



HEALTHY KIDS CORNER

Walk and Talk Challenge!

Walking is a great way to get exercise and move your body. Moving your body for 60 minutes or more each day helps you stay healthy and grow strong! Go for a walk outside with someone in your family and have fun asking each other these questions:



What is your favorite breakfast food? Lunch? Dinner?



Would you rather leap frog or skip every where? Why?



What are two things you love most about YOURSELF?



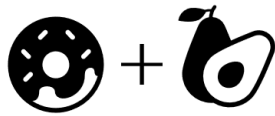
If you had one super power what would it be?



What makes you dance? What makes you sing?



What makes a good friend?



What is your favorite weird food combination?



If you had to be a teacher for a day, what would you teach?



If you had to only eat one food for the rest of your life, what would it be and why?



If you could make one law, what would it be?

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