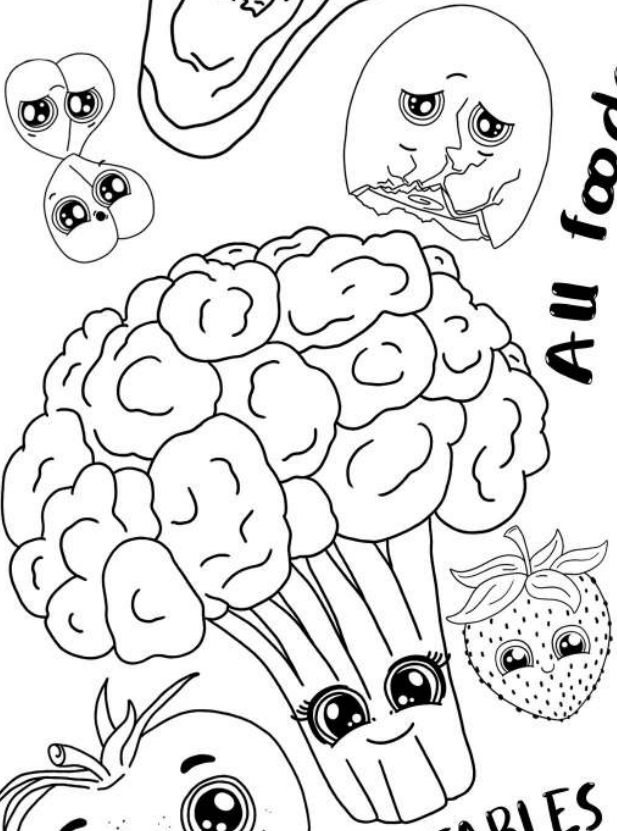
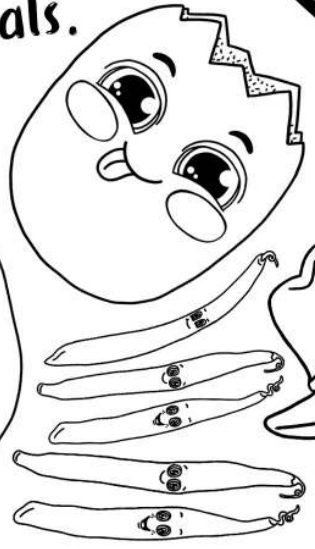


You need us **PROTEINS** to grow and stay strong.

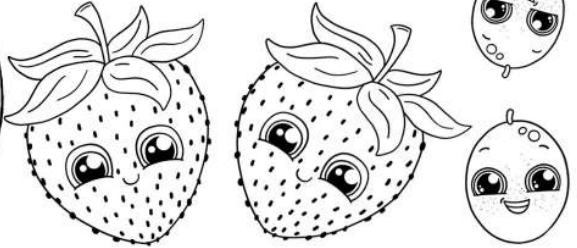


All foods are welcome

Us **FRUITS** and **VEGETABLES** contain many vitamins and minerals.



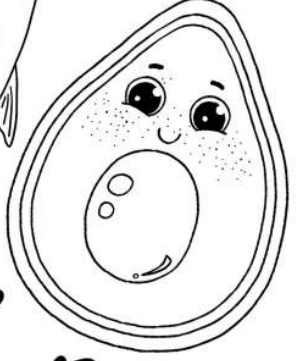
Let's paint a rainbow on the plate.



**WHAT FOOD WILL I INVITE**  
**MY NAME**  
\_\_\_\_\_  
**TO MY PLATE**



What healthy **FATS** will I invite onto my plate today?



Don't forget us **GRAINS!**