These are my favorite foods:

- **Veggies and fruit** help keep your eyes, skin and stomach healthy.
  - **My favorite:**

- **Protein** keeps your muscles healthy and strong.
  - **My favorite:**

- **Grains** give you energy for your day.
  - **My favorite:**

- **Dairy** keeps your bones and teeth strong.
  - **My favorite:**

My all time favorite food:

I can take care of my body by:

1. Staying active
2. Getting enough sleep
3. Washing my hands
4. 
5. 

I love my entire body because it:

My body is special because:

I can because I have a body.