

sprouts

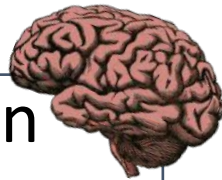
GROWING
STRONG AND HEALTHY
KIDS

Nutrition: Food is the fuel for our body. Making good food choices helps your body be healthy and strong. This week think about the foods you eat. Below are some examples of foods that fuel different body systems. Circle the foods that you ate during the week.



Eyes

Carrots
Spinach
Cantaloupe
Sweet potato



Brain

Fish
Peanut butter
Avocado
Beans
Blueberries

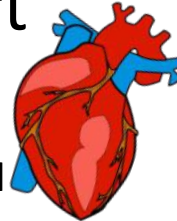
Hair

Milk
Chicken
Eggs
Cheese



Heart

Banana
Potato
Oatmeal
Tomato
Whole Grain Bread



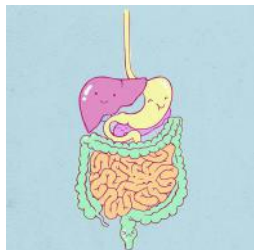
Muscles

Chicken
Beef
Banana
Cheese
Peanuts
Yogurt



Skin

Strawberries
Oranges
Carrots
Water



Digestive System

Popcorn
Apple
Corn
Almonds

Teeth & Bones

Milk
Yogurt
Broccoli
Cheese

