TIME FOR KIDS

Eating Right



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For teachers' inspection ONLY

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Eating right means eating healthy food.

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It is okay to eat some treats, but only a little.



Fruits and vegetables are better for you than cookies and candy.

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Eat fruits and vegetables every day. Bread, nuts, and milk are good, too.



Your body needs healthy food to be strong.

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Put good food on your plate to make a healthy meal. You will be glad you did.



Remember to take only what you need. Your stomach will hurt if you eat too much.