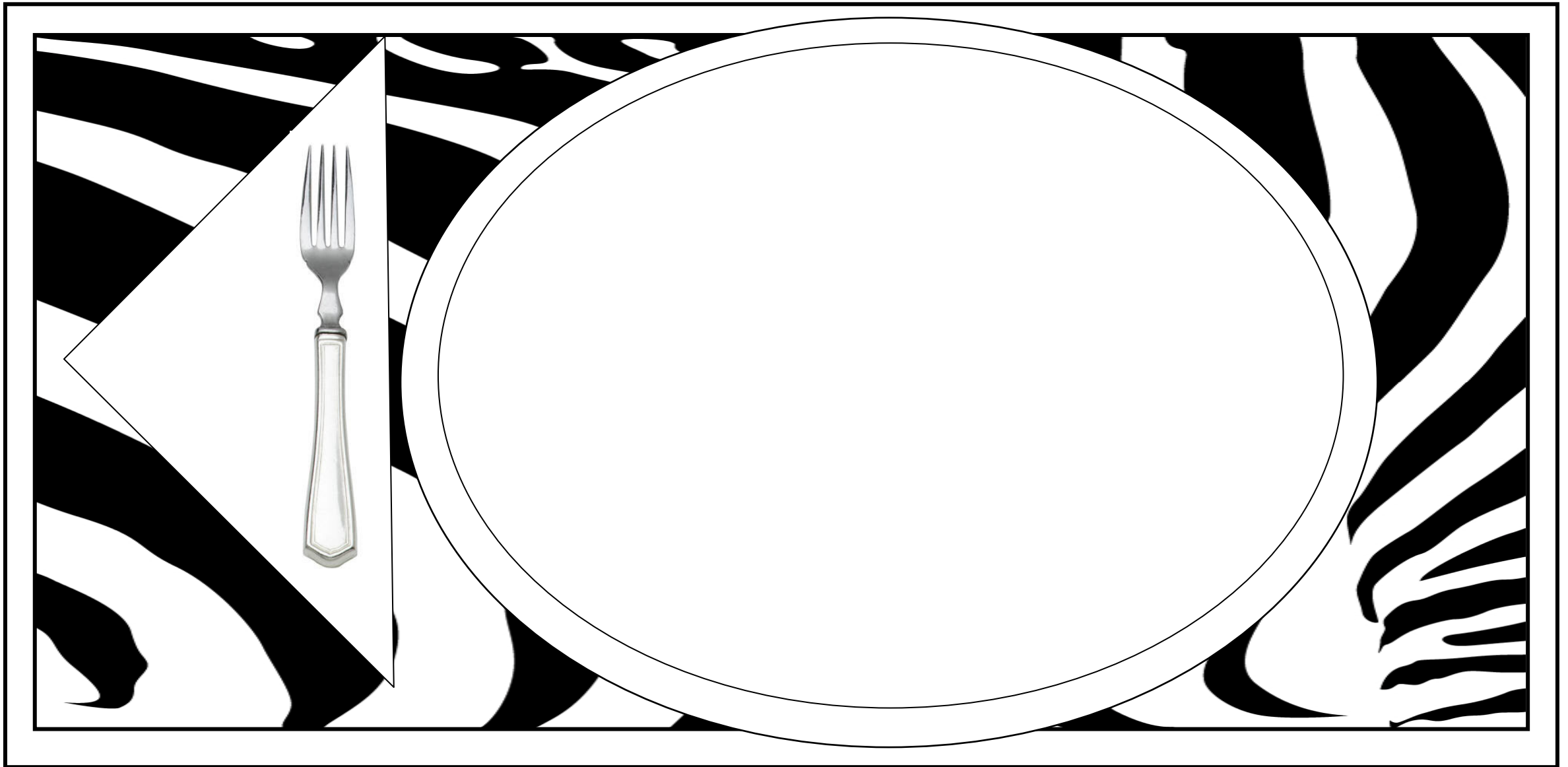


Make a Healthy Meal!



Draw a healthy meal on the plate!
****Check out the next page for clues for a healthy meal!**

Healthy Foods!

Eating healthy is an important part of being a lead smart kid!
Eating healthy foods that are high in **iron**, **calcium** and **vitamin C** can help keep you safe!!

Here are some examples of foods high in iron, calcium & vitamin C!!

Iron

- Lean red meats
 - Fish
 - Chicken

Calcium

- Milk
- Yogurt
- Cheese
- Green leafy vegetables (like spinach, kale & collard greens)

Vitamin C

- Oranges
- Orange juice
- Grapefruits
- Tomatoes
- Green peppers