



ANDY'S GUIDE TO A HEALTHY HALLOWEEN

Super Crew Kid Andy loves orange foods like pumpkin, and Halloween is one of his favorite holidays. Can you help him plan his Halloween party? [Visit Andy's website.](#)



Before you go trick or treating have a healthy dinner.



On Halloween make sure your parents check all the candy before you eat it.



Go through your candy and throw out pieces you don't like. See how many "basket shots" you can make in the trash can!



Remember to keep eating healthy foods like fruits and veggies during Halloween to help balance the sweet treats.



Host a Halloween party and serve healthy snacks or spooky prizes.

Help Andy think of some healthy and delicious snacks he can serve at his Halloween party.



Ideas for Andy: Trail Mix, Popcorn, Fruit Salad, Pumpkin Muffins



PUMPKINS ARE NOT JUST FOR JACK-O-LANTERNS!

Pumpkin seeds are a great source of [fight-o-chemicals](#) (phytochemicals) and a good source of Omega-3, a healthy fat that is good for your heart! Pumpkins also contain a lot of carotenoids, which help your body to make Vitamin A!



Pumpkins are fun to carve and **EAT!**

Save the seeds to eat later for a **snack**

Vitamins and fiber are **hidden** inside your pumpkin

HALLOWEEN WORD SCRAMBLE

Unscramble these Halloween Words

1) TAB

2) OOOKPS

3) TCA

4) UKIPMPN

5) DANCY

6) TIWHC



Answers: 1)BAT 2)SPOOKY 3)CAT 4)PUMPKIN
5)CANDY 6)WITCH

H P P Y H L L O W E E N

Pumpkin Patch Math

Add the numbers and write your answer in the pumpkin!
Use the key to spell one of Andy's favorite orange foods!











KEY:
6=C 5=R
12=O 7=A
3=T

Write the name of the food here:
