

***Schnucks***<sup>®</sup>



**Healthy Kids**  
**Online Field Trip Adventure**

# HEY KIDS!

Join us on an adventure through the aisles of Schnucks grocery store. Have an adult help you visit [fieldtripfactory.com/schnucks](https://fieldtripfactory.com/schnucks) and follow along with our videos and activities. You will learn about where food comes from, how to make healthy choices at the store and all the fun things that make Schnucks so special.

Our Schnucks Soldier will be joining us on our journey through the store so keep an eye out for him in each department!



# Parts of a Plant

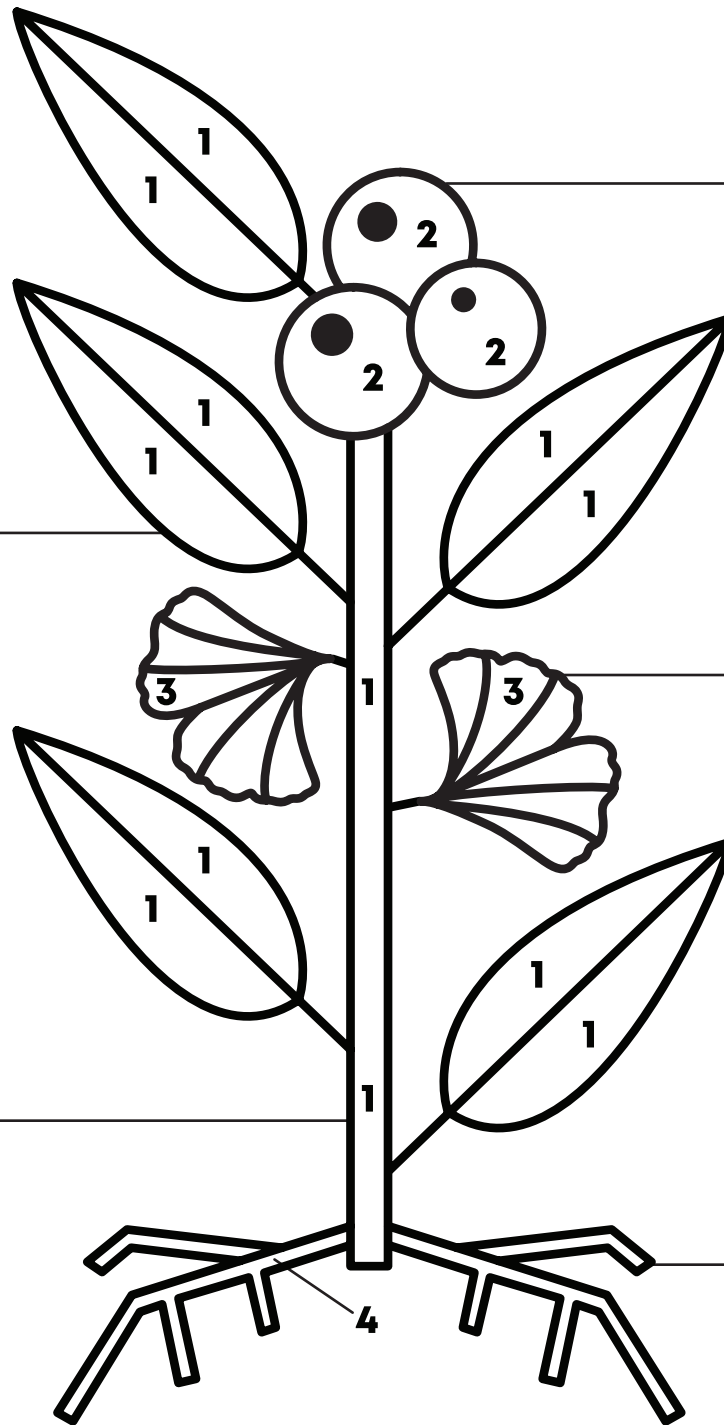
Flowers and plants can make us feel happy! Match the numbers to the colors and fill in the picture below. Then, label the parts of the plant with the word list at the bottom.

1. Green

2. Red

3. Yellow

4. Brown

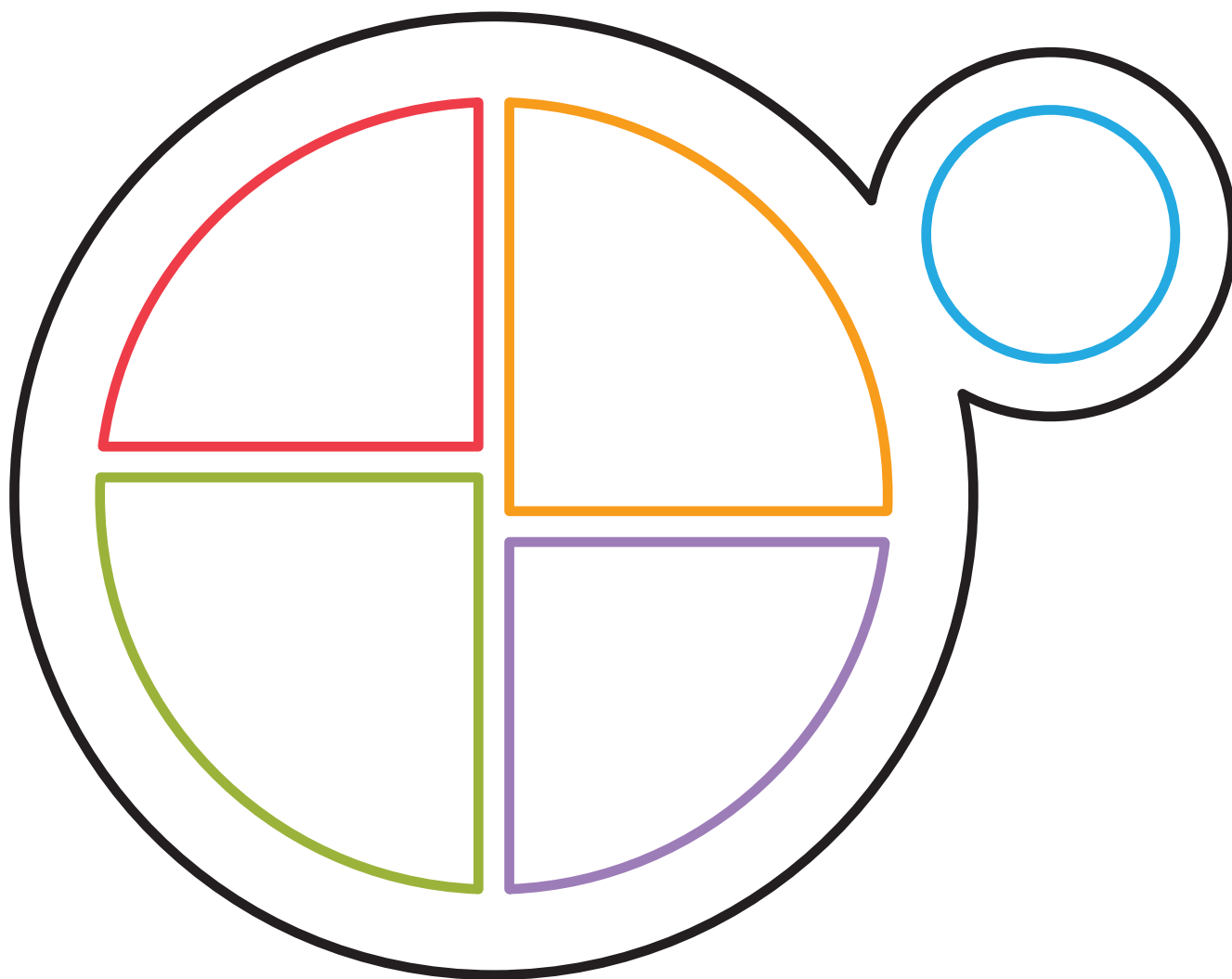


Fruit Leaf Roots Flower Stem



# Five Food Groups

The MyPlate teaches us about our five food groups and how to build a balanced meal. Use the word bank to fill in the food groups on the MyPlate. Then draw your favorite food in each section of the plate.



**Fruits   Grains   Dairy   Veggies   Protein**

# Eat A Rainbow

Can you eat a rainbow? Think of all the colorful fruits and vegetables you can find in the produce department. Complete the rainbow by coloring in the fruits and vegetables for each color.

Red

Orange

Yellow

Green

Blue  
+  
Purple



# Sandwich Creations

Our Schnucks Soldier is creating a delicious sandwich using many items found in the Deli.  
Can you look at the list below and draw a line from the food to the food group it fits into?  
Then get creative and pick your favorite ingredients to make a sandwich recipe of your own!

**Ingredients**

**Bread**  
**Turkey**  
**Ham**  
**Cheese**  
**Roast Beef**  
**Lettuce**  
**Tomato**  
**Cucumbers**  
**Spinach**  
**Salami**  
**Peppers**  
**Onions**  
**Tortilla**  
**Pita**

**Fruit**  
**Vegetable**  
**Grains**  
**Protein**  
**Dairy**

**Food Groups**

**My Perfect Sandwich Recipe:** \_\_\_\_\_

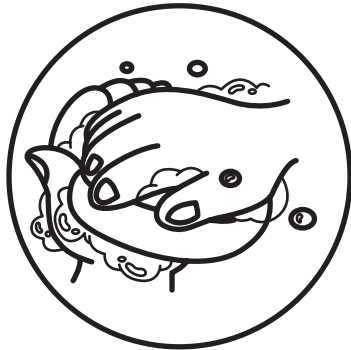
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# Wash Your Hands

Our teammates complete many safety practices at Schnucks. One important way they keep themselves and our customers safe and healthy is by washing their hands. Can you put the steps in order below on how to properly wash your hands?

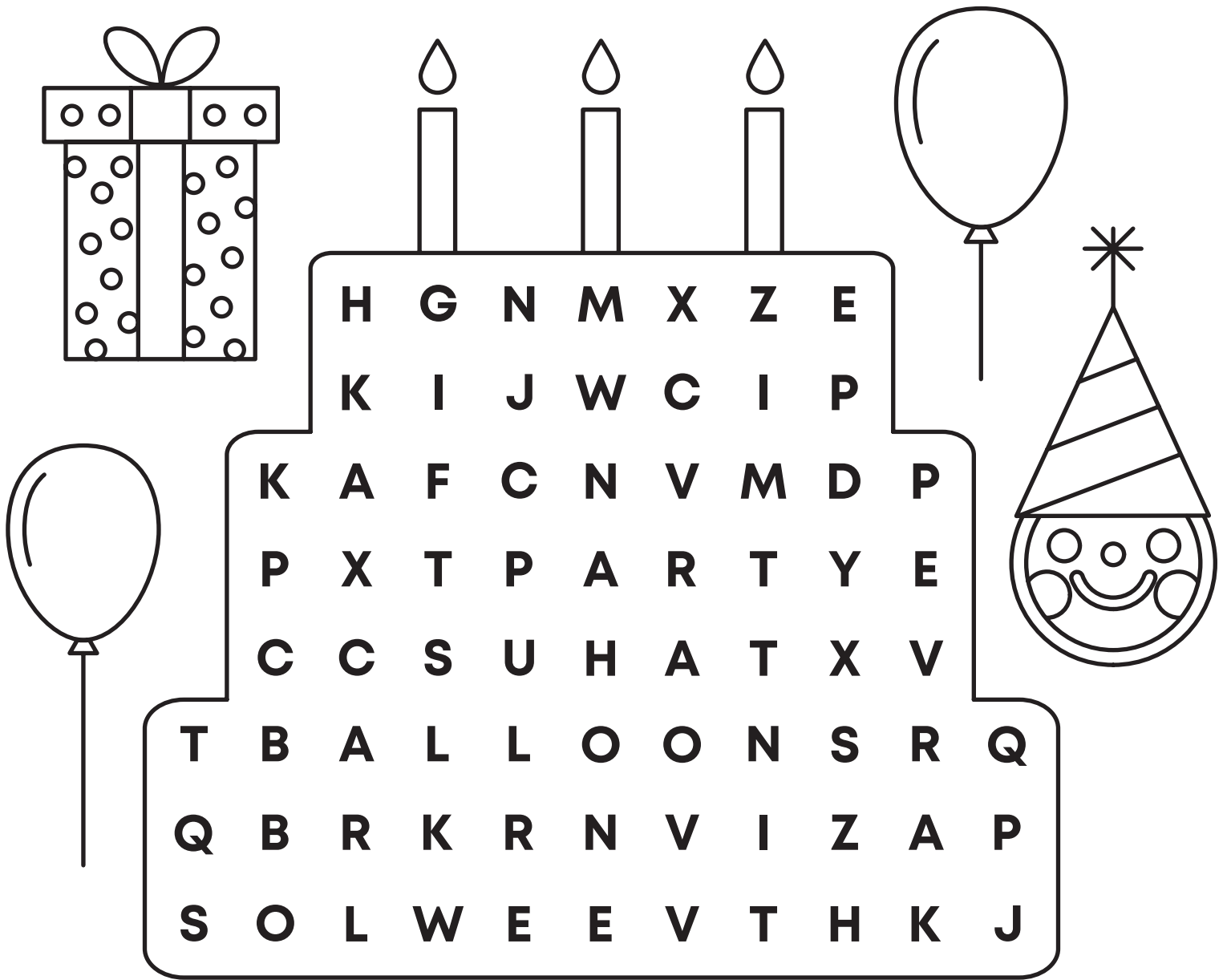
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1. Wet your hands with water.
2. Apply soap to hands.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well under water.
5. Dry your hands using a clean towel.



# Let's Celebrate!

It's the Schnucks Soldier's Birthday! Can you help us plan his party? Find all the words hidden in the word search to know what we need for the party. Then design the cake for the perfect party treat!



Balloons Cake Party Gifts Hat



# Whole Grain Detectives

Look at the two packages below. Circle the loaf that is a whole grain.



## Ingredients:

Whole wheat flour, water, yeast, sugar, wheat gluten



## Ingredients:

Unbleached enriched wheat flour, water, yeast, sugar

**How did you know which one was a whole grain?**



# Whole Grain Scavenger Hunt

Now that you know how to find whole grains, use your detective skills to see if the grains in your house are whole grains. Make a list of all the grains in your pantry. Put a star next to the ones that are whole grains.

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

5: \_\_\_\_\_

6: \_\_\_\_\_

7: \_\_\_\_\_

8: \_\_\_\_\_

9: \_\_\_\_\_

10: \_\_\_\_\_

**Examples of whole grains:** whole wheat, popcorn, barley, oats, brown rice, millet, quinoa, bulgur, buckwheat, rye



# Protein Power

Protein is an important nutrient that helps build strong muscles! Some protein foods come from plants, while others come from animals. Look at the protein foods below and put them into the correct column.

<b>Plant</b>	<b>Animal</b>

**Eggs**  
**Chicken**  
**Pork Chop**  
**Fish**

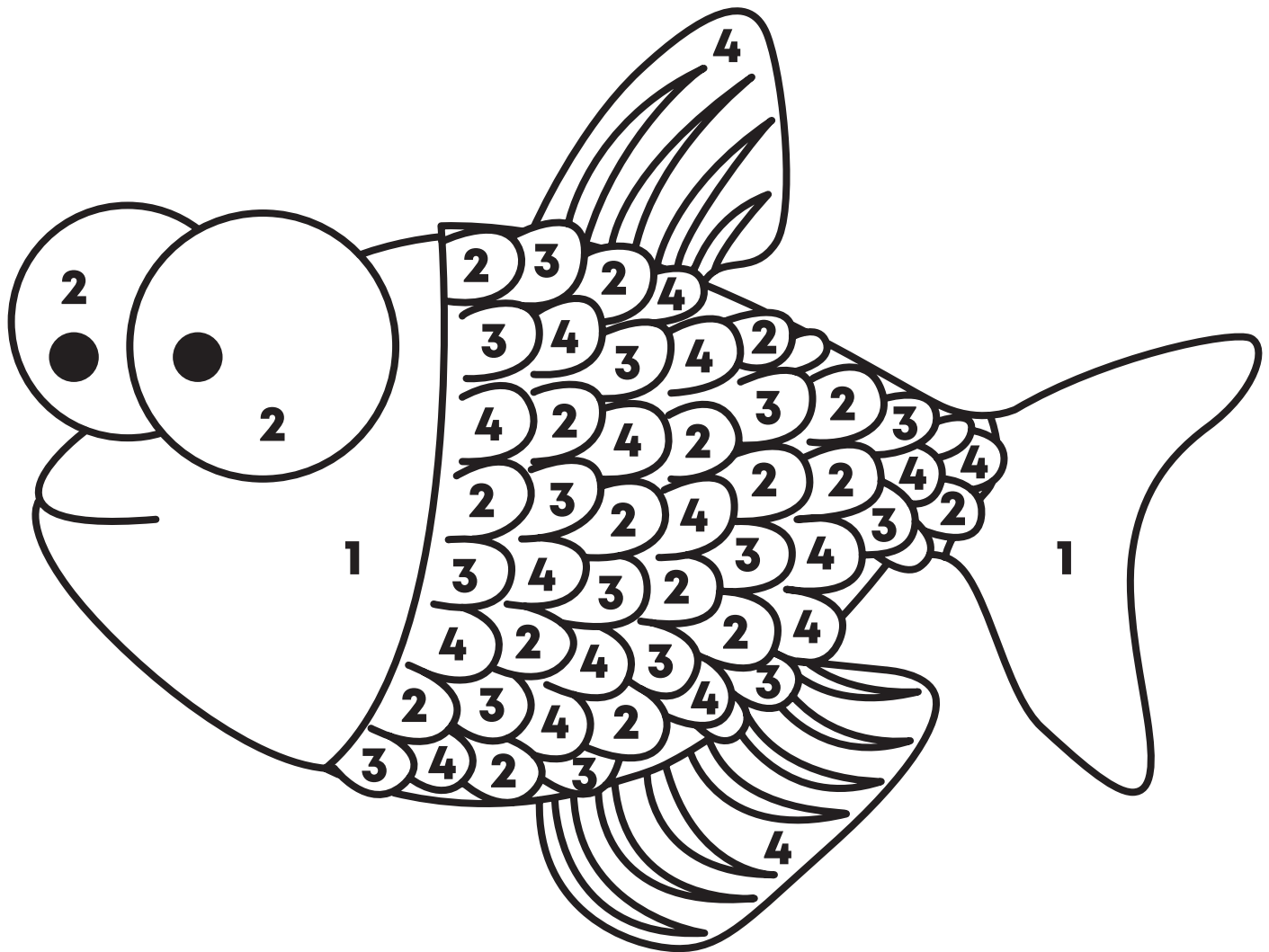
**Peanut Butter**  
**Sunflower Seeds**  
**Turkey**  
**Beans**

**Shrimp**  
**Tofu**  
**Almonds**  
**Steak**



# Be Physically Active

Besides eating foods high in protein, we need to be physically active every day to keep our bodies strong and healthy. Use our activity fish below to help you get 30 minutes of activity each day. Every time you complete an activity color in one of the fish scales. Keep going until you have a beautiful rainbow fish!



1. Blue – 10 Sit Ups
2. Purple – 10 Push Ups
3. Yellow – 10 Jumping Jacks
4. Green – 10 Squats

# Farm to Store

Farmers work hard to grow plants and take care of animals so we have nutritious foods to eat. Connect the dots to get the produce from the farm to the store.



# Serving Up Dairy

Dairy is full of nutrients like calcium, protein, vitamin D and phosphorus that help keep our bones, teeth, and bodies strong.



**Number of servings  
we should aim  
to get each day.**

**Circle below which items are 1 serving of dairy**

**1 oz of milk**

**1 cup of milk**

**1 cup of yogurt**

**1 cup of cheese**

**2 cups of yogurt**

**1.5 oz of cheese**

**What can you use to estimate a 1 cup serving?**

**Hint:** It's also about the size of 1 baseball.



# Count Your Colors For the Whole Week

How many colors of fruits and vegetables have you eaten today? Mark the boxes below to show it! Try to get at least four colors every day. Then see what colors are missing and be sure to eat them tomorrow. Fresh, jarred, canned and frozen count! Challenge your parents, siblings or friends to see who can eat the most colors. At the end of the week, use your grand total to find out which badge you earned!

How many?	1	2	3	4	5	6	7	8	9	10	Total For Week:
Red											
Orange											
Yellow											
Green											
Blue + Purple											
White											

Grand Total:

**Brave  
Beginner**



**Super  
Star-ter**



**Healthy  
Hero**



**Rainbow  
Rockstar**





*Schnucks* KIDS