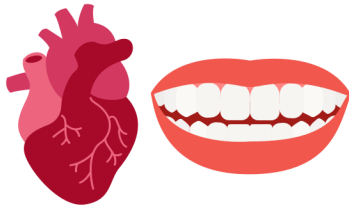




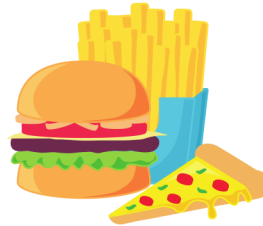
EATING HEALTHY



Eating healthy foods helps our bodies .



Eating good foods makes our heart and teeth super strong and healthy!



Fast food might taste great, but having too much isn't good for our bodies.



It has a bunch of sugar, and that's not good for you.



If there's too much sugar on your teeth, it can make little holes or even make them wiggly!



Eating too much junk food can make you gain weight.

5



Lots of people aim to eat five servings of fruits or veggies every day.



Every day, it's good to have breakfast, lunch, and dinner.



Choosing healthy snacks is really important for your body!



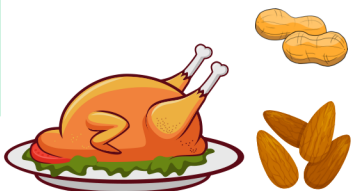
There are five groups of food that I should try to eat from: vegetables, fruits, proteins, grains, and dairy.



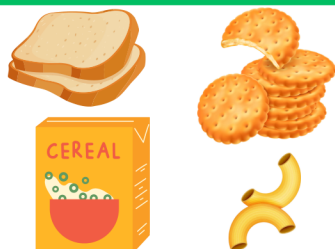
Vegetables are yummy foods like carrots, broccoli, peas, and cauliflower.



Fruits are yummy foods like apples, bananas, oranges and strawberries.



Proteins are yummy foods like meat and nuts.



Grains are yummy foods like bread, crackers and cereals.



Dairy is yummy foods like milk, yogurt and cheese.



Junk foods are foods like chocolate, sweets, burgers and fries.

Acuity Behavior Solutions

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We provide Applied Behavior Analysis for children with Autism and other developmental disabilities, therapy that teaches children a variety of communication, social, behavioral, and life skills. Copyright Acuity Behavior Solutions 2023.

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