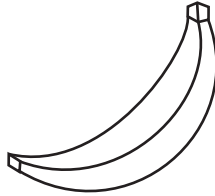
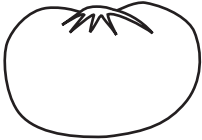
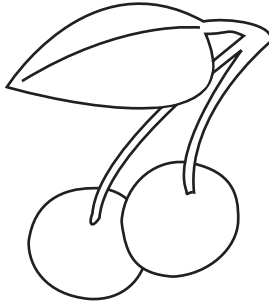
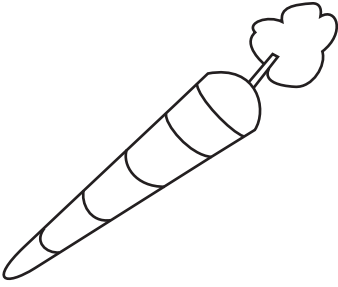
Veggie Tic-Tac-Toe!



With an adult's supervision, cut out these carrots and use for the game.

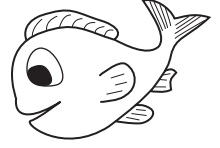


Can you count and name
the fruits and veggies?

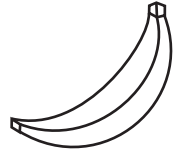




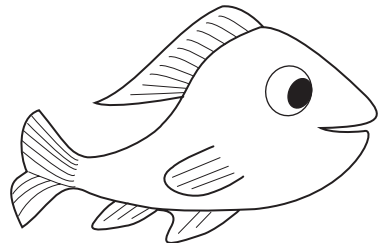
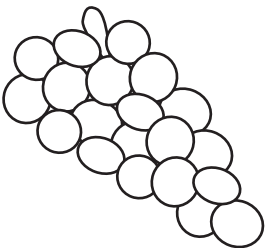
Can you unscramble these words?



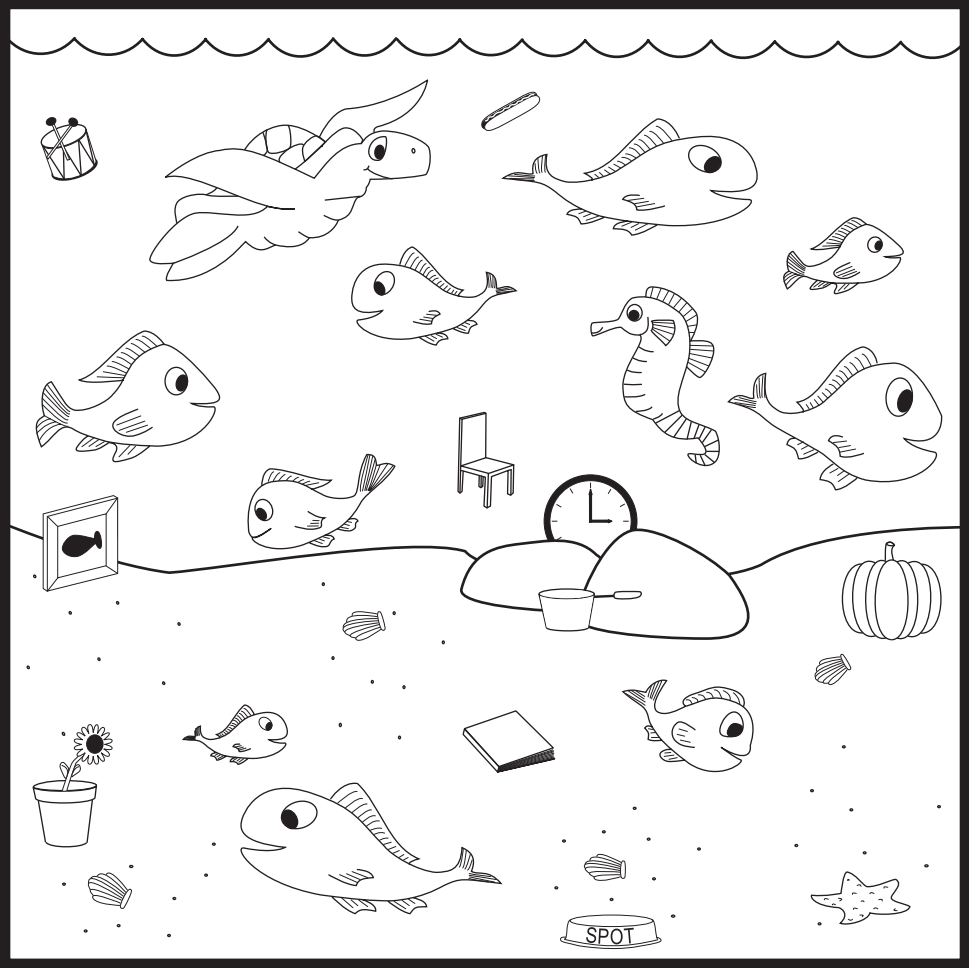
1. RNIBA _____
2. ENACO _____
3. VRRIE _____
4. SYEE _____
5. SBEON _____
6. EAEVGEBTSL _____
7. RTUOT _____
8. DPNO _____
9. HREEWFTRAS _____



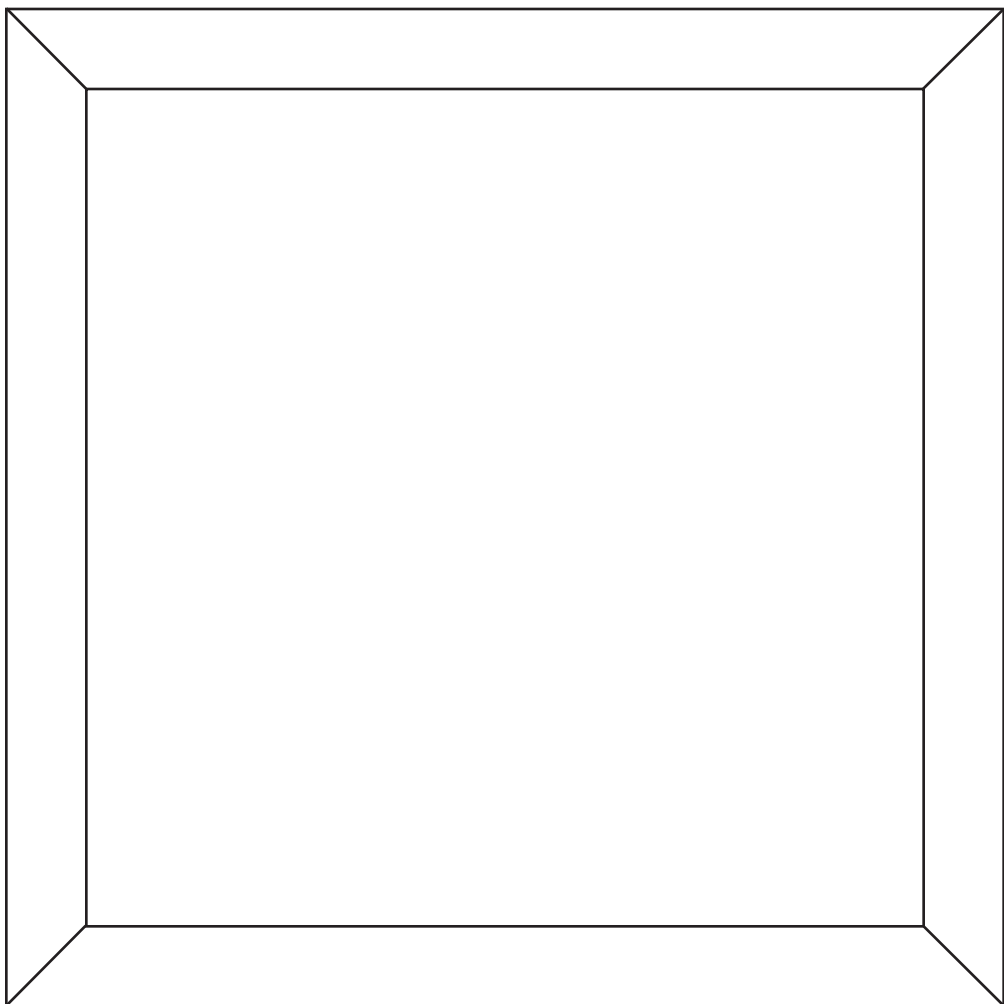
10. AREHT _____
11. MAOLNS _____
12. ETHET _____
13. UTAN _____
14. TAATRLSWE _____
15. LHYTAEH _____



Can you find 10 things in this scene that don't belong?



Draw a picture of your
favorite veggie.



At our office, we believe that given the proper nutrition, your body has amazing capabilities of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process whole food supplements.



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