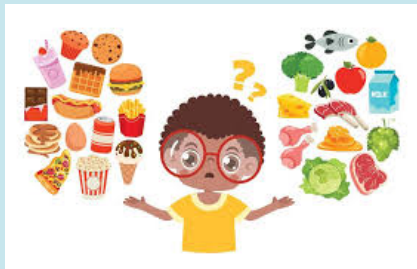


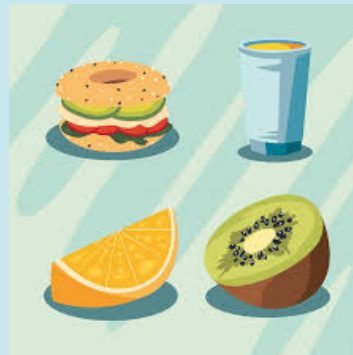


Why do food choices matter?



- Food fuels your body to grow, move and repair
- Making the right choices helps you feel better
- Thinking about your food choices is important now and for the future
- Drinking water helps your body work right

Questions to ask the class



- Do you help cook at home?
- Can you choose what to eat?
- Do you know what a healthy snack looks like?
- Can you drink more water?

Try these ...



- Help cook some meals at home
- Eat your meals together as a family
- Do you drink water every day?
- Can you have healthier snacks?
- What food might you switch to make a healthier choice?