

SINK OR SWIMSM

EDUCATIONAL COLORING & ACTIVITY BOOK

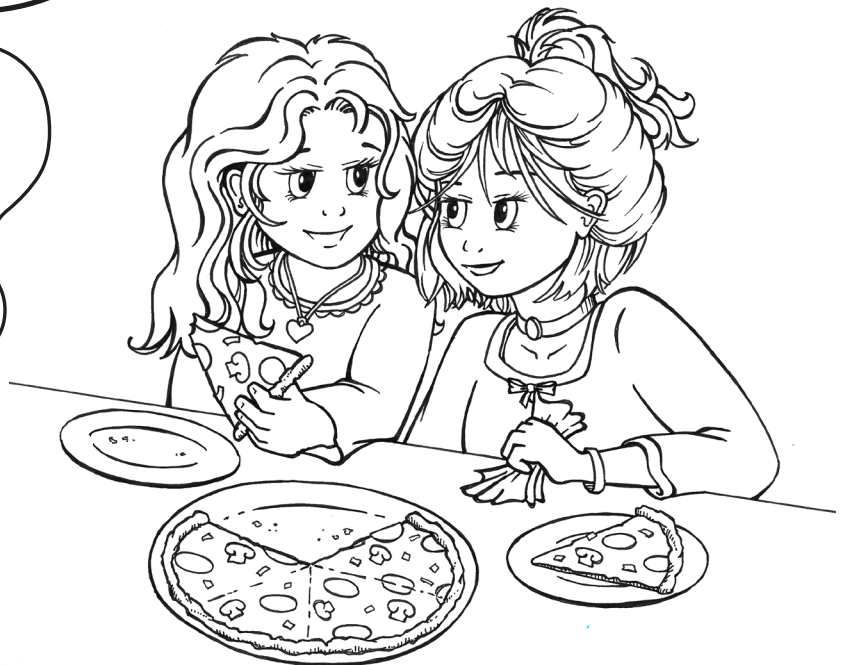
GRADES 5-6





WILL YOU

SINK OR SWIM



WORD SEARCH

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

Eating healthy is one of the most important things you can do for yourself. A good diet can help reduce stress, boost energy, improve your mood, and reduce the risk of certain diseases. Find the words listed here in the puzzle above. Circle the healthy choices for breakfast and lunch in green. Circle the unhealthy choices in red.

EGGS	HOT DOG	PUDDING	CHICKEN	AVACADO
DONUTS	TOMATO	CORN	JUICE	ICE CREAM
SALAD	BEANS	CELERY	OATMEAL	PEAR
CARROTS	CAKE	HAM	PASTRY	CHOCOLATE
CANDY	ORANGES	PIE	YOGURT	CANTALOPE
GRAPE	CEREAL	CHIPS	BEETS	MUSHROOMS
POTATO	PEAS	BACON	TAFFY	RAISIN
APPLE	PIZZA	BROCCOLI	SOUP	OLIVES
MILK	SODA	PEACHES	PLUMS	COOKIES

WHAT DO YOU DO?

When someone you love is struggling with addiction it can be difficult to know how to handle the situation. Fill in the missing dialogue for the comic strip below to help this teen figure out what to do.

