

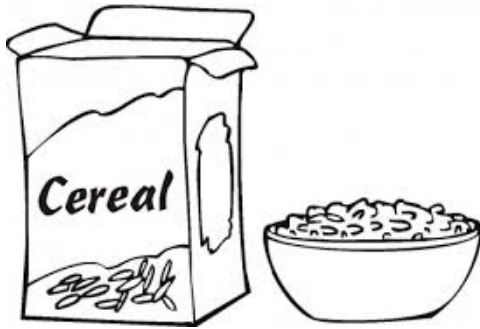
Name: _____

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Healthy Kid, Healthy Choices!

Directions: Color the pictures and circle your answers.

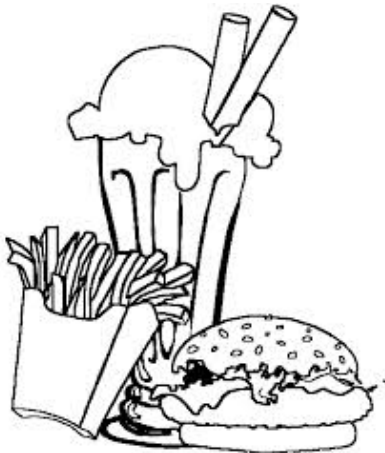
Breakfast: I want to be energized for the day and keep my tummy full! Which breakfast should I choose?



Snacks: My stomach's growling! It's snack time. Which snack bowl would you choose from to keep your body strong and healthy?



Lunch: I love lunch time! Pick the healthier lunch choice!



Name:

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Dinner: Eating dinner with my family is my favorite. My mommy asked me what I want for dinner. Which should I choose if I want my body to grow healthy and strong?



BONUS: Dinner's all done, what should you do next?

