

# THE ACE SHOW



Name: \_\_\_\_\_

Grade/Class: \_\_\_\_\_

## EPISODE 2:

# BRIGHT AND BALANCED

Hey, kids! Ready to bring some **BALANCE** to your meals with **BRIGHT** foods packed with vitamins, fiber, protein, and all the things your body needs to work and grow? Write your **BRIGHT IDEAS** below!

Can you name **FIVE** nutritious fruits or veggies that are **RED**?

**Hint:** One of these a day keeps the doctor away, as the saying goes.

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What is the most colorful, healthy food you ate yesterday?

**Example:** Watermelon is full of vitamins, and it keeps you hydrated.

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What are some delicious, healthy food combinations you could try?

**Example:** Carrots and hummus, yum!

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# BRIGHT & BALANCED WORD SEARCH

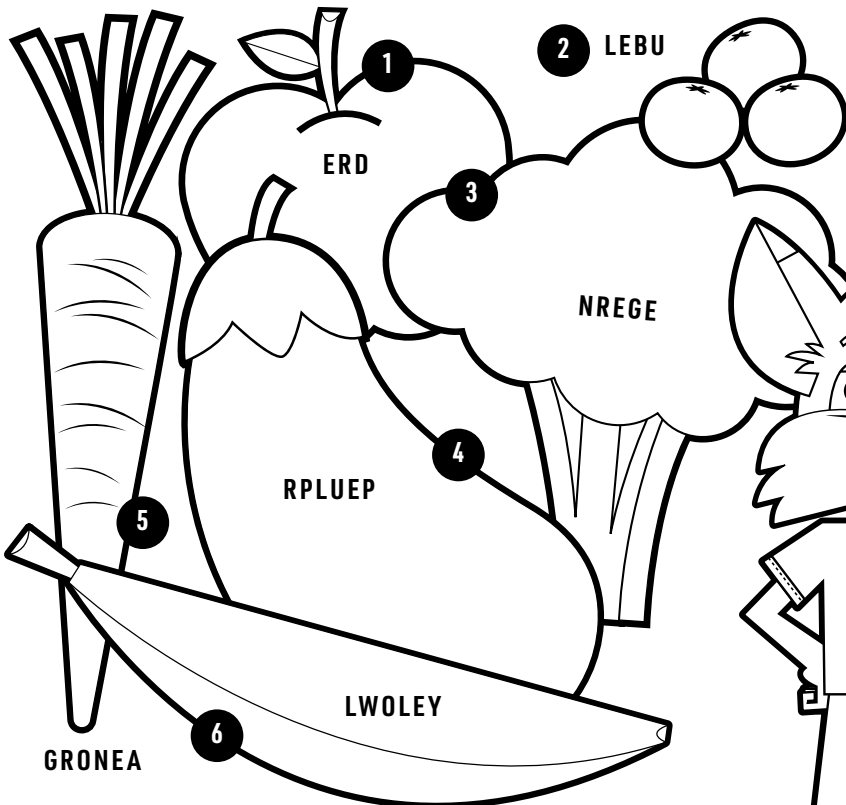
Find the colorful fruits and vegetables listed in the word search below. They may be found forward, up-and-down or diagonal.

KALE  
 APPLE  
 ORANGE  
 BANANA  
 CARROT  
 SPINACH  
 EGGPLANT  
 BLUEBERRY  
 STRAWBERRY  
 WATERMELON

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

## BREATHING IN COLOR

Practice mindfulness through **Bright Breathing** as you unscramble, then color the items below.



### DID YOU KNOW?

- The most popular fruit in the world is ... the tomato! That's right, tomatoes are technically **FRUIT!**
- A strawberry isn't actually a berry, since its 10,000 seeds are on its **OUTSIDE**, not inside!
- The first vegetable grown in space was a potato — NASA did it in 1995!

