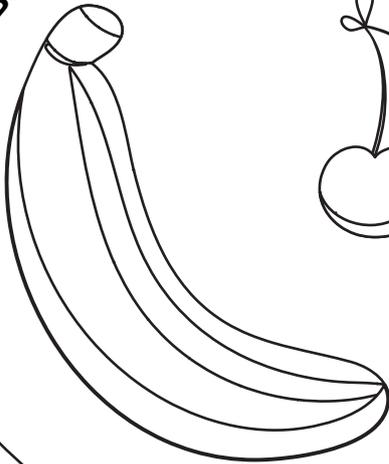
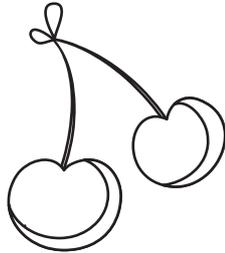


Eat healthy, live long, & live strong!

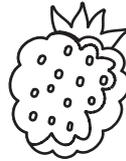
Banana



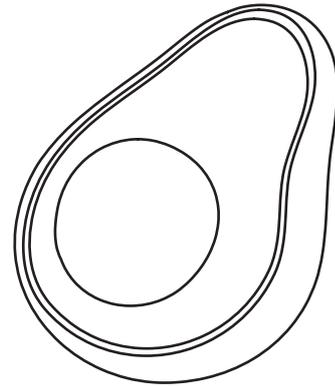
Cherry



Berries



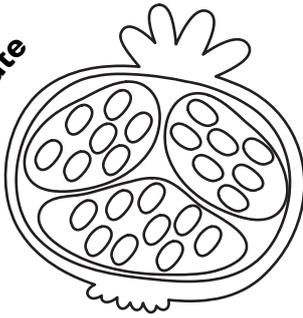
Avocados



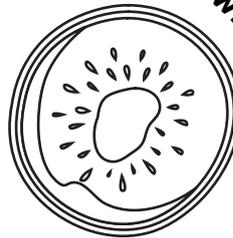
Strawberry



Pomegranate



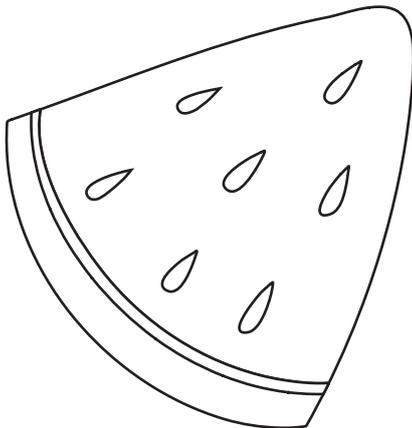
Kiwi



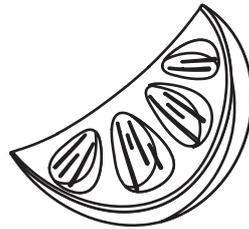
Apple



Watermelon



Orange



time
well spent
an initiative by ECA

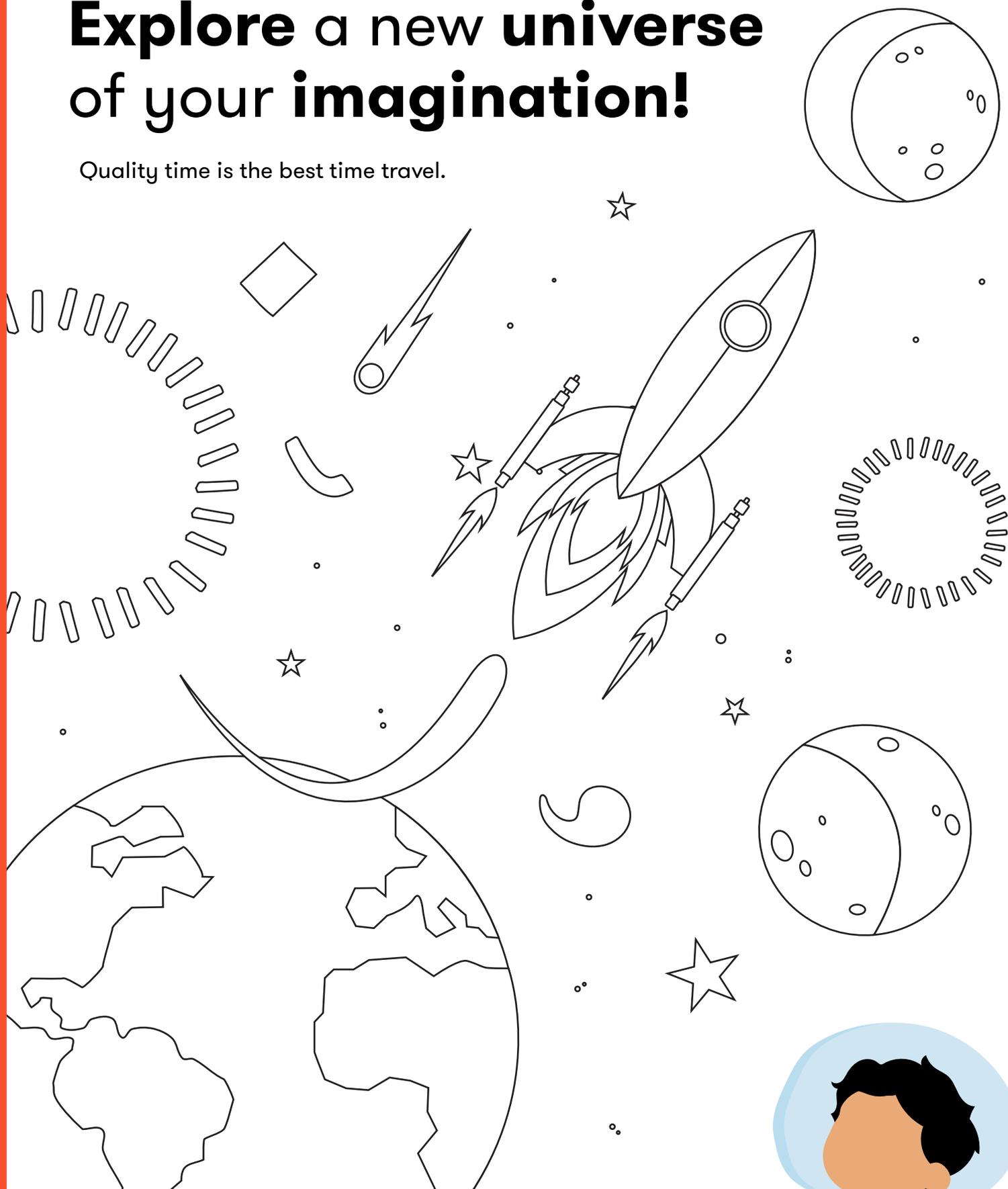
Coloring is a fun and magical way to keep children focused on eating nutritious food as it makes your health so good.

Eat smart for a healthy heart!



Explore a new universe of your imagination!

Quality time is the best time travel.

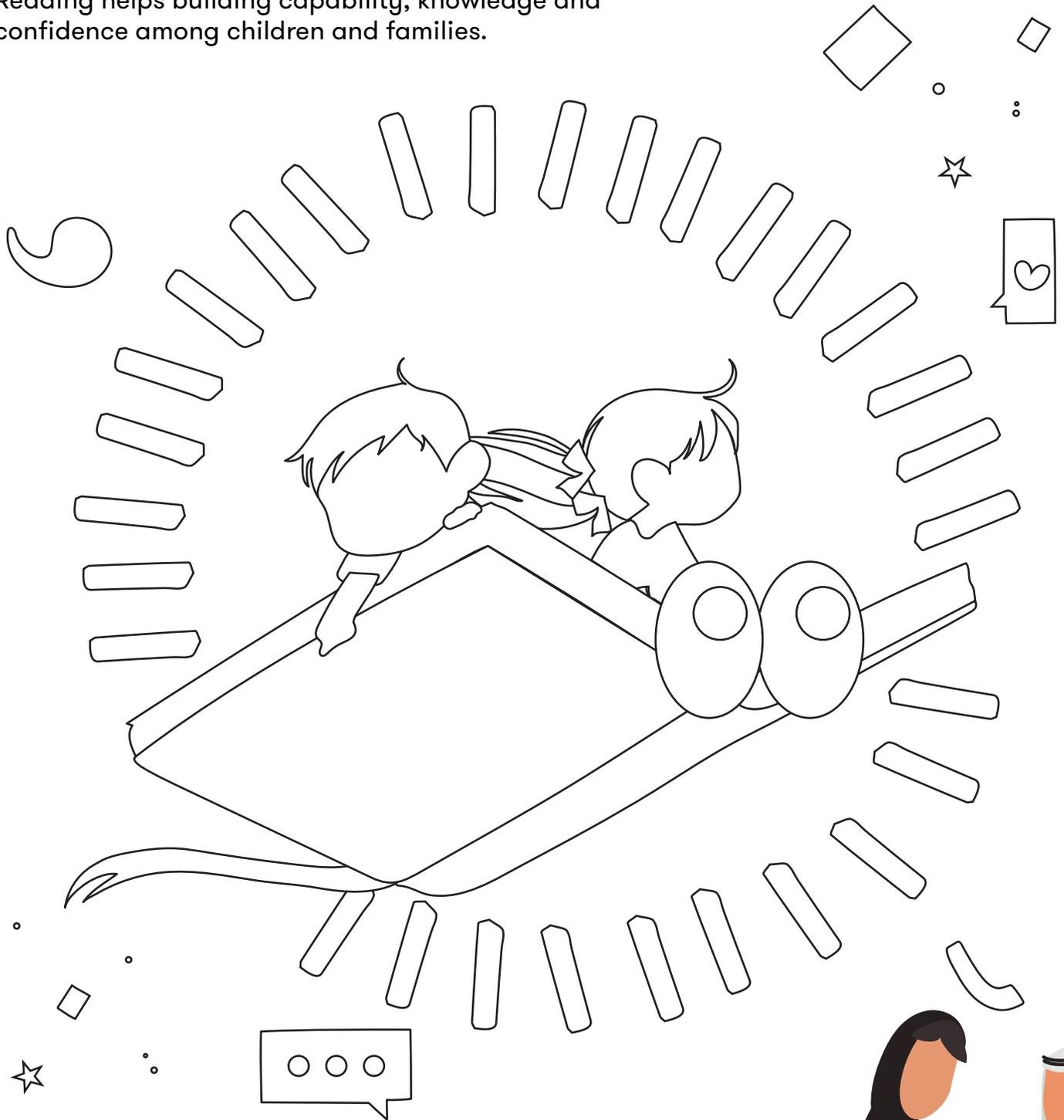


Coloring is a fun and magical way to keep children's curiosity growing about outer space!

The sky was never the limit, explore the universe in your mind!

Today a reader, Tomorrow a leader.

Reading helps building capability, knowledge and confidence among children and families.



**time
well spent**
an initiative by ECA

Coloring is a fun and magical way to keep children interested in **enhancing their cognitive abilities & connecting** more with their parents.

A child who read, is an adult who thinks.

CROSS WORD PUZZLE

Find the words listed below

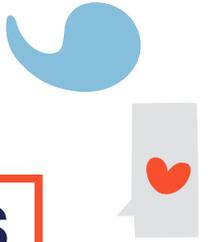
I am...



1. Safe
2. Kind
3. Brave
4. Strong
5. Loving
6. Caring
7. Friend
8. Mindful
9. Honest
10. Empowered

Search and find the words listed below to show the world **who you are**, and **what you aspire to be!**

“ Mistakes are proof that you’re **trying**. ”



CROSS
WORD
PUZZLE

Healthy Food
& Nutrition
Edition

FIND THESE 5 HIDDEN FRUITS

Guess and find the hidden fruits below!

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

1



2



3



4



5



“The foods we choose
makes a difference.”



Draw your expressions in the following situations:

Draw your expressions when you go through these situations.
Feel free to draw face features, hands and any other creative elements

My face when...



My mother talks to me



My father eats with me



I play with my siblings



I sing with my mother



Draw your expressions in the following situations:

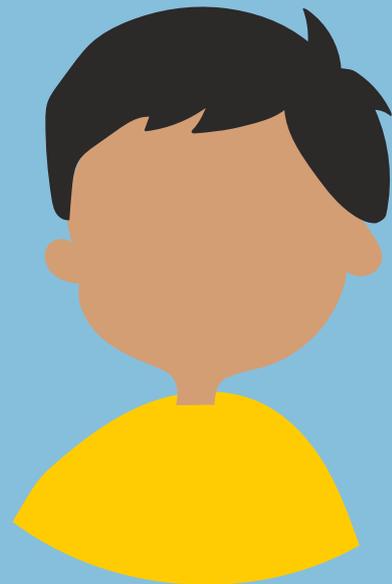
Draw your expressions when you go through these situations.
Feel free to draw face features, hands and any other creative elements



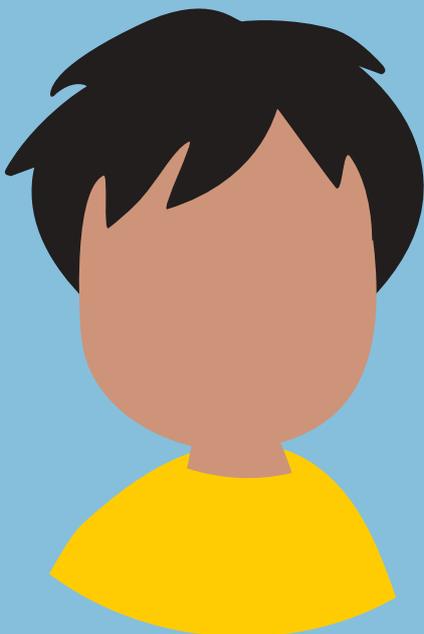
My face when...



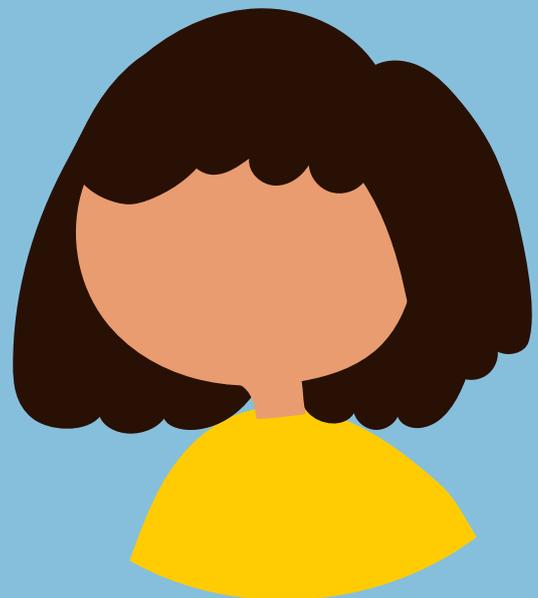
I read with my father



I play with my sister



I cook with my mother



I help my father



Drawing enhances creativity and self-expression. Join your child in their imaginative thinking and help them construct their own unique world.

Draw your family as a team of **SUPERHEROES!**



Drawing Tips to perfect your masterpiece:

01.

Draw a unique cape for each one of your friends



02.

Create a crown for each one of your friends.



03.

Visualize & make clear what super power each one has





Drawing enhances creativity and self-expression.
Join your child in their imaginative thinking and help
them construct their own unique world.

Draw the things you would pack for an **ADVENTURE!**





Drawing enhances creatvitiy and self-expression.
Join your child in their imaginative thinking and help
them construct their own unique world.

Draw your favorite memory with your family.

Drawing Tips to perfect your masterpiece:

01.

Think about a special
memory that you
can't forget.



02.

Think about who
was with you in
this memory



03.

Think about the
place and time.





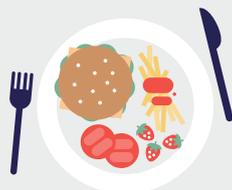
Drawing enhances creativity and self-expression. Join your child in their imaginative thinking and help them construct their own unique world.

Draw your favorite meal with your family.

Drawing Tips to perfect your masterpiece:

01.

Think about your favorite meal with your family



02.

What was it composed of?



03.

Add all of the colors that was in the meal!

