



# Pearre's Pals

Kids Club Activity Book

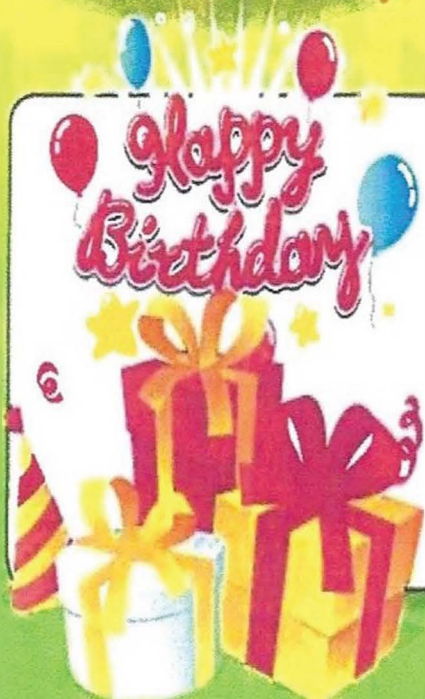
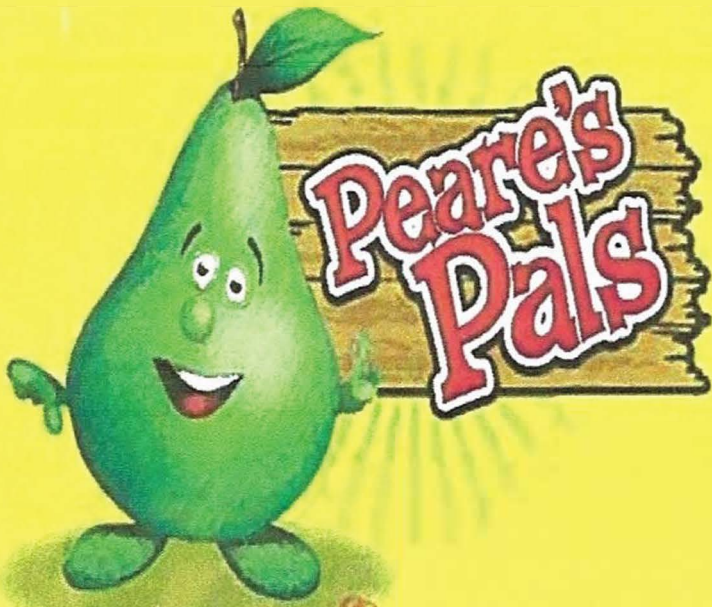
# Pearre's Pals



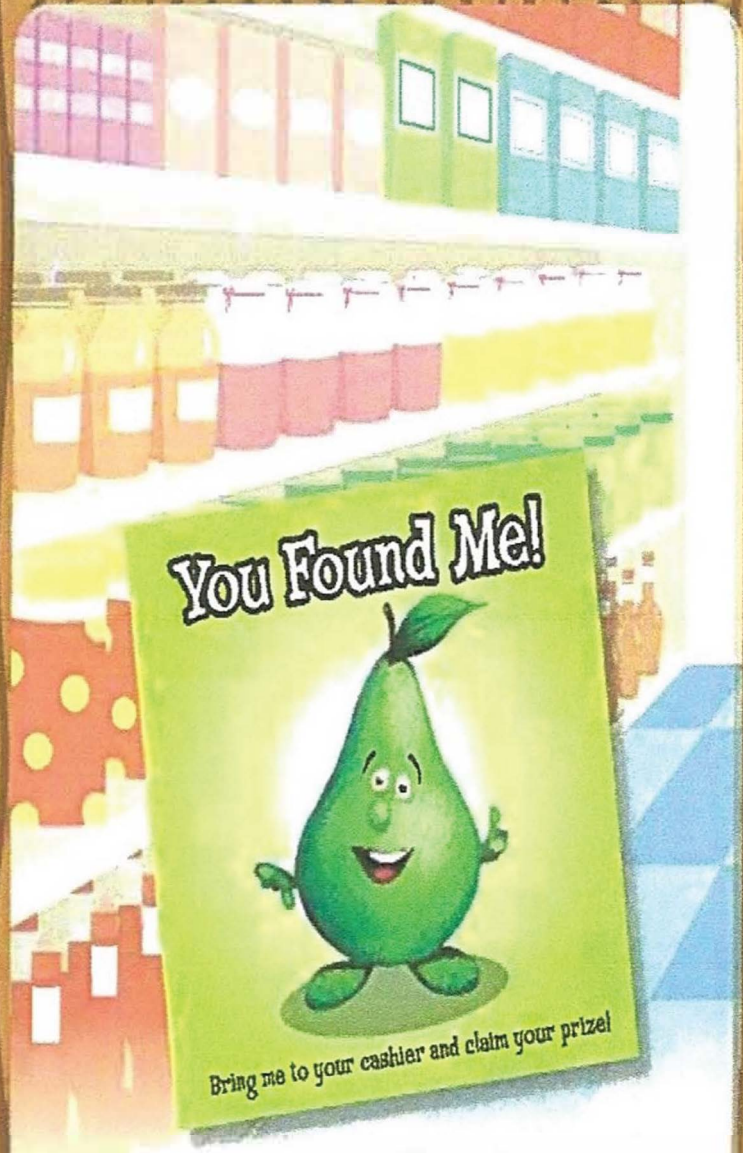
Hi Kidsf Mg name is Pearel

Welcome and thanks for joining Pear Pals  
rads Club. I'm excited goa'vejoined! I want oo  
to grow healthg and strong and wold Uke to  
encourage you to eat healthg!

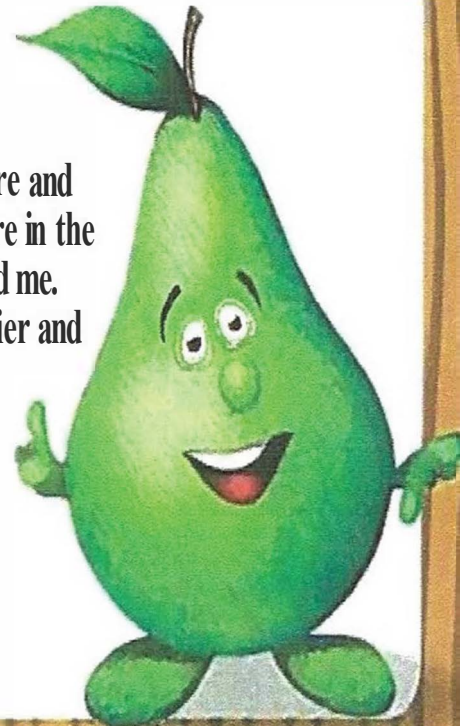
Peares Pals R:ids Club Mission:  
Having fon while educating kids and families  
about healthg eating and good nutrition!



... Look for special events and activities throughout the year. Plus, each year on your birthday, you'll receive special acknowledgement from Peare and his friends! Join the fun!



I'm Peek-A-Boo Peare and I'm hiding somewhere in the store. When you find me, take me to the cashier and claim your prize!



# FUN WITH YOUR FOOD!

Recipe ideas that are just as much fun to eat as they are to make! Be sure to use as many healthy and nutritious ingredients as you can! Have an adult help you when using the knife to trim and cut.

## Mini pizzas

### Ingredients:

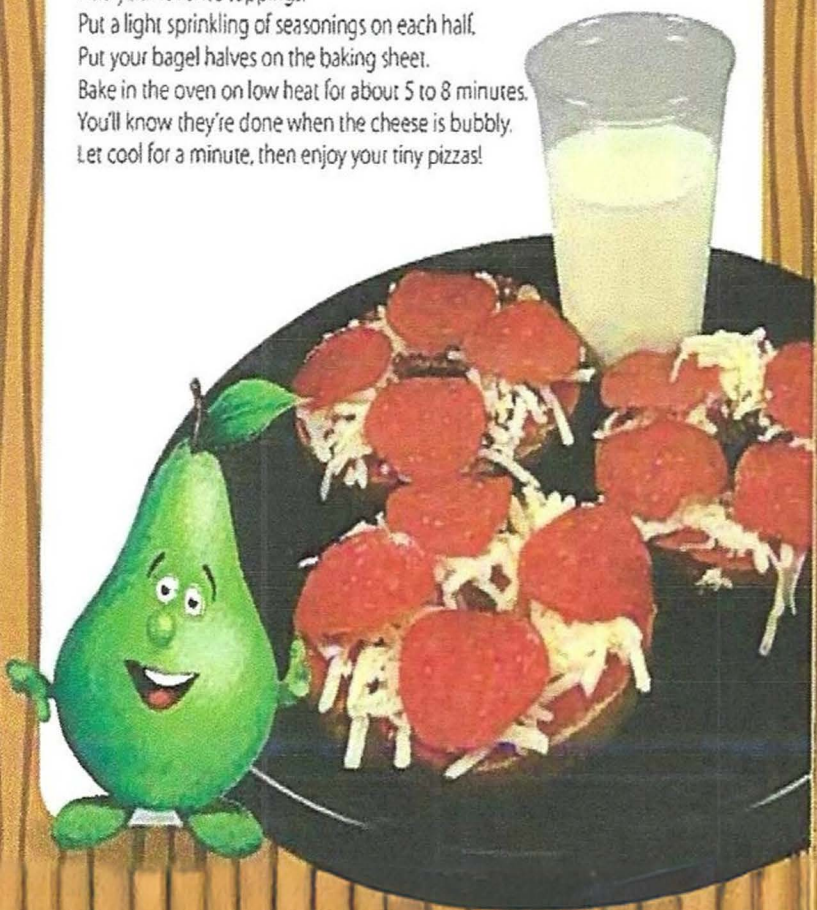
- 1 standard-sized bagel, cut in half
- tomato sauce
- shredded mozzarella cheese
- toppings like diced green pepper, chopped onion, or chopped tomato (whatever you like)
- seasonings like oregano, basil, and pepper

### Utensils:

- oven (you'll need help from your adult assistant)
- knife (you'll need help from your adult assistant)
- baking sheet

### Directions:

- Preheat the oven to 325° F.
- Spread tomato sauce on each bagel half.
- Sprinkle the shredded cheese all over the tomato sauce on each half.
- Add your favorite toppings.
- Put a light sprinkling of seasonings on each half.
- Put your bagel halves on the baking sheet.
- Bake in the oven on low heat for about 5 to 8 minutes.
- You'll know they're done when the cheese is bubbly.
- Let cool for a minute, then enjoy your tiny pizzas!



## Zoo Animal Sandwiches

### Ingredients:

- 1 slice brown bread
- Bananas, raisins, blueberries
- Creamy peanut butter or Nutella

### Directions:

- Trim the crust off the bread and shape the bread into bunny ears or a rounded bear face, or cut a sunburst to suggest a lion's mane.
- Spread the face with peanut butter almost to the edges of the bread. If you're using Nutella, you can use this darker spread for contrast, such as the insides of the bunny ears.
- Make a face with banana slices as you like. You can use raisins for pupils or snouts. Blueberries also make good eyes. If you let the kids use a butter knife or a fruit knife, they can trim the shapes as they please.

# PEARE'S WORD SEARCH

How many healthy foods listed below  
in the word search?

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

Cucumber

Spinach

Apple

Blueberry

Salmon

Yogurt

Carrots

Bell Pepper

Kiwi

Chicken

Legumes

Cheese

Broccoli

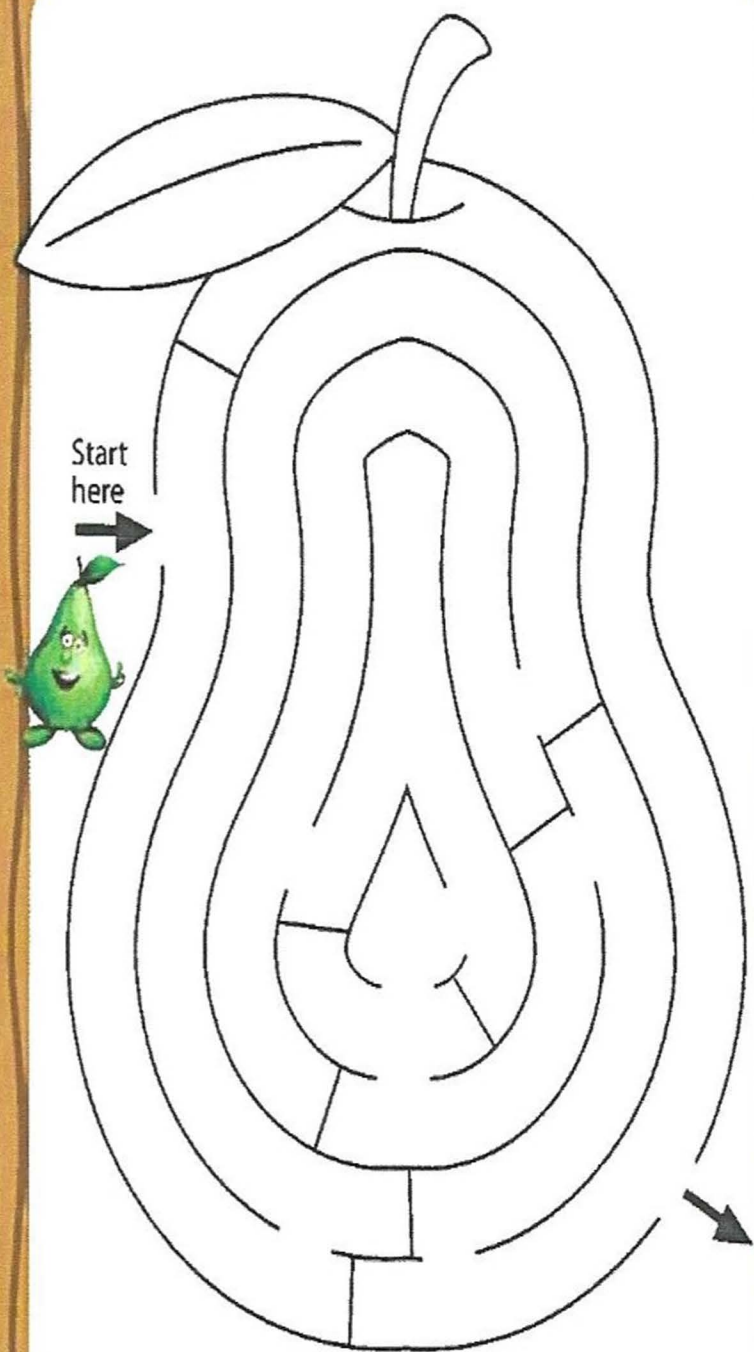
Watermelon

Orange

Beans

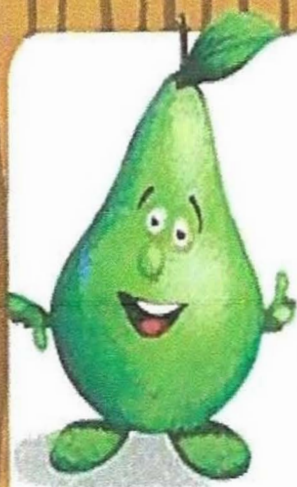
Milk

Pudding



## A-MAZE-ING PEARE

Help Peare find his way to the end of the maze!



## SUPER FOODS A to Z

Alphabetize these yummy fruits, vegetable, nuts, herbs and spices

Almonds

B \_\_\_\_\_

Almonds  
Orange  
Papaya  
Blueberry  
Spinach  
Zucchini  
Eggplant  
Mushroom  
Cherries  
Lentils  
Grapes  
Kale  
Raisin  
Horseradish  
Watermelon  
Yams  
Dates  
Nectarine  
Quinoa  
Tomato  
Fennel  
Idaho Potato  
Jicama  
Ugli Fruit  
Vanilla Bean  
Ximenia

## Help Peare top the stack of pancakes with delicious and nutritious foods!

Peare's favorite breakfast is whole grain PANCAKES!  
Draw and color to top this stack of pancakes with healthy choices. To get you started, Peare has listed his favorite toppings below.



sliced bananas	whole blueberries	sliced peaches
chopped walnuts	sliced mangoes	turkey bacon
natural maple syrup	sliced pineapples	raw honey
sliced strawberries	sliced pecans	raspberries

# Free Kind Bar



# #2225

# Free Jovy Fruit Roll-up



# #2223

# Free Apple



# #2224

## Upcoming Events

- September come meet Mrs. Peare
- Starting October 1st thru October 31st Halloween Coloring Contest
- Veterans Day give flags to those and their families who have served in the armed forces.
- Starting November 29th thru December 24th Happy Holiday's Coloring Contest