

Eat Right! with Spike

Activity Sheets

Included here are original copies of the activity sheets required to follow the *Eat Right! with Spike* video lesson plan:

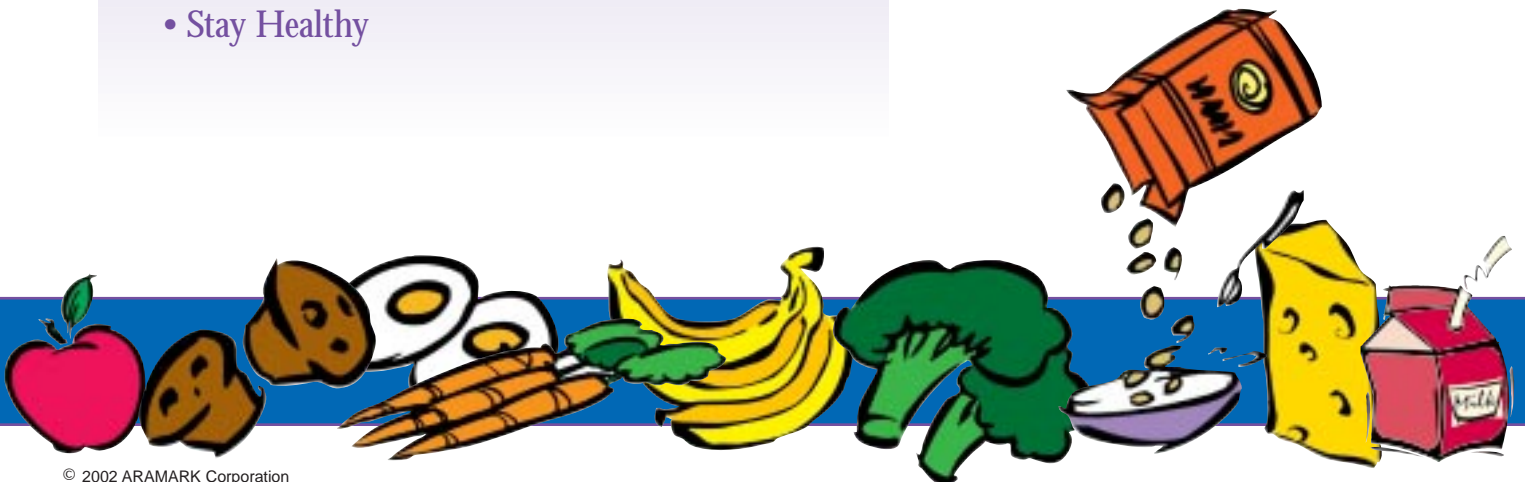
- “Make the Right Choice” Multiple Choice
- “Eat Right” Fill-in-the-Blanks
- “Sports and Exercise” Fill-in-the-Blanks
- “Building the Food Pyramid” Matching Game

These activity sheets can be photocopied in color, or in black and white, for distribution to each student in the classroom.



Three “Challenge” word search activity sheets are also included for additional lesson reinforcement and fun!

- Good Sport
- Good Food
- Stay Healthy



Make the Right Choice Multiple Choice

Circle the best answer!



Orange Juice



Milk



Chocolate Milkshake

Circle the drink that gives you Vitamin C.



Apple



Cheese



Muffins

Circle the only dairy food in the group.



Eggs

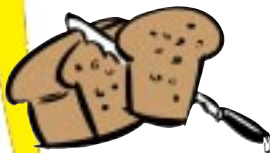


Banana



French Fries

Circle the one that is NOT a good breakfast food.



Bread



Muffins



Carrots

Circle the one that is NOT in the grains group.



Cow



Fish



Dog

Circle the animal that produces milk for your cereal.

Eat Right! Fill-in-the-Blanks

Choose a word from the word bank provided to complete the sentences below.

BONUS: Try to create your own sentences using these words.

Fill-in-the-Blanks!



Eat Right

1. Bananas, grapes and strawberries are all examples of .
2. Drinking will help make your bones and teeth strong.
3. Mom made a delicious pie for our picnic.
4. At the lake, Jimmy and his dad caught for dinner.
5. Kelly fed to her pet rabbit everyday.
6. Before he goes to school, Tom always has a bowl of for breakfast.
7. Did you have a ham and sandwich for lunch?



Word Bank

fish

cereal

apple

cheese

carrots

fruits

milk

Sports and Exercise Fill-in-the-Blanks

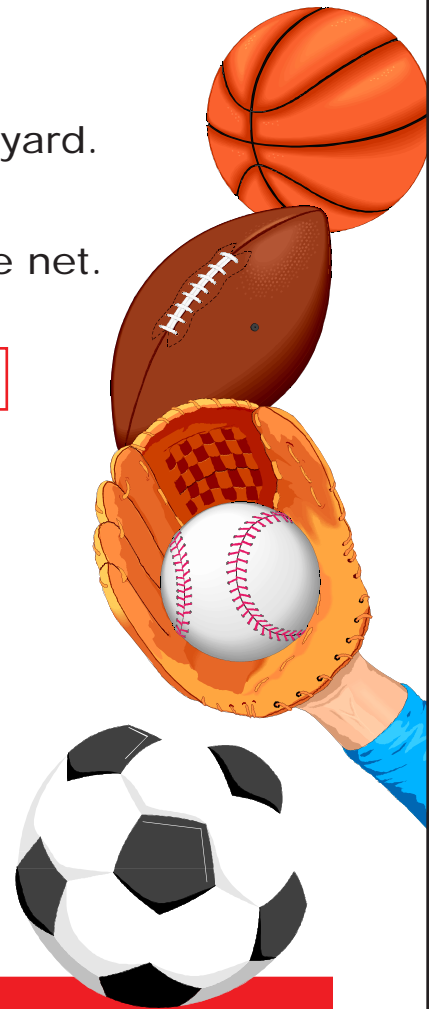
Choose a word from the word bank provided to complete the sentences below.
BONUS: Try to create your own sentences using these words.

Fill-in-the-Blanks!



Sports and Exercise

1. To win first place in the race, Sally had to very fast.
2. The lifeguard taught the children how to in the pool.
3. The girls liked to rope in the schoolyard.
4. The soccer player kicked the into the net.
5. Bobby liked to take his dog for a long every night.
6. Which do you like better, basketball, football, or hockey?
7. Mike asked for a bat and glove for his birthday.



Word Bank

ball walk sport swim run jump baseball

Building the Food Pyramid Matching Game

Spike needs to bring each food to its right place on the food pyramid.

Draw a line matching the food to its food group!



Good Food Word Search

Challenge - Level 1

Can you find the
10 "GOOD FOOD"
words in the
Word Search?



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

Answer Key

MILK	APPLE	FISH	MEAT	EGGS
FRUIT	CARROT	DRINK	CHEESE	TOAST

Good Sport Word Search

Challenge - Level 1

Can you find the
10 "GOOD SPORT"
words in the
Word Search?



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

Answer Key

RUN	JUMP	PLAY	SPORTS	FUN
BALL	SPIKE	WALK	HOP	SWIM

Stay Healthy Word Search

Challenge - Level 2



Can you find the
16 words about
STAYING HEALTHY?



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

Answer Key

BREAKFAST	DAIRY	EXERCISE	FISH	FOOD	FRUIT
GRAIN	BREAD	MEAT	MILK	MUSCLES	PROTEIN
PYRAMID	SPIKE	VEGETABLES	VITAMINS		

