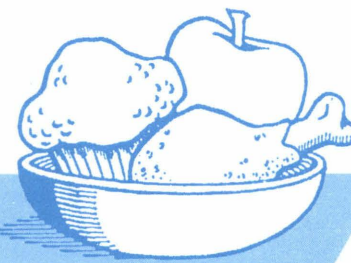
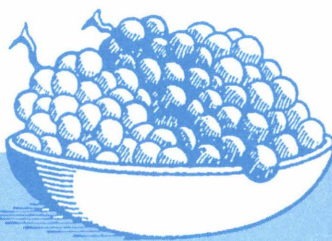
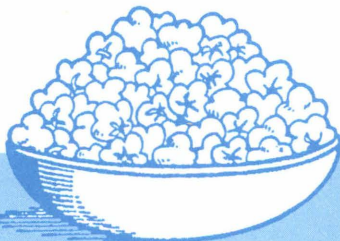


WHAT'S VARIETY?

Put an X over the bowl that shows variety.



WHO IS EATING A VARIETY OF FOODS?

Read the sentences. Is Crystal or Juan the healthy eater who is practicing variety?

Check the
correct box

Crystal loves peanut butter and jelly sandwiches. So Crystal ate a peanut butter and jelly sandwich for lunch on Monday. She ate another peanut butter and jelly sandwich for lunch on Tuesday. She also ate peanut butter and jelly sandwiches for her lunches on Wednesday, Thursday, and Friday. Yum! Yum! Yum! Crystal really thinks peanut butter and jelly sandwiches are delicious.

Juan also likes peanut butter and jelly sandwiches, so he ate one for lunch on Monday. On Tuesday, though, Juan ate a chicken leg for lunch. For his lunch on Wednesday, Juan tried spaghetti. On Thursday, Juan ate a hamburger for lunch. And Juan just couldn't wait to eat Friday's lunch, a bean burrito. Yum! Yum! Yum! Juan gives all sorts of foods a taste

HEALTHY EATER'S PLEDGE

I'm going to try to eat a wide variety of foods from the Five Food Groups every single day so I can be healthy, have energy, and grow up tall and strong.

Healthy Choices for Kids, Washington State Apple

NAME: _____

