

 <p>Read a book or story about food.</p>	 <p>Draw or write about your favorite food.</p>	 <p>Eat a locally grown food.</p>	 <p>Eat a green fruit or vegetable.</p>	 <p>Read a food label.</p>
 <p>Drink a glass of water.</p>	 <p>Plan and/or plant an edible garden.</p>	 <p>Include a fruit at breakfast.</p>	 <p>Eat a healthy breakfast.</p>	 <p>Eat an orange fruit or vegetable.</p>
 <p>Make half your plate fruits or vegetables.</p>	 <p>Include a vegetable at dinner.</p>		 <p>Eat a red fruit or vegetable.</p>	 <p>Help make a meal.</p>
 <p>Choose a protein food like beans, fish, lean meats and nuts.</p>	 <p>Set the table.</p>	 <p>Try a new food.</p>	 <p>Eat a snack made of at least 2 food groups.</p>	 <p>Choose a whole grain food.</p>
 <p>Wash your hands before eating.</p>	 <p>Eat a low-fat dairy food.</p>	 <p>Eat a meal together as a family.</p>	 <p>Eat a plant-based protein.</p>	 <p>Read a recipe.</p>

Always ask an adult for permission.

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