

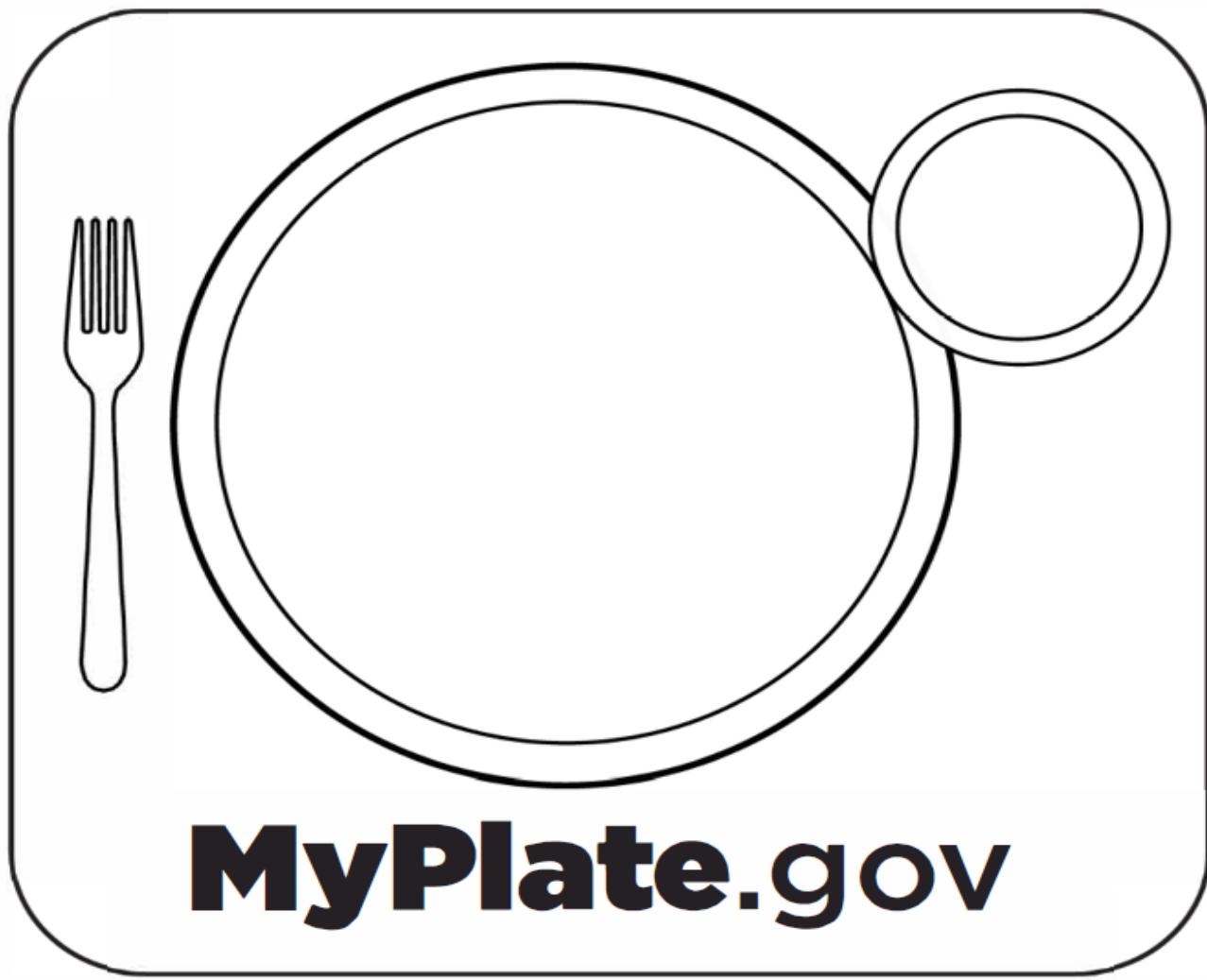


CONNECTIONS

February 2026 Grades K-2

Students: After reading “Connections,” fill in the MyPlate graphic below with the foods you should choose to represent a healthy meal. The food choices are yours to make, being mindful of the USDA recommendations of what you need to eat and what you need to avoid. Color your foods.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE





February 2026 Grades K-2



Students: Have fun with the Grocery Store Bingo below when you are participating in the Game 2: Grocery Store Scavenger Hunt from "Come Out and Play." Supplies needed: one bingo card and a pencil or marker. Play with a parent, sibling or friend for more fun!



United States Department of Agriculture

MYPLATE GROCERY STORE BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

Fruits	Vegetables	Grains	Protein	Dairy
Apple 	Avocado 	Bread 	Beans 	Milk 
Blueberries 	Broccoli 	Cereal 	Chicken 	Cottage Cheese 
Cantaloupe 	Corn 	Free Space 	Eggs 	Soy Milk 
Grapes 	Sweet Potato 	Popcorn 	Peanut Butter 	Cheese 
Orange 	Tomatoes 	Rice 	Tuna Fish 	Yogurt 

ChooseMyPlate.gov/Families

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February 2026 Grades K-2



Students: After reading "Wildville," answer the following questions about the snowy owl as true or false. Write your answer on the line provided.

1. _____ Squirrels are a major part of the owl's diet.
2. _____ Snowy owls are most active at dawn and dusk.
3. _____ Since snowy owls are so large, they do not have any predators in the forest.
4. _____ Humans pose a big risk to snowy owls due to hunting, fishing and highway accidents.
5. _____ Female snowy owls usually weigh about 3 1/2 pounds. Males are lighter and weigh closer to 3 pounds.
6. _____ A distinguishing characteristic is the green eye color of the snowy owl.
7. _____ The Snowy owl is protected as an endangered bird.
8. _____ They are herbivores, or plant eaters.
9. _____ Snowy owls have a wide wingspan of almost 67 inches.
10. _____ Most owls are nocturnal, but the snowy owl is diurnal, which means they sleep during the day.
11. _____ The average lifespan of a snowy owl is 9 years.
12. _____ Having almost entirely white feathers helps the snowy owl blend into its native habitat, the Arctic. This is an important survival feature.

Draw a snowy owl below!



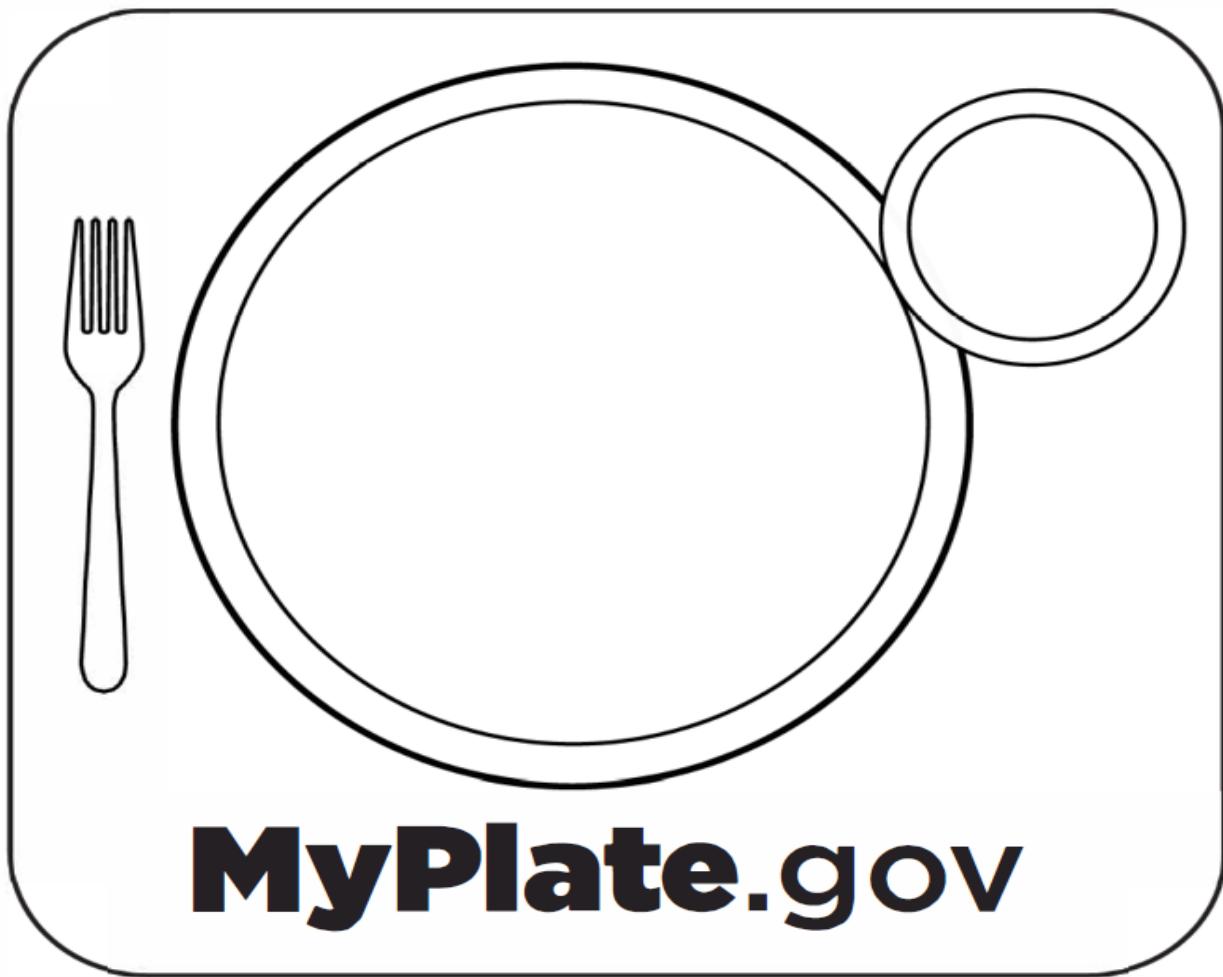
February 2026 Grades K-2

Answer Key



Students: After reading “Connections,” fill in the MyPlate graphic below with the foods you should choose to represent a healthy meal. The food choices are yours to make, being mindful of the USDA recommendations of what you need to eat and what you need to avoid. Color your foods. **Parents and teachers:** See “Connections” to check student answers, which may vary.

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Answer Key

February 2026 Grades K-2

Students: Have fun with the Grocery Store Bingo below when you are participating in the Game 2: Grocery Store Scavenger Hunt from "Come Out and Play." Supplies needed: one bingo card and a pencil or marker. Play with a parent, sibling or friend for more fun!

Parents and teachers: Answers will vary. Print multiple copies to play again and again!



United States Department of Agriculture

MYPLATE GROCERY STORE BINGO

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Blueberries 	Broccoli 	Cereal 	Chicken 	Cottage Cheese
Cantaloupe 	Corn 	Free Space 	Eggs 	Soy Milk
Grapes 	Sweet Potato 	Popcorn 	Peanut Butter 	Cheese
Orange 	Tomatoes 	Rice 	Tuna Fish 	Yogurt

ChooseMyPlate.gov/Families



Answer Key

February 2026 Grades K-2

Students: After reading "Wildville," answer the following questions about the snowy owl as true or false. Write your answer on the line provided.

Parents and teachers: Answers are below.



1. F Squirrels are a major part of the owl's diet.
2. T Snowy owls are most active at dawn and dusk.
3. F Since snowy owls are so large, they do not have any predators in the forest.
4. T Humans pose a big risk to snowy owls due to hunting, fishing and highway accidents.
5. T Female snowy owls usually weigh about 3 1/2 pounds. Males are lighter and weigh closer to 3 pounds.
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