

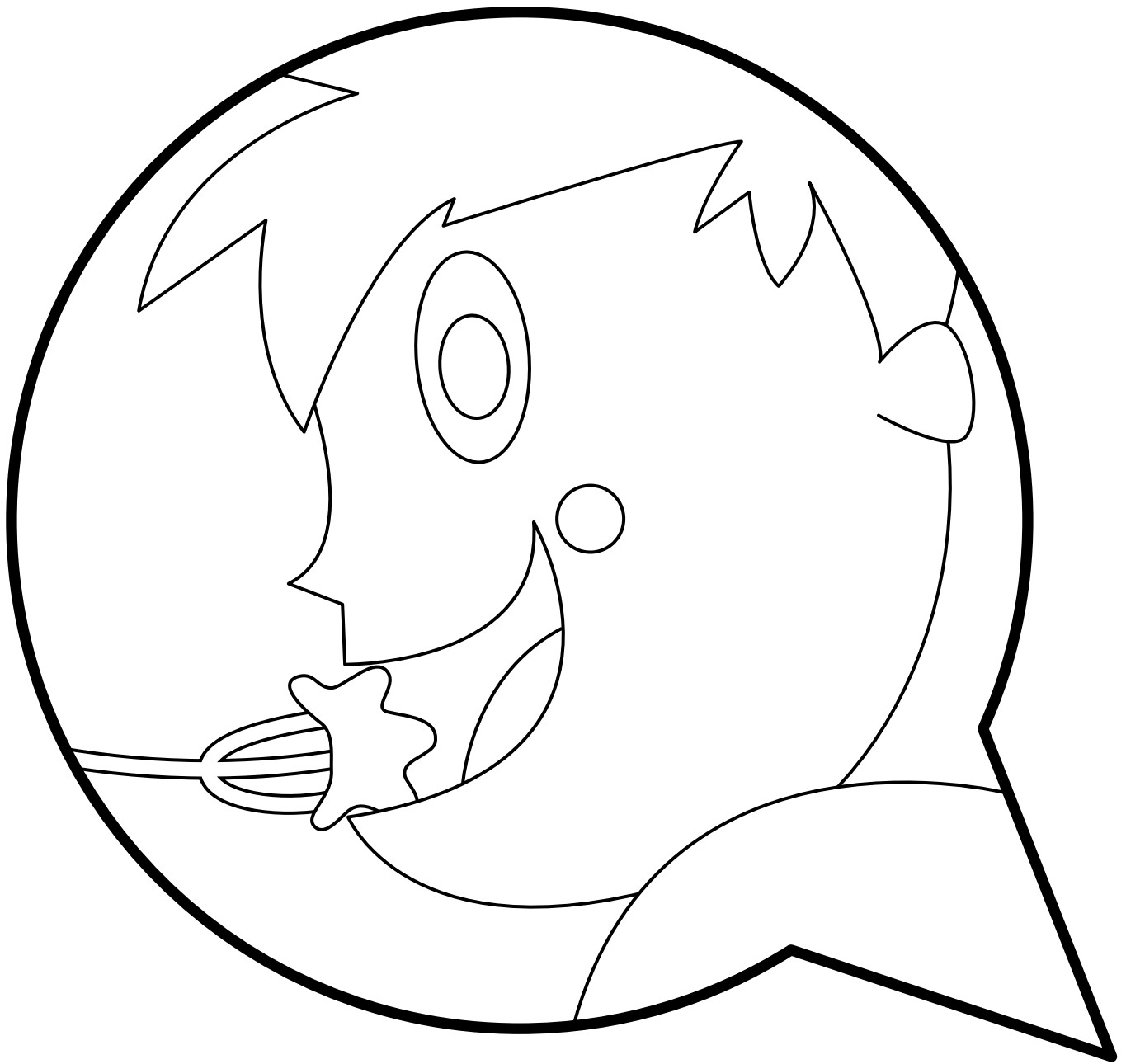
**Have children color in one worksheet after each daily read-aloud to reinforce the book's main take-away and celebrate the child's daily achievement. Once the collection and worksheets have been completed, display the worksheets or bind them to form a book for children to enjoy.**

HEALTHY FOOD  
AND DRINK CHOICES  
HELP ME GROW.



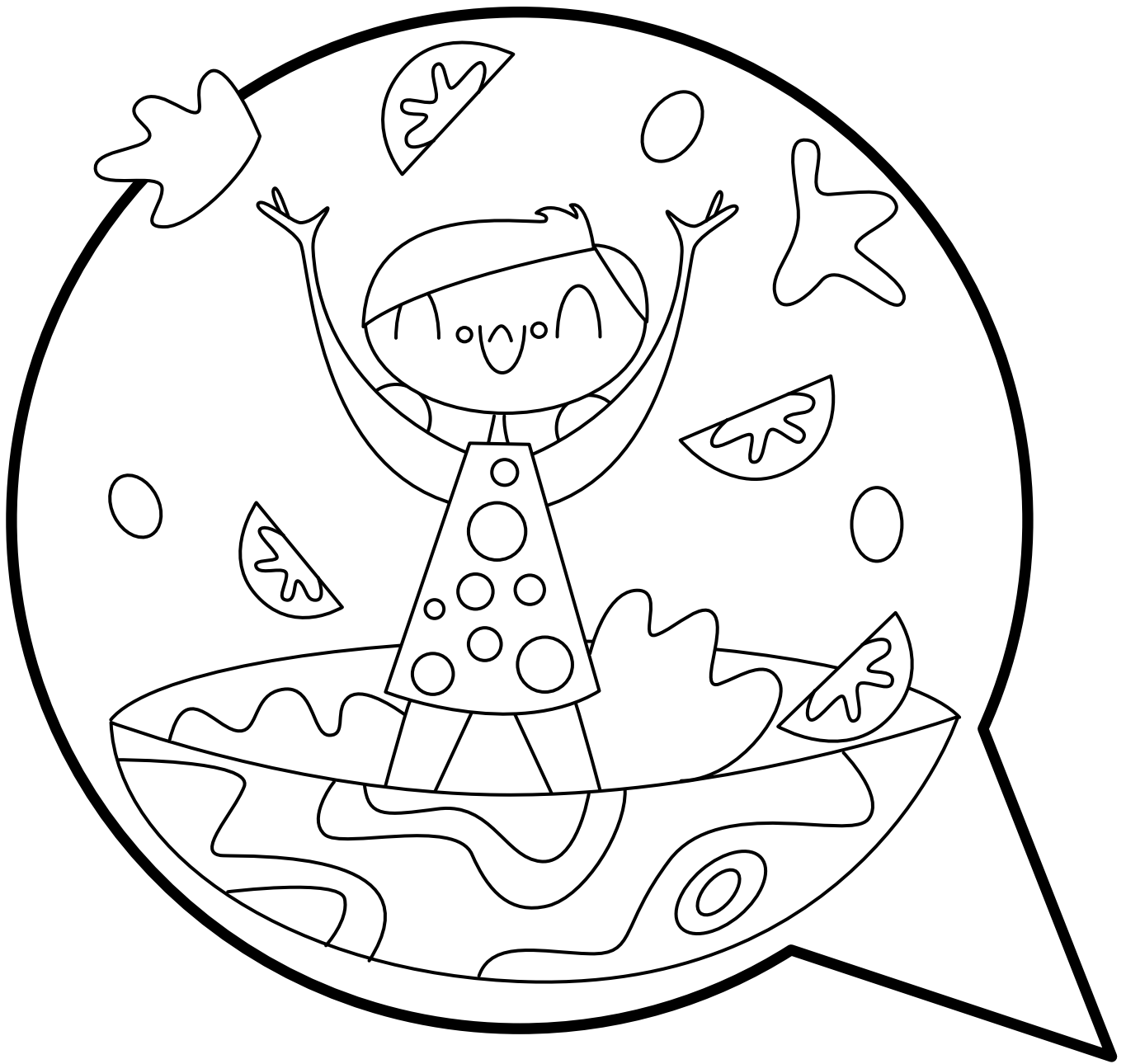
1

TRYING NEW FOODS  
IS FUN!



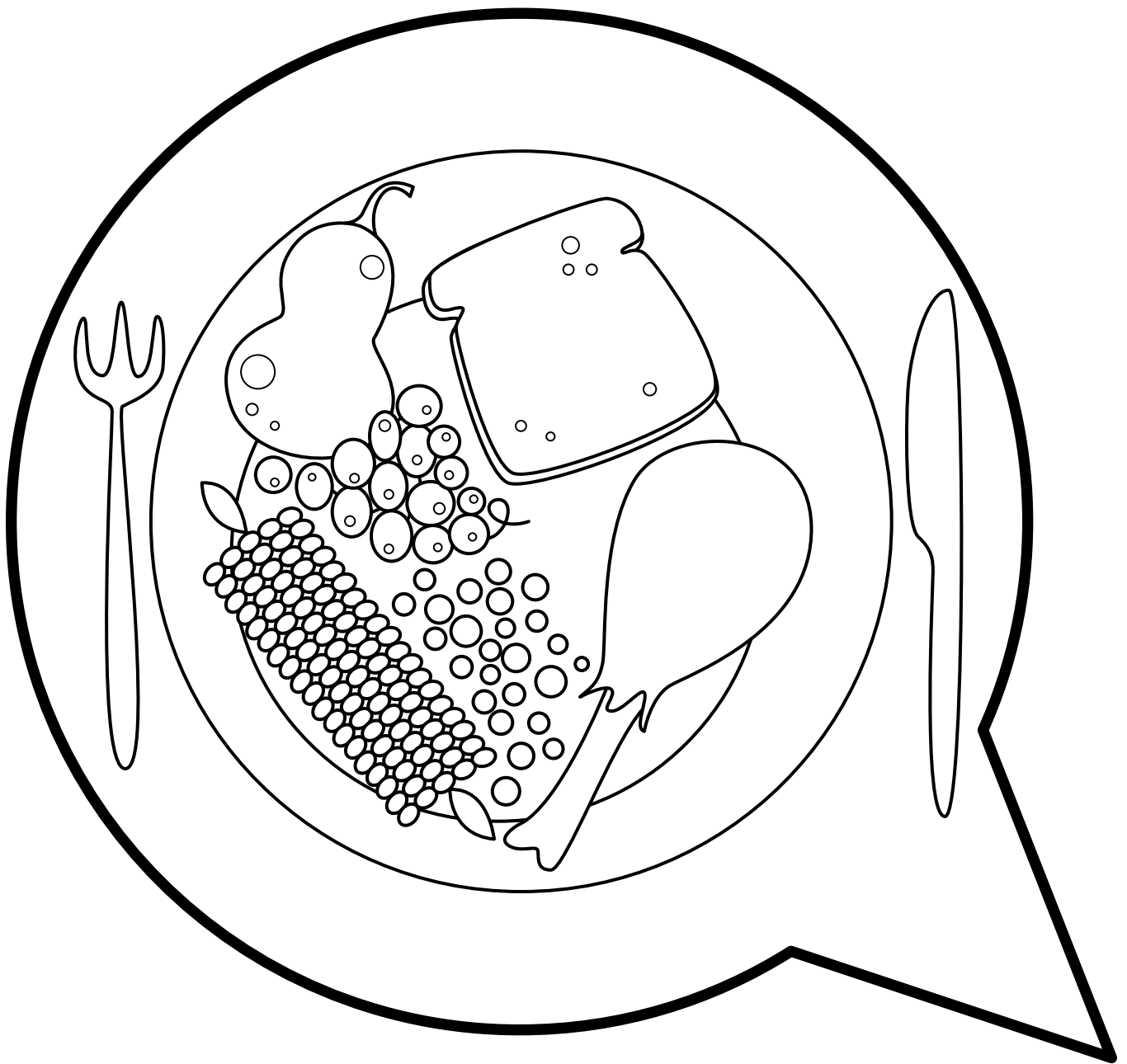
2

# HEALTHY FOODS SHOULD BE EATEN EVERY DAY.



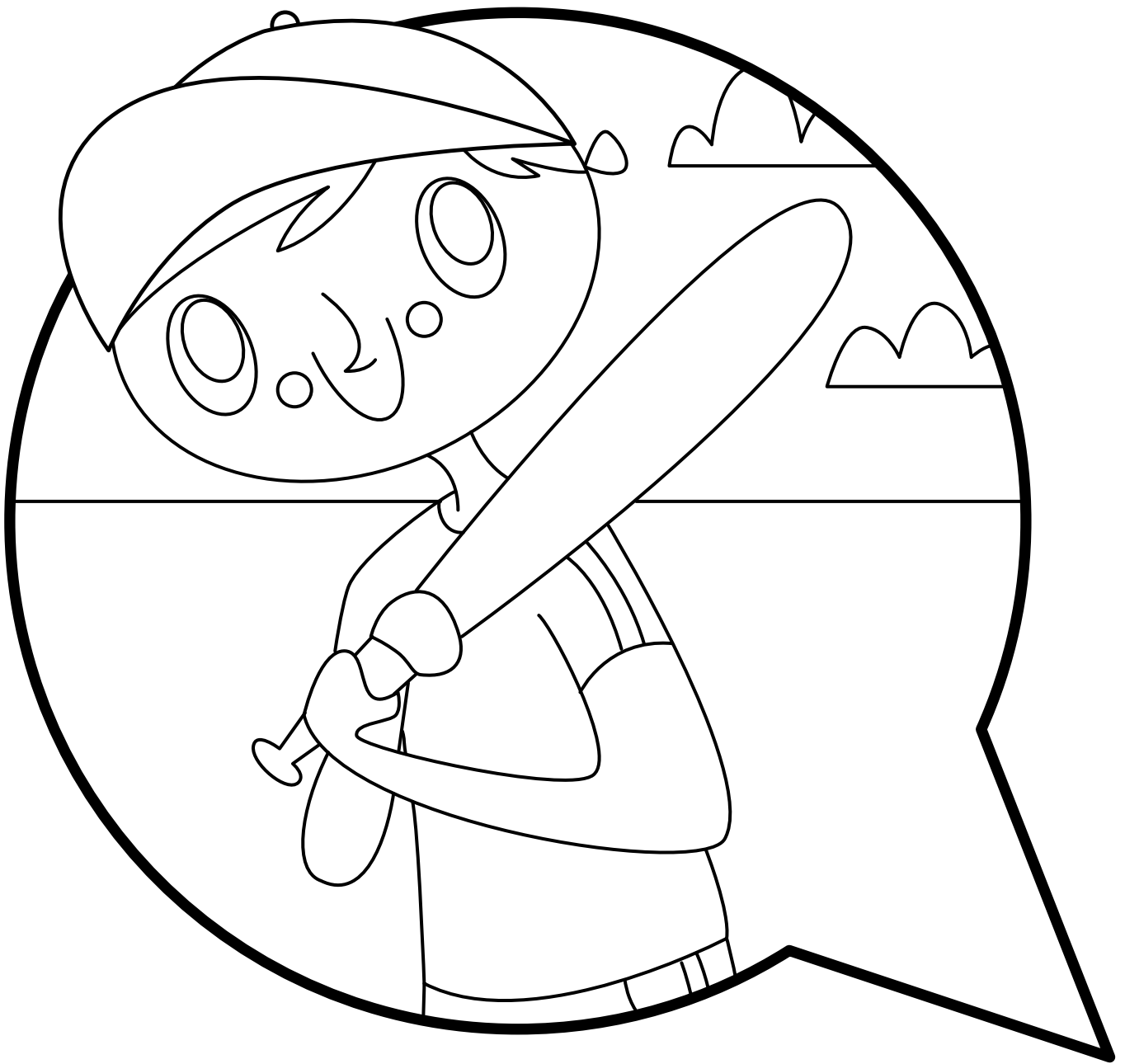
3

I KNOW WHAT FOODS  
TO PUT ON MY PLATE.



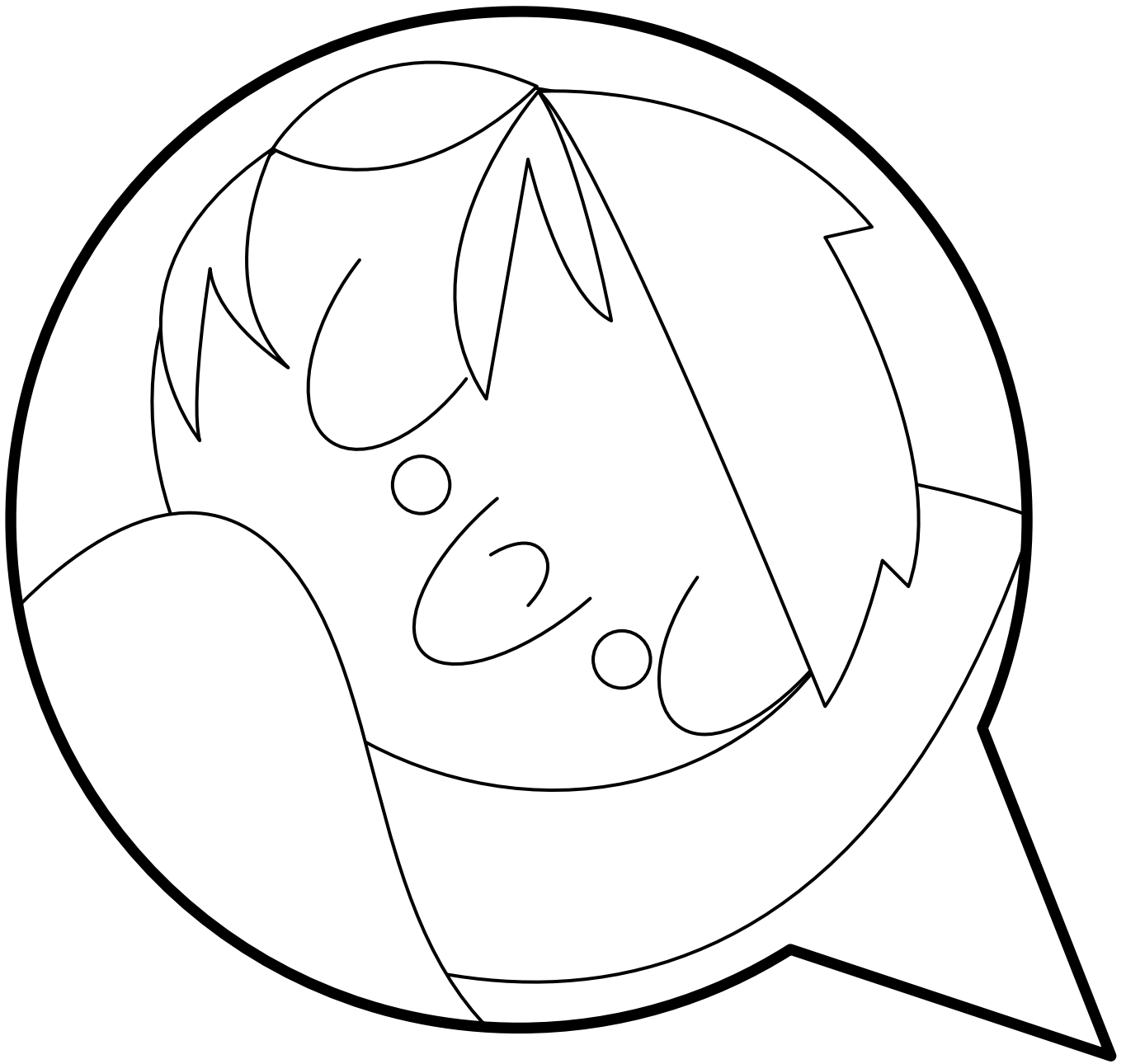
4

# MY GROWING BODY NEEDS TO BE ACTIVE.



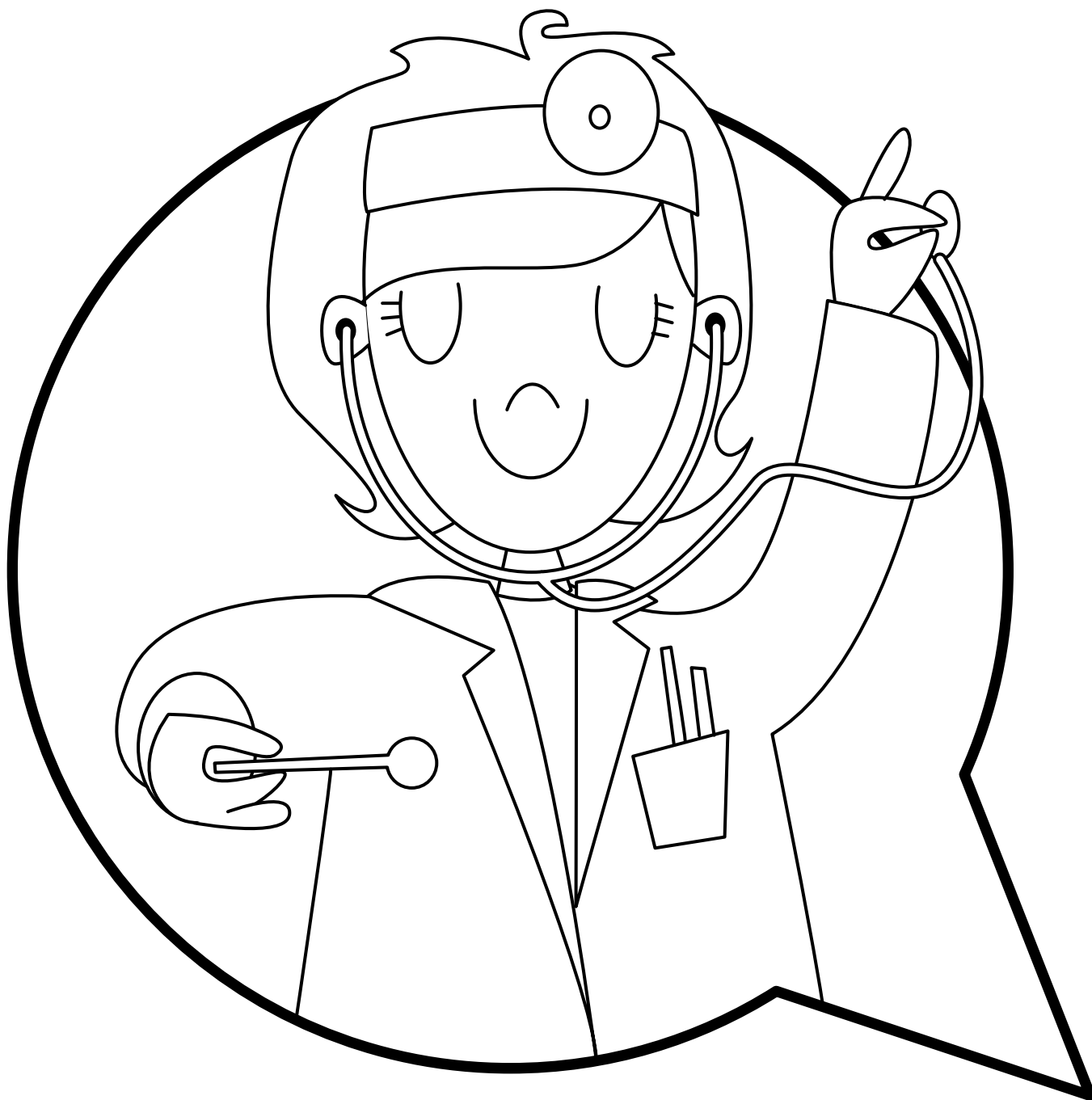
5

# MY GROWING BODY NEEDS REST.



6

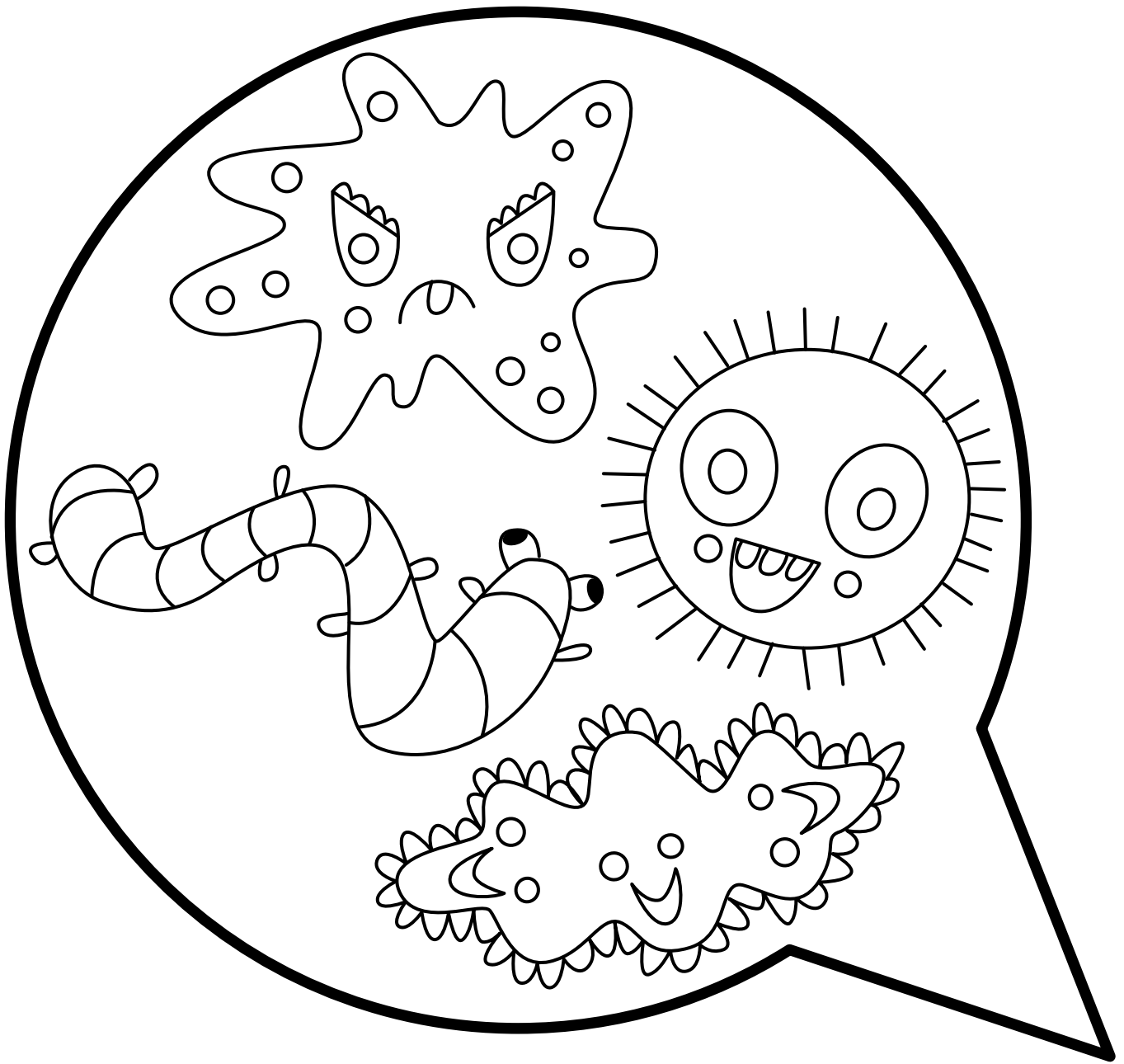
DOCTORS HELP ME  
TAKE CARE OF MY BODY.



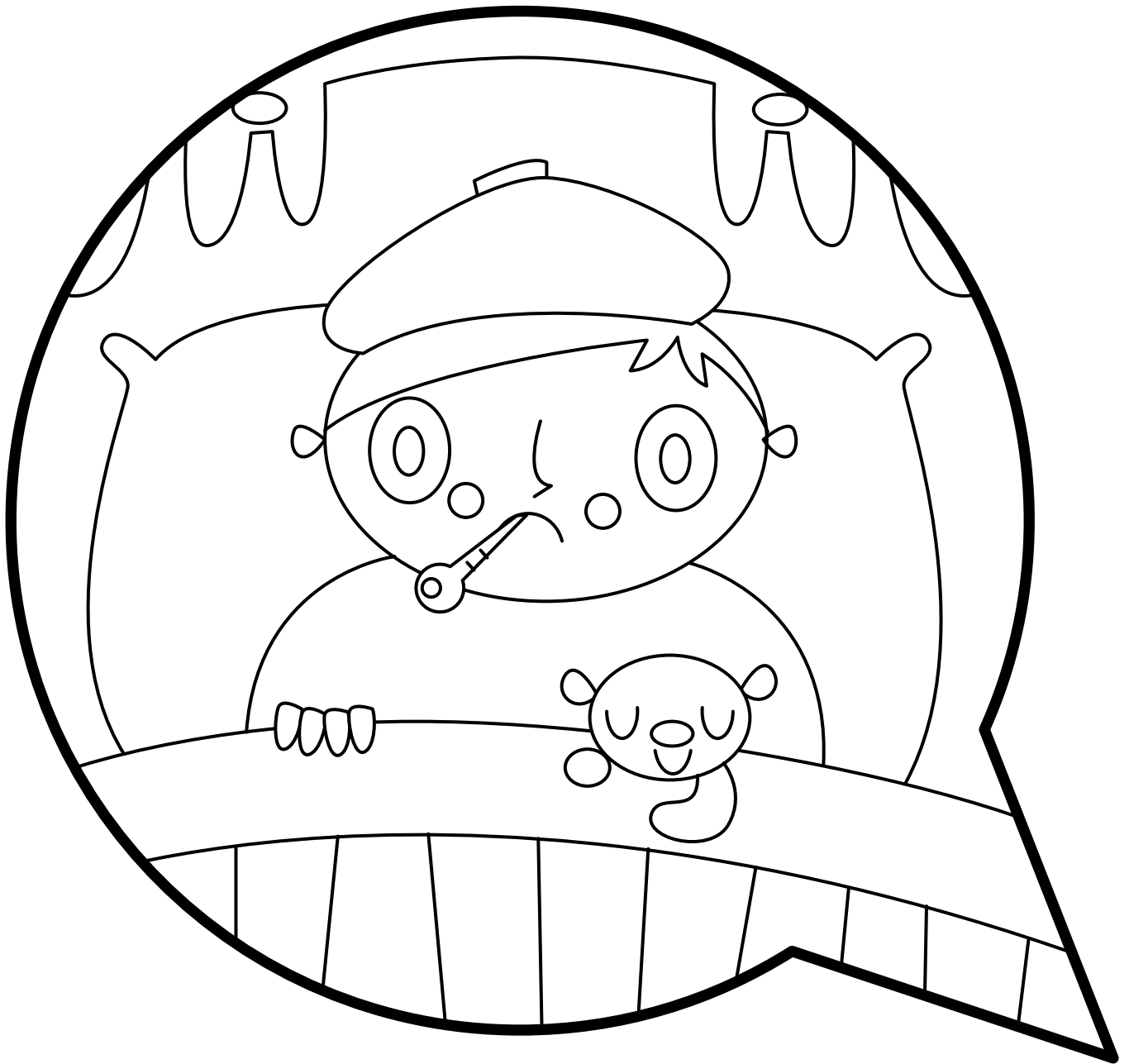
7



GERMS ARE ALL AROUND,  
AND I NEED  
TO KEEP CLEAN.



MY BODY WORKS HARD  
TO FIGHT OFF GERMS  
WHEN I'M SICK.



THERE ARE SO MANY  
THINGS I CAN DO  
TO STAY HEALTHY!



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