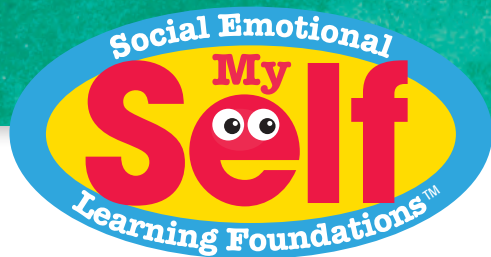


I Can Make Healthy Food Choices!

by Kellie Cardone





SET THEME:

I Make Responsible Decisions

Build Social and Emotional Intelligence

To help children make healthy food choices:

- Explain the difference between anytime and sometimes foods.
- Help them understand that once in a while it's okay to have a sometimes food.
- Encourage them keep an open mind when trying something new.
- Remind them that they might need to try something new more than once.

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How to Read This Book with Children

- 1** Read aloud the title. Discuss what it means to make healthy food choices.
- 2** Read aloud the book with children.
- 3** Talk about the different food choices as you read.
- 4** Ask children to describe how they feel when they make a healthy choice.
- 5** After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
- 6** Guide children to connect the story to their own experiences.



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These foods all have something in common.
Do you know what it is?



They're anytime foods!

But what are anytime foods?



They're foods like bananas, carrots,
peanut butter, and yogurt.

They give you energy and help you
grow big and strong.



Anytime foods are good for you.
You can eat them at any time.
What's your favorite anytime food?



Blueberries are my favorite anytime snack food. But mom wants me to try star fruit.

What if I don't like it?



Oooo! It's delicious.

I like blueberries and star fruit!

