







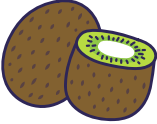

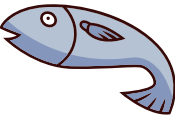





EATING YOUR WAY TO A Healthier Immune System

Directions:

Eating a variety of colors and types of food throughout the day can help make you strong and healthy. Let's see how many different foods you can eat this week. Place a sticker on each food item you eat!

 Mushroom	 Bell Pepper	 Chicken	 Milk	 Carrot
 Potato	 Lettuce	 Bean	 Egg	 Cheese
 Banana	 Strawberry	 FREE SPACE	 Mushroom	 Bread
 Rice	 Kiwi	 Yogurt	 Orange	 Celery
 Corn	 Muffin	 Mushroom	 Fish	 Almond