Instructions: Set of 20 Eagle Books Cards

I) When using duplex printing (printer can print on both sides)
   A) Print out both sides, use "short edge" for turning
   B) Cut out individual cards using black trim marks as guides

II) When using one sided printing
   A) Print odd numbered pages (1, 3, 5)
   B) Turn over and print even pages (2, 4, 6)
   C) Cut out individual cards using black trim marks as guides

Thunder Cloud

A half cup of vegetables will give Thunder Cloud lots of vitamins and energy. Next time you eat corn, peas, and beans, count how many there are in a half cup. Did you feel full after eating this many?

Thunder Cloud

What can you eat and drink to help you run fast and jump high?

Coyote

Which food would Coyote try to trick you into eating?

a) a bag of cookies
b) a bunch of grapes
c) fried foods

Coyote

Play "Coyote Says." Be the coyote and tell your friends to do silly things like "walk like a duck," "hop like a frog," and "stretch like a cat."

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Butterfly

Mother Earth gives us the gifts of good food and water. And butterflies, too.

Butterfly

Butterfly thinks these "everyday" foods look so yummy. Can you choose four "everyday" foods you like to eat?

Simon

Simon wants to know:

Q: Who are the "Three Sisters?"

A: Corn, squash, and beans

Simon

Chocolate is a "sometime" treat. Simon wants to know:

Q: Who were the first people to drink chocolate?

A: Indians in Central America.

Ancestors

At the store, pick out a vegetable for dinner that Indian people have grown for thousands of years. What would you look for?

Ancestors

Great-great grandmother had to go outside in winter to gather wood for cooking and to keep the family warm. Have you ever gathered wood for a fire? How can you have fun outside in winter?

Mr. Eagle

Play a game pretending to gather foods that the eagle, rabbit, and coyote would eat. What would you put in your basket? Are these foods you could eat too?

Mr. Eagle

Mr. Eagle says, "Gather around the stump and I will teach you to say 'eagle,' 'rabbit,' and 'coyote' in your tribal language."

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Miss Rabbit

Everybody get up and see who can hop on one foot the longest!

Miss Rabbit

Name a yellow food, a red food, and an orange food that Miss Rabbit grows in her garden. Put these on your "Plate Full of Color."

Rain That Dances

Get happy! Do some pow-wow dancing—right now!

Rain That Dances

What would Mr. Eagle tell you to do?

a) watch TV
b) play ball

Friends

Grow strong together: Take your friends, grandparents, or auntie and uncle on a walk with you.

Friends

Eat dinner with your family and friends. It is a good time to listen to them talk and to tell them about your day. Are their plates full of color?

Little Hummingbird

Grow strong together: Play outside with your friends.

Little Hummingbird

Coyote wants you to think that Mother Earth gave us the gifts of "good food and soda pop." Don't believe it! Drink cool, cool water every day.

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