

Why I Love My Body

My body does amazing things

1. I love my arms because they

5. I love my feet because they

2. I love my hands because they

6. I love my entire body because it

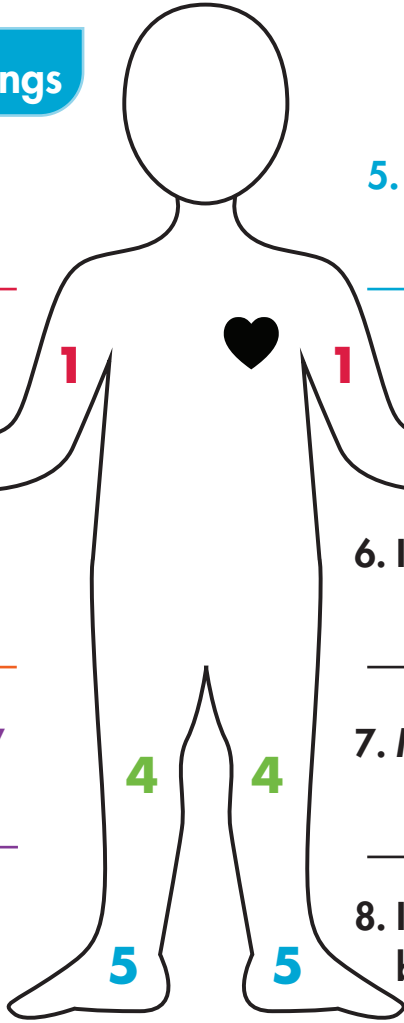
3. I love my fingers because they

7. My body is special because it

4. I love my legs because they

8. I can _____

because I have a body.



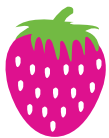
These are my favorite foods



1. Veggie:



4. Protein:



2. Fruit:



5. Dairy:



3. Grain:

It's important to eat different kinds of food to stay strong as there are no good or bad foods. **All food should be enjoyed!**