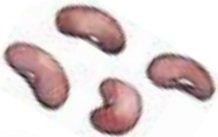




Celebrate Healthy Eating Award

Has Learned to

- + Start each day with breakfast for energy to play and learn
- + Eat plenty of fruits and vegetables for vitamins and minerals
- + Eat whole-grain bread, cereal, rice, and pasta for fiber
- + Drink milk and eat milk products for strong bones and teeth
- + Eat meat, fish, eggs, beans, and nuts for strong muscles and more
- + Eat a variety of foods and try new ones
- + Exercise to help grow bigger and stronger



Hurrah for Healthy You!

