

NutriKids

Healthy Eating Class Work Sheets

Created by

Sam Bourne DipNT MBANT NTCC CNHC Registered
Nutritional Therapist

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Set 1 - Blueberries, Carrots, Spinach
Broccoli, Avocado, Peas

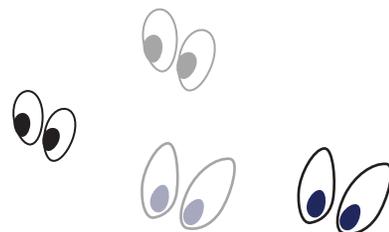
Includes: 5 x Your Body Sheets, 5 x Question Sheets

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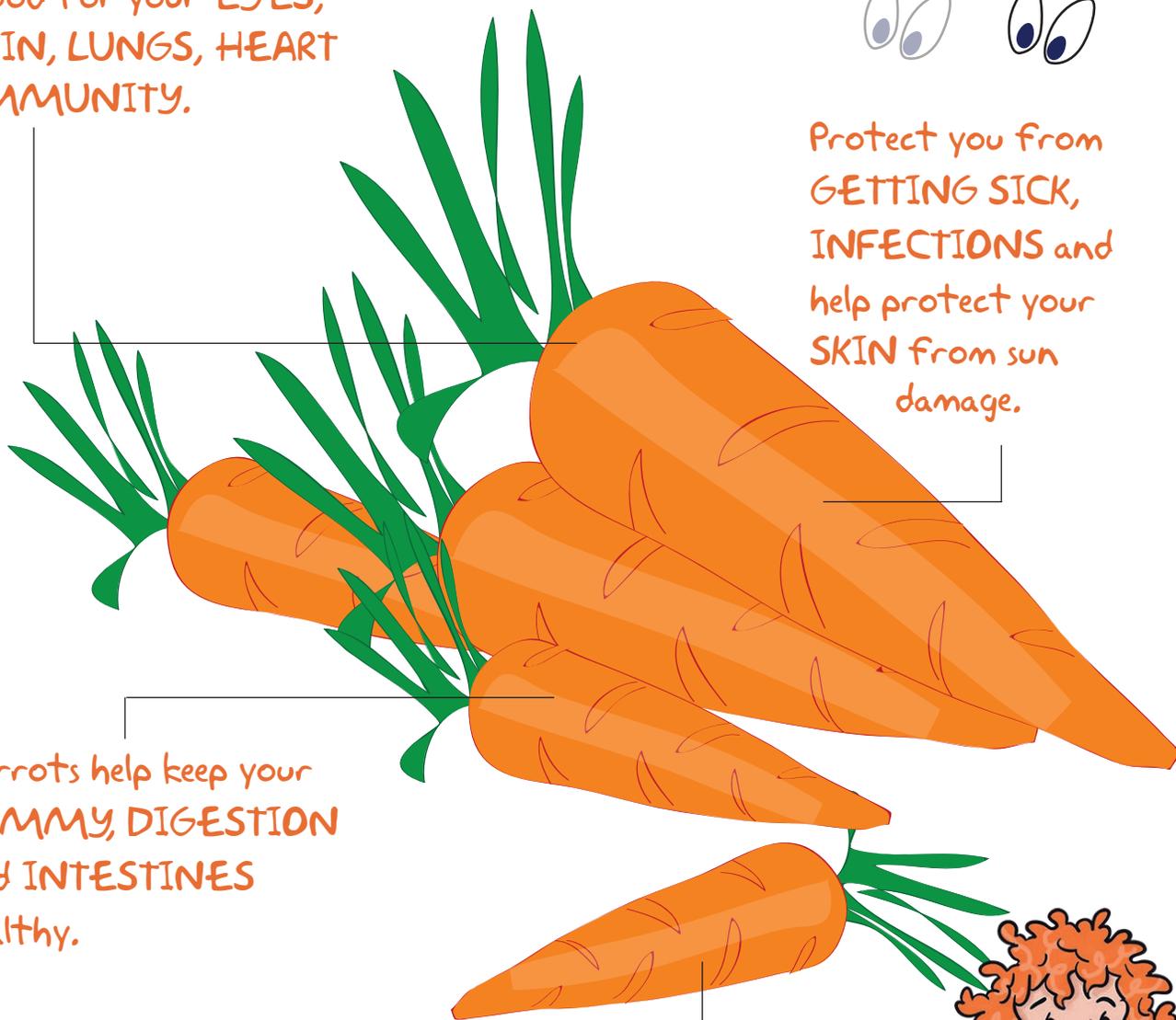


LOOK! - Why you should be eating all your CARROTS up!

Good for your EYES, SKIN, LUNGS, HEART IMMUNITY.



Protect you from GETTING SICK, INFECTIONS and help protect your SKIN from sun damage.



Carrots help keep your TUMMY, DIGESTION and INTESTINES healthy.

What's in a Carrot?

Carrots contain the following nutrients:

Beta-Carotene which turns into Vitamin A in the body, Vitamin C, Vitamin K, B Vitamins, Potassium and Fibre and Folate with traces of many other important nutrients that keep you healthy.

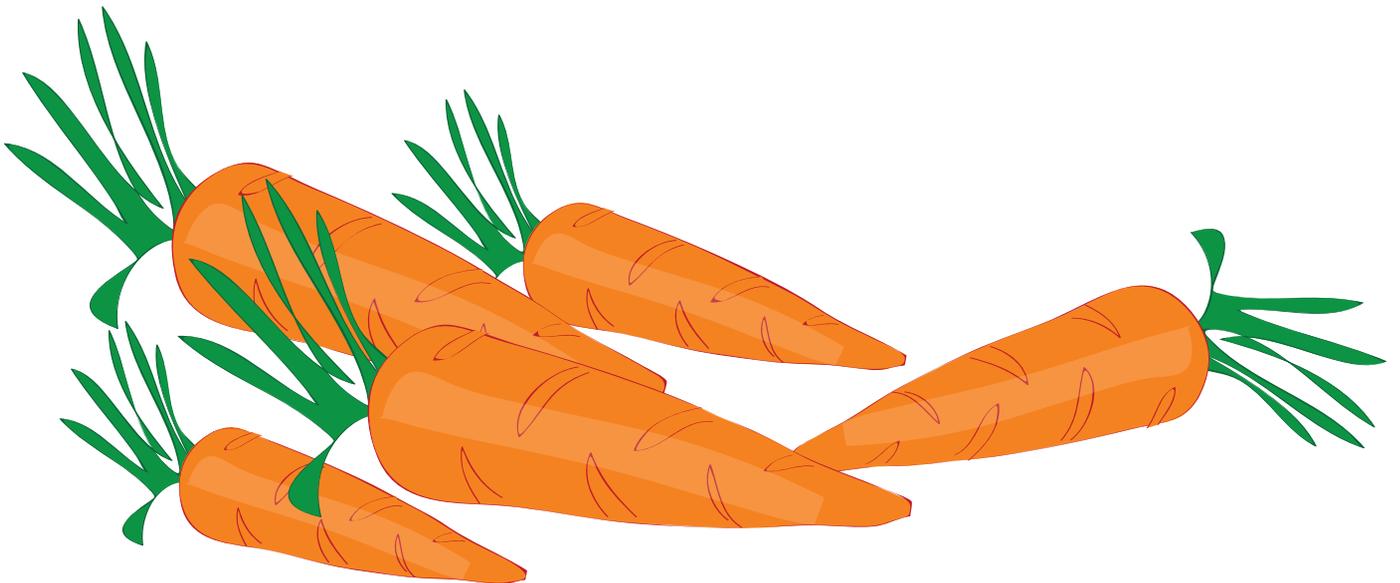


"Eat lots of carrots because they help keep you healthy while you are growing up and when you get older" says Connie Carrot



What are carrots good for and how do they keep you healthy?

Can you name the nutrients in carrots that keep you healthy?

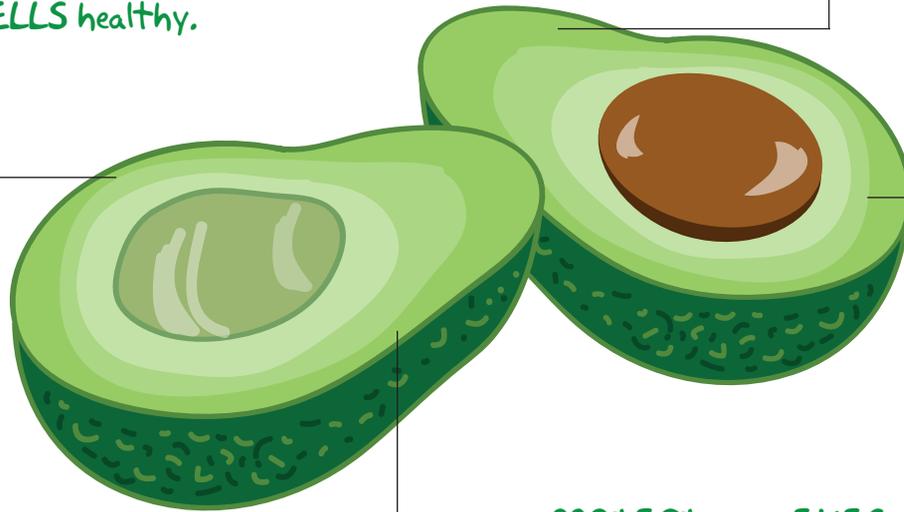


Get a SUPER BRAIN!

Avocados have super powers

Good for your BRAIN,
your MEMORY and keeps
NERVE CELLS healthy.

Looks after your HEART
and all your blood vessels.



Eating avocado with other
vegetables like your greens and carrots,
helps to absorb even more nutrients
from those foods.

PROTECT your EYES, your SKIN,
all the tissues in your body,
keeping you healthy as you
grow up and get older.

What's in Avocado ?

Avocados contain monounsaturated fats which are important for healthy blood flow to the brain and for the health of brain tissue. They also have a high amount of potassium, Vitamin E, B Vitamins, Vitamin C, Vitamin K, carotenoids antioxidants and fibre. They contain protein and this together with the healthy fats can keep blood sugar balanced and stop you from getting tired.

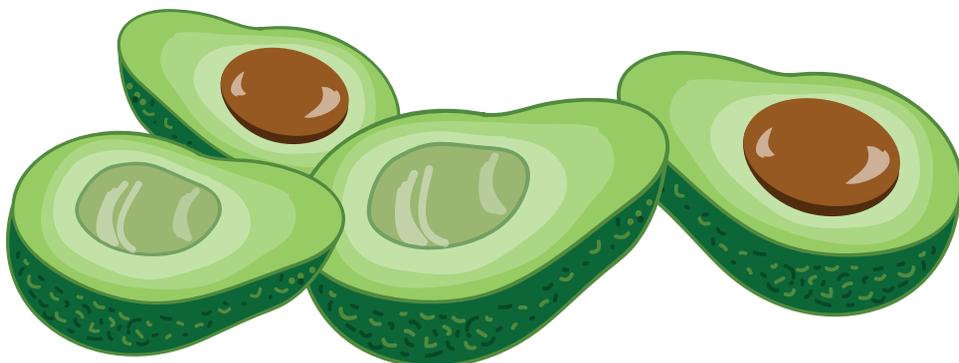


"Eat Avocado, it's so good for your brain and lots of other things in your body, it's fun to eat and tastes great"
says Ava Avocado



What is in avocados to make them so SUPER?

Can you name the nutrients in avocados that keep you healthy?



Cheat that COLD!

Blueberries really help fight colds and much more.

Blueberries protect your immune system, help keep colds away and protect you from viruses.

Protect your eyes, skin, and all your tissues in your body from toxins.

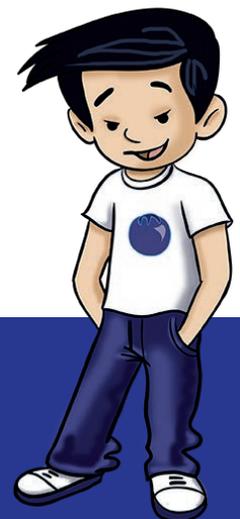
Contain fibre which helps look after your tummy and digestion.

Protects your heart and blood vessels.

Helps protect your brain and support your memory for all your life.

What's in a Blueberry ?

Blueberries contain antioxidants called anthocyanidins, which make the 'blue' and 'reddish' colours in fruit. These protect your heart, your brain and many tissues in your body. They also contain Vitamin C which is important to protect against virus's, to look after all your cells in every part of your body.



"Eating Blueberries can help stop you getting a cold! There are things in them that fight the cold bugs!"
says Billy Blueberrie



How do blueberries help protect you and keep you healthy?

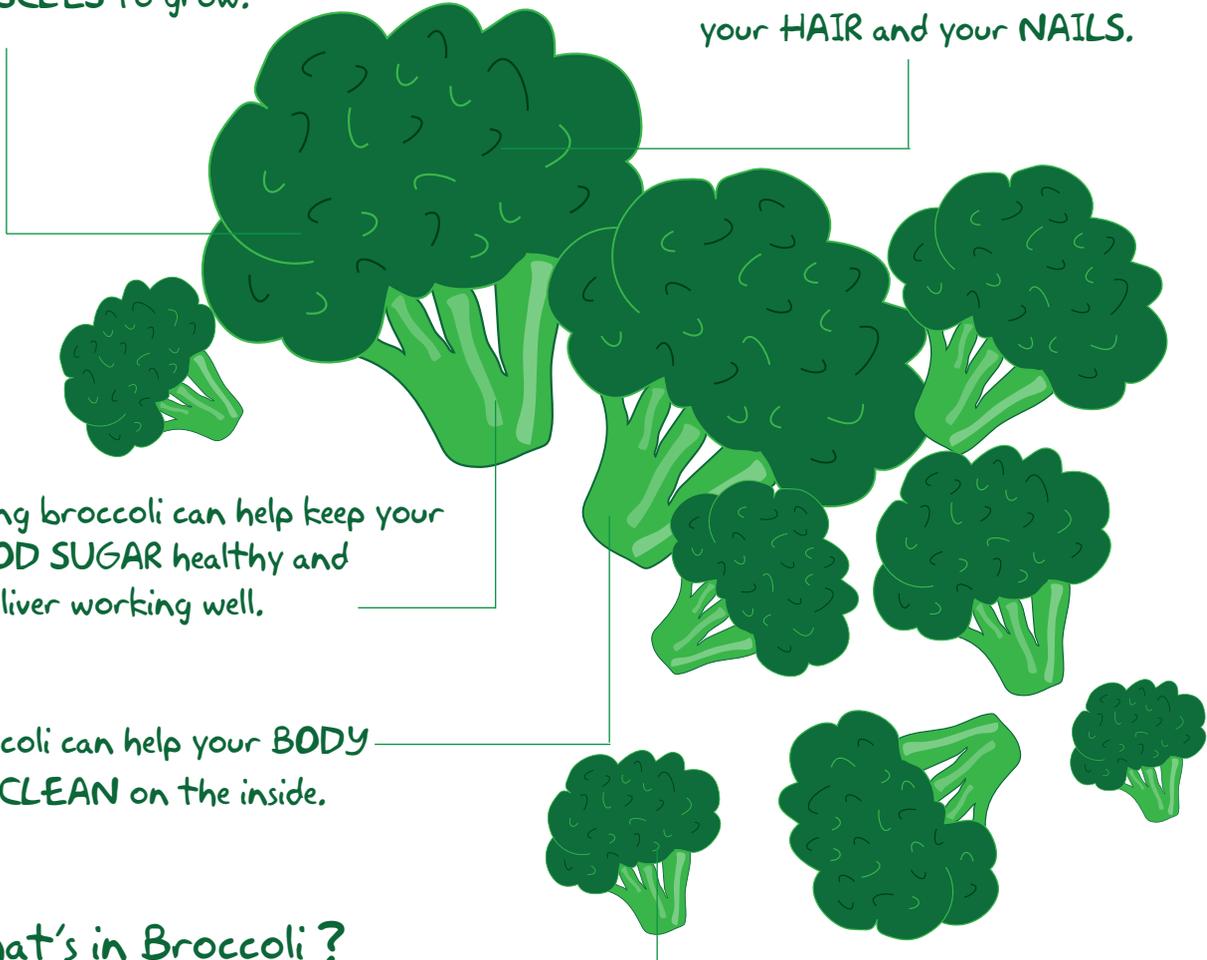
Can you name the nutrients in Blueberries that keep you healthy?



Growing Up Up Up! How does broccoli help?

Helps your **BONES, JOINTS** and **MUSCLES** to grow.

It contains so many special things to help **EVERY PART** of you grow, even your **BRAIN**, your **HAIR** and your **NAILS**.



Eating broccoli can help keep your **BLOOD SUGAR** healthy and your liver working well.

Broccoli can help your **BODY** stay **CLEAN** on the inside.

What's in Broccoli ?

Broccoli contains Vitamin K, which is essential for your body to grow, as well as calcium, iron, magnesium and many other minerals important for growth. It also contains protein and Omega3 healthy oil. It's very high in Vitamin C (even more than oranges!) It contains high amounts of sulphur which is vital for all your tissues, and fibre with indole 3 carbinole that helps detoxification of toxins



"Eat lots of broccoli if you want to grow taller, it has amazing things in to help your muscles and bones grow"
Says Benjamin Broccoli



How does broccoli help you grow tall and strong?

Can you name the nutrients in Broccoli that keep you healthy?

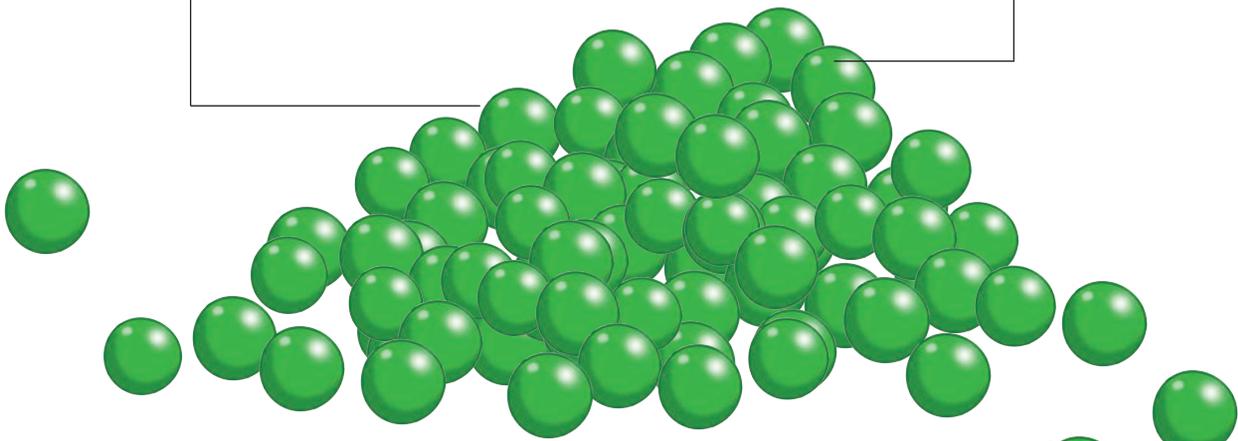


Perk Up with Peas!

WHAT makes peas so WONDERFUL?

Good for your **MUSCLES**,
BONES and **BLOOD**,
HELP you **GROW**.

Good for **ENERGY**,
Being **ACTIVE**,
Stopping hungar pang.



Peas are high in **FIBRE** and **ANTIOXIDANTS**,
They help keep your heart
tummy and digestion healthy for
all your life - eat them up!

What's in a Pea?

Carrots contain the following nutrients:

Beta-Carotene, Vitamin C, Vitamin K, Omega3 fats,

B Vitamins, Potassium and fibre and folate with traces of many
other important nutrients that keep you healthy.

They also contain vegetable starch that gives you a supply of
healthy carbohydrates for energy.

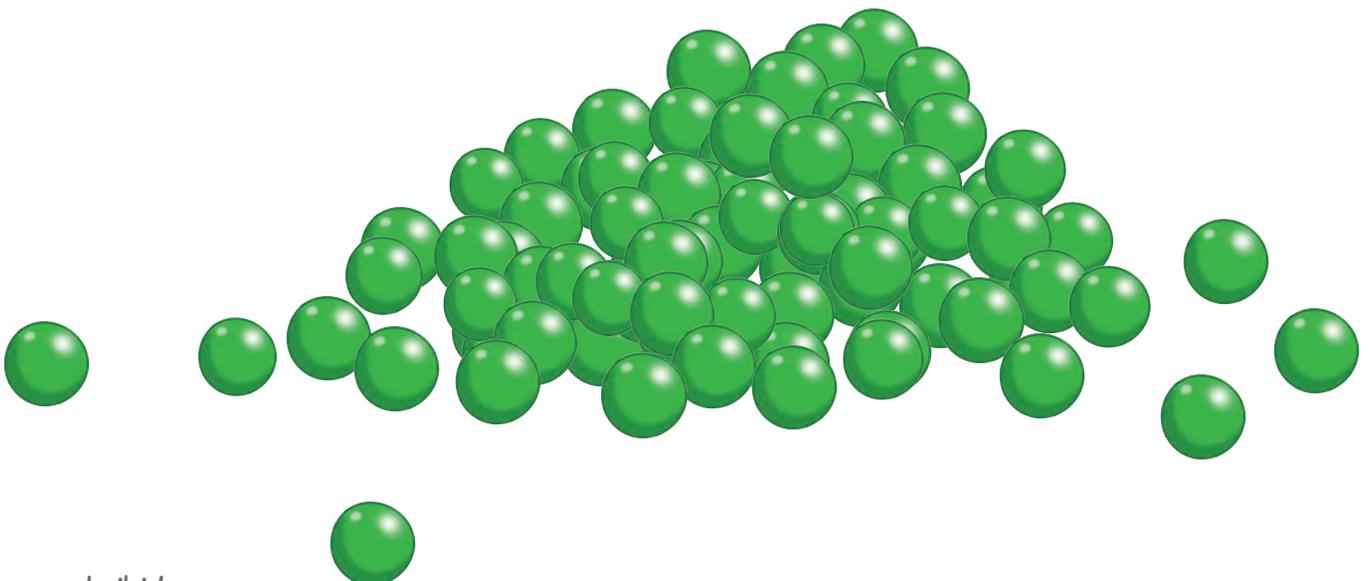


"Eat lots of Peas, they will keep you healthy and give you energy"
says Penelope Pea



What make peas such a wonderfood
and so good for you ?

Can you name the nutrients in peas that keep you healthy ?



Be Super Strong!

What's so special about Spinach?

Helps create **STRONG BONES** and **JOINTS**.

It's good for helping your **MUSCLES** grow and keeping them healthy all your life.



Eating Spinach regularly can help give you **ENERGY**.

Helps keep your **BLOOD** and **BLOOD VESSELS** healthy and protects your eyes.

What's in Spinach ?

Spinach contains lots of Vitamin K which is vital for strong bones and joints. It has twice as much iron than other leafy vegetables which is vital for strength and energy. It contains Vitamin C and B Vitamins. The dark green colour in spinach is chlorophyll which keeps your blood healthy and protects your health as you get older.



"Eat up all your Spinach, it has special things in it to make you grow strong - It's like a **SUPERFOOD**"
says Sammy Spinach



Why will spinach help make you grow strong?

Can you name the nutrients in Spinach that keep you healthy?

