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Word of the Month

NUTRITION

It is important to practice good nutrition in order to keep our bodies strong and healthy! You are probably already better at nutrition than you realize. Healthy food doesn't have to be boring! Circle all the healthy foods that you like and write in a few more!

I LIKE:	OATMEAL	APPLES	ORANGES	CARROTS
	PEANUT BUTTER	MILK	CELERY	SALAD
	PASTA	BANANAS	SWEET POTATO	EGGS
	CHICKEN	BEANS	BROCCOLI	WHOLE WHEAT BREAD

OTHER HEALTHY FOODS I LIKE: _____

Complete form and turn in at the Dojo or email between 4/24 - 4/30

Pick out a Prize from the treasure box at the Dojo!!

Student Name: _____