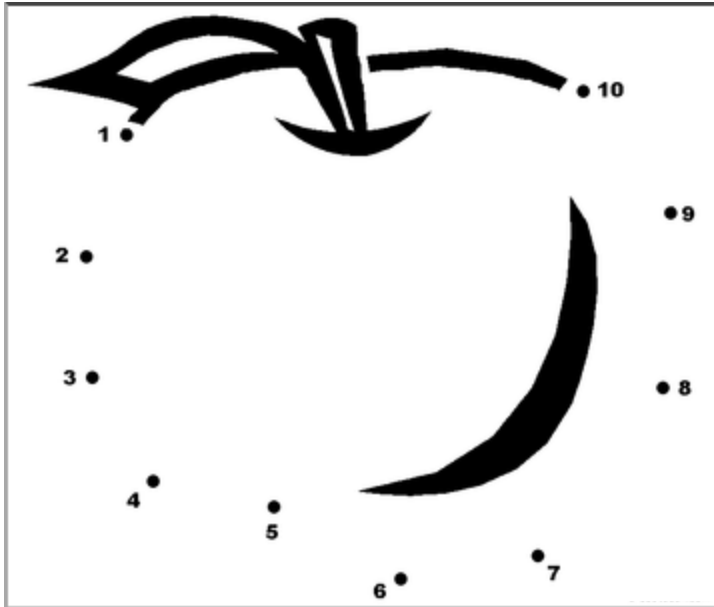


A Healthy Fruit Snack

Directions: Connect the dots from 1 to 10.



Parent Corner

Serving healthy snacks to our children is important to providing good nutrition for growth and development, supporting lifelong healthy eating habits, and preventing costly and potentially disabling diseases, like heart disease, cancer, diabetes, high blood pressure, and obesity. Snacks are a bigger part of kids' diets than in the past, and can make positive or negative contributions to kids' diets.

What I ate today:

My Lunch Grade:



Fruity Patterns

Directions: Draw the next figure in each pattern.

