



Love Your Body



All Foods Fit

- All foods fit mean that there are no “good” or “bad” foods. There is just food!
- It’s important to recognize that all foods can fit into your diet and should be enjoyed.
- One type of food won’t instantly make you healthy or unhealthy.
- Eating a variety of food is essential to maintaining a strong body and respecting all that your body can do for you.

Celebrate What Your Body Does

Have you ever thought about just how awesome your body is and all that it can do?

It allows for you to:

- Play sports
- Hug your family
- Eat delicious food
- Play with your friends
- So much more!

These are my favorite foods:



Veggies and fruit help keep your eyes, skin and stomach healthy.

My favorite:



Grains give you energy for your day.

My favorite:



My all time favorite food:



Protein keeps your muscles healthy and strong.

My favorite:



Dairy keeps your bones and teeth strong.

My favorite:

My body does amazing things:

I love my entire body because it:

My body is special because:

I can _____
because I have a body.

I can take care of my body by:

1. Staying active

2. Getting enough sleep

3. Washing my hands

4. _____

5. _____



Our Mission: Food for better lives
Our Vision: A world that doesn't need food banks

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