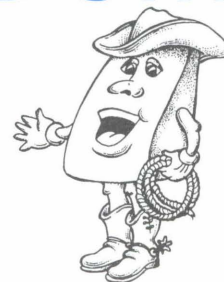
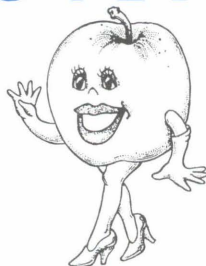
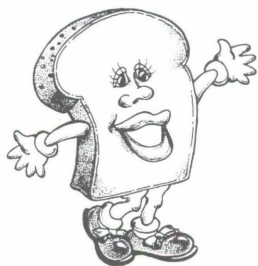


The FANTASTIC FIVE FOOD STARS



Melba Toast is the Food Star for the _____

Groupies _____

Celery Stalk is the Food Star for the _____

Groupies _____

Ginger Gold is the Food Star for the _____

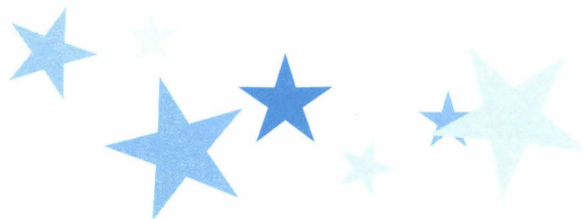
Groupies _____

Chuck Steak is the Food Star for the _____

Groupies _____

Monterey Jack Cheese is the Food Star for the _____

Groupies _____



If you want to be a super healthy star performer eat a wide variety of foods from the five food groups every day.

Healthy Choices for Kids, Washington State Apple

NAME: _____



Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, religion, sex, age, veteran status, national origin, disability, or political affiliation. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. J. David Barrett, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Lorenza W. Lyons, Administrator, 1890 Extension Program, Virginia State, Petersburg.

