

What do you do first?

Pretend you are going to make a sandwich.
What do you usually do first?



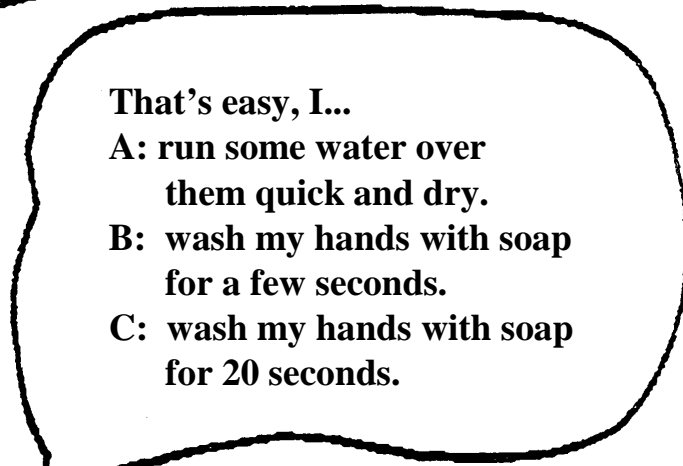
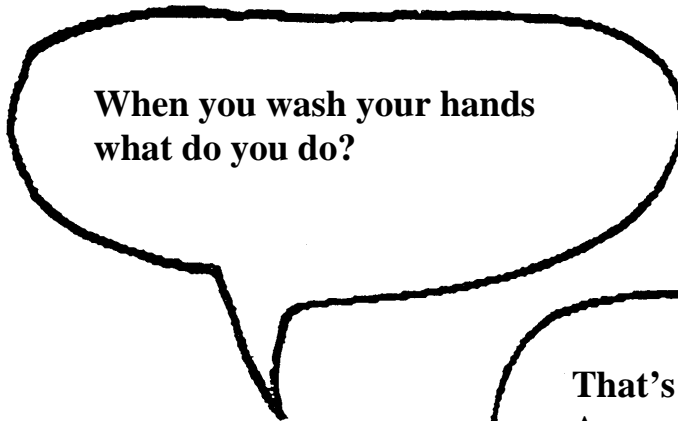
I start by...

- A. getting some meat from the refrigerator.
- B. washing my hands.
- C. laying out slices of bread.



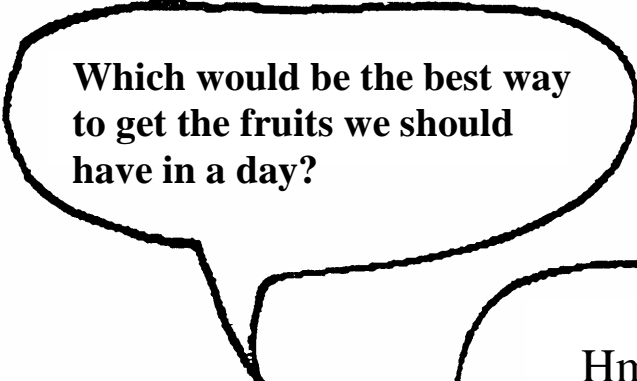
Choose One: What answer would YOU choose?

How do you wash your hands?

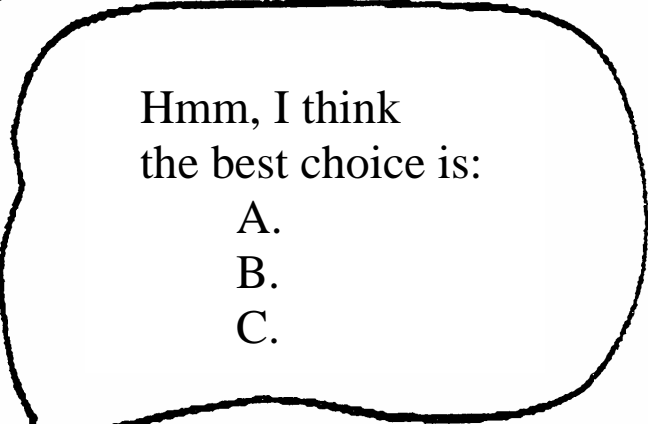


Choose One: What answer would YOU choose?

Eating a variety of fruit.



Which would be the best way to get the fruits we should have in a day?



Hmm, I think the best choice is:

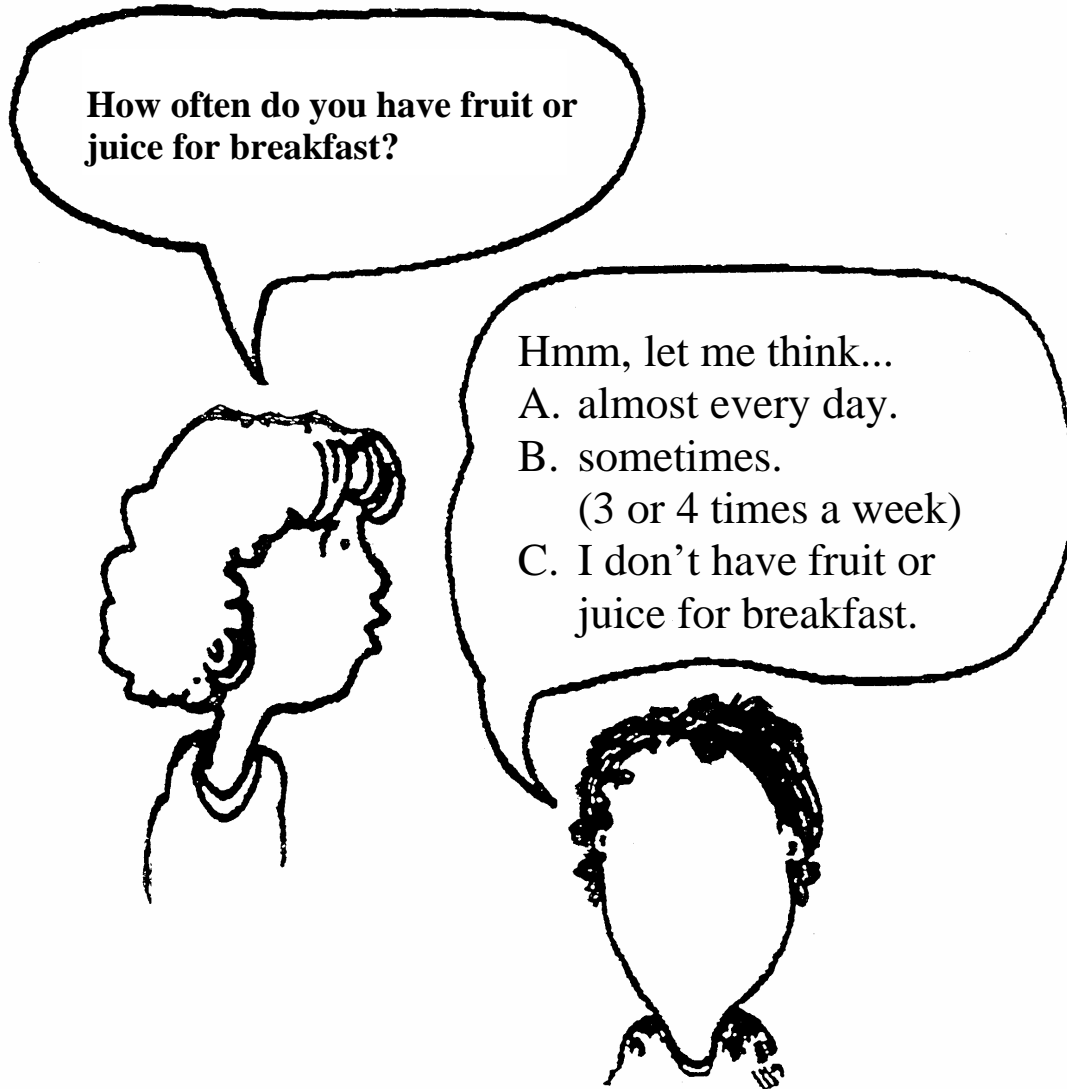
- A.
- B.
- C.

Choices:

- A. Orange juice at breakfast, canned peaches at lunch, and a banana for a snack.**
- B. Apple juice at breakfast, applesauce at lunch, and an apple for a snack.**
- C. Orange juice at breakfast and an orange smoothie for a snack.**

Choose One: What answer would YOU choose?

Fruit for breakfast.



Choose One: What answer would YOU choose?

Eating a variety of vegetables.

Which would be the best way to get the vegetables we should have in a day?



I think the best choice is...

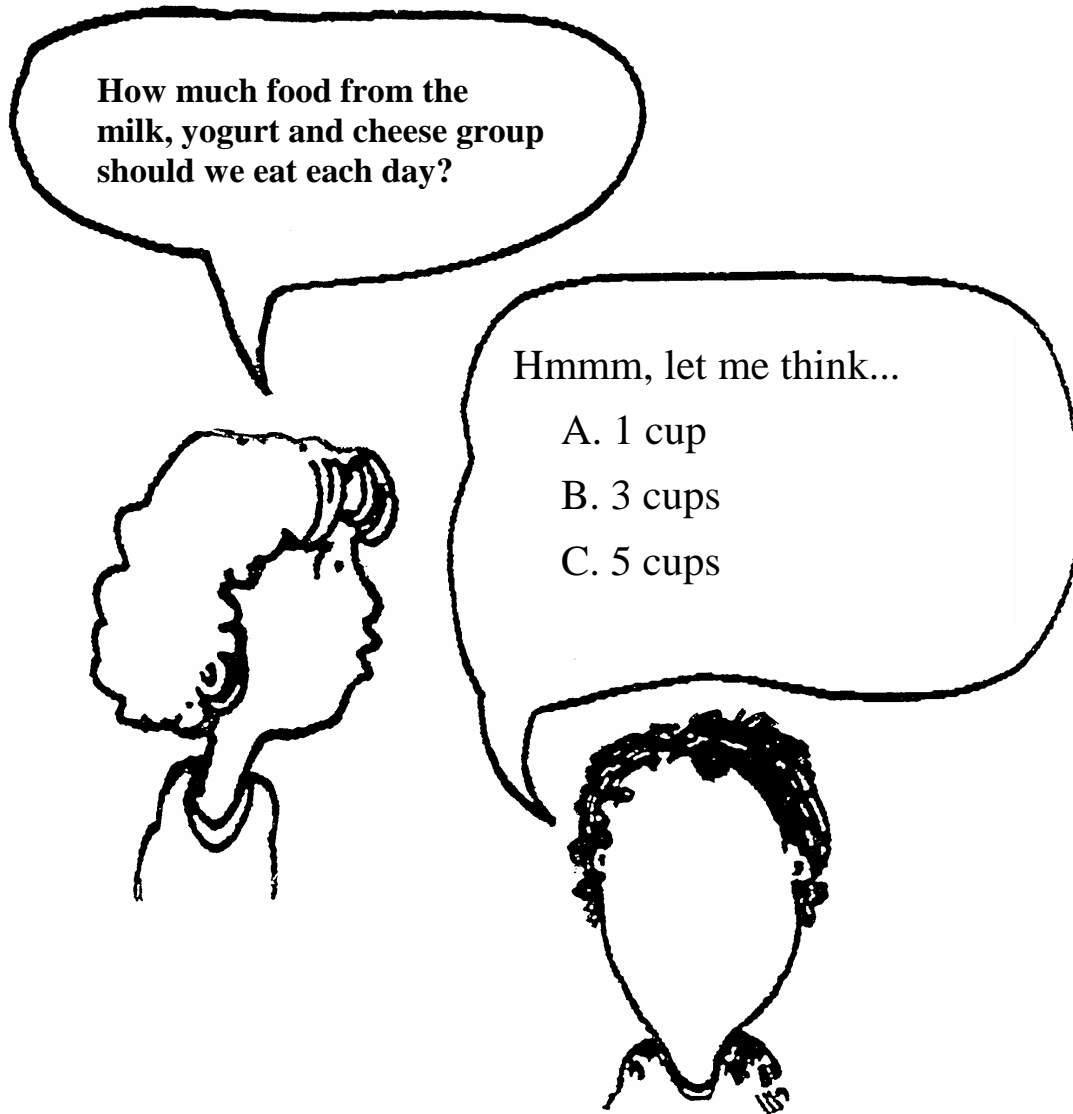
- A.
- B.
- C.



- Choices:**
- A. Salsa with chips for a snack, and spaghetti with tomato sauce for dinner.**
 - B. Raw carrots at lunch, and sweet potatoes and green beans for dinner.**
 - C. French fries for lunch, and a lettuce salad and mashed potatoes for dinner.**

Choose One: What answer would YOU choose?

How much from the milk group?



Choose One: What answer would YOU choose?

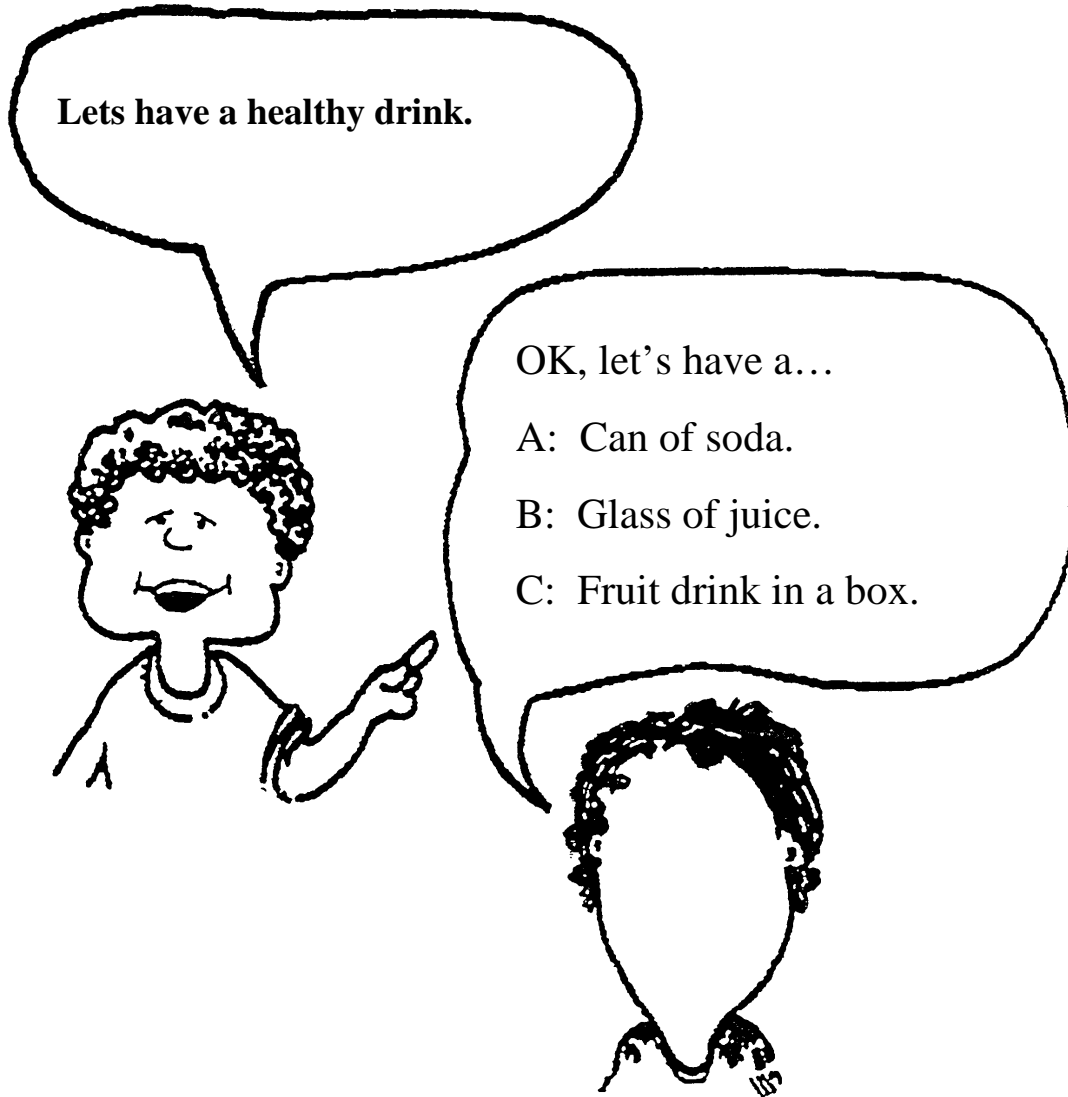
Note: Based on MyPyramid recommendations for children 9 to 13 years old.

What is a healthy snack?



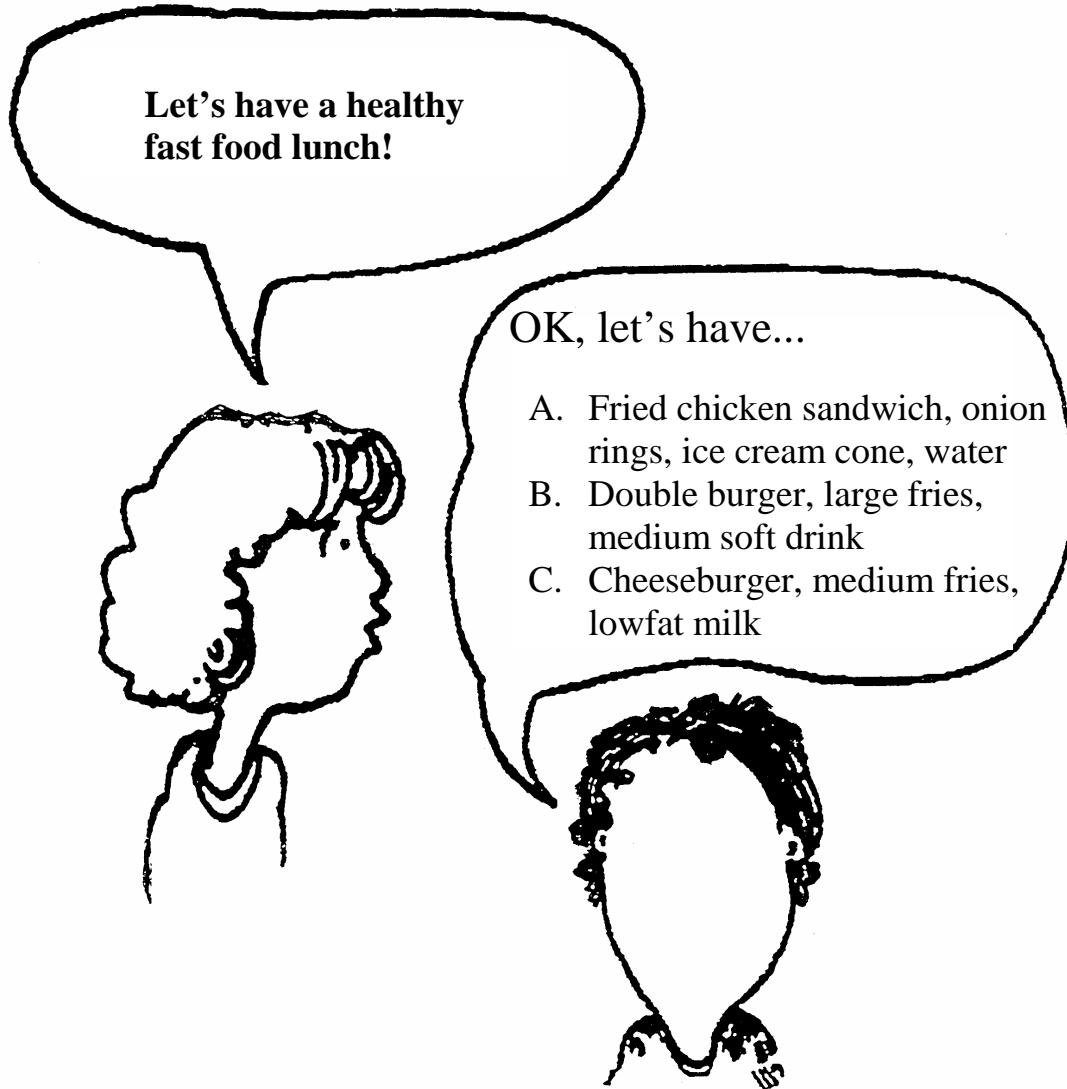
Choose One: What answer would YOU choose?

Which drink is the best choice?



Choose One: What answer would YOU choose?

Which fast food lunch is the best choice?



Choose One: What answer would YOU choose?