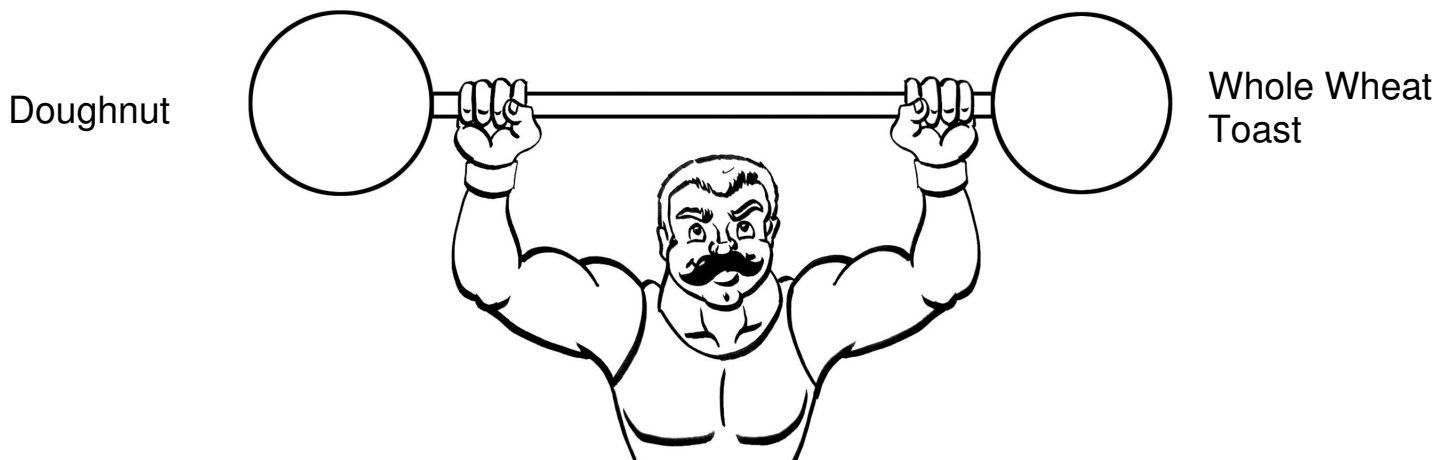
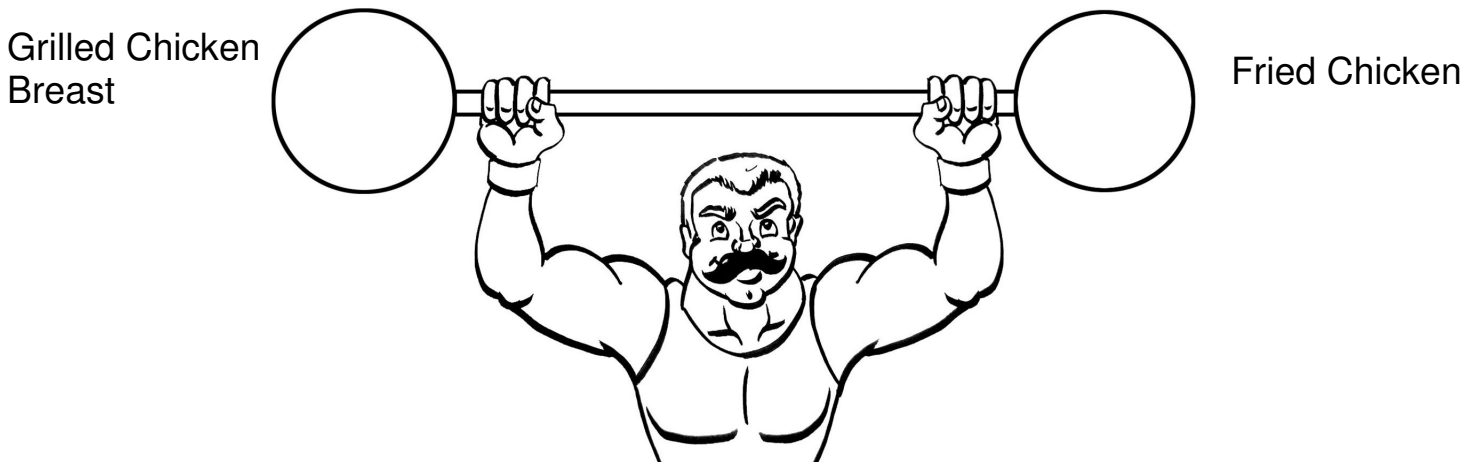
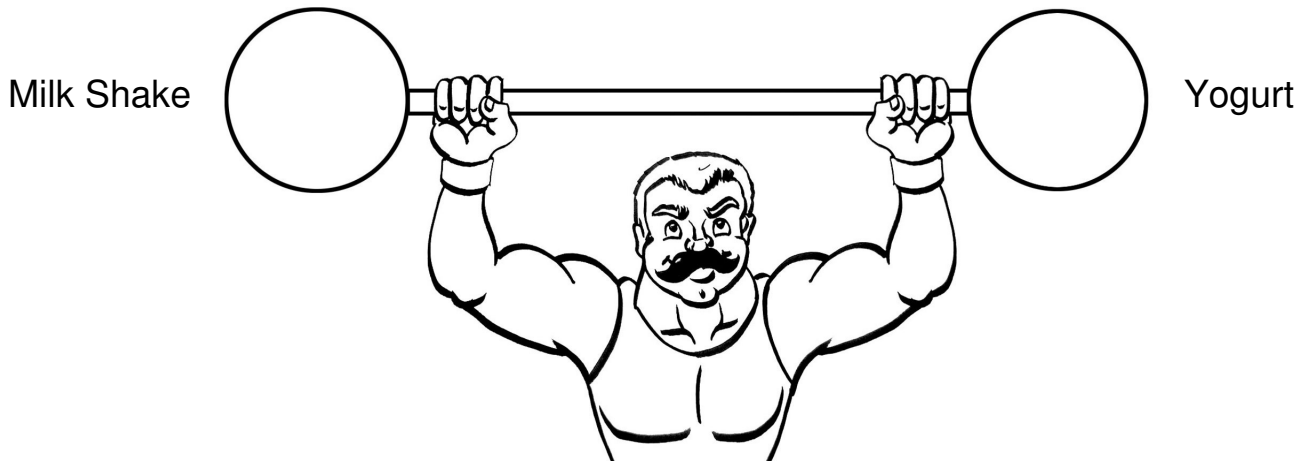


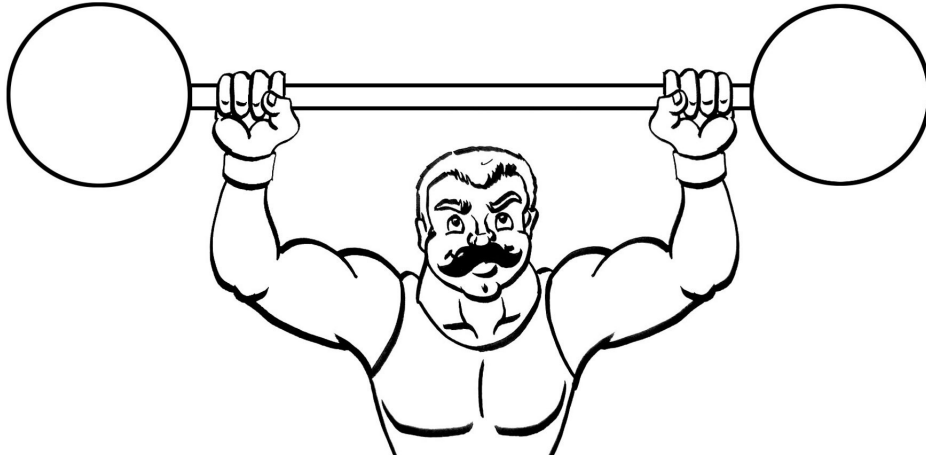
# Nutritious Choices

Farmers provide you with nutritious foods. Some foods help you grow and make you strong. You should eat more of these foods every day.

*Directions: For each picture, color the body builder's weight that shows the food that is the healthier choice.*

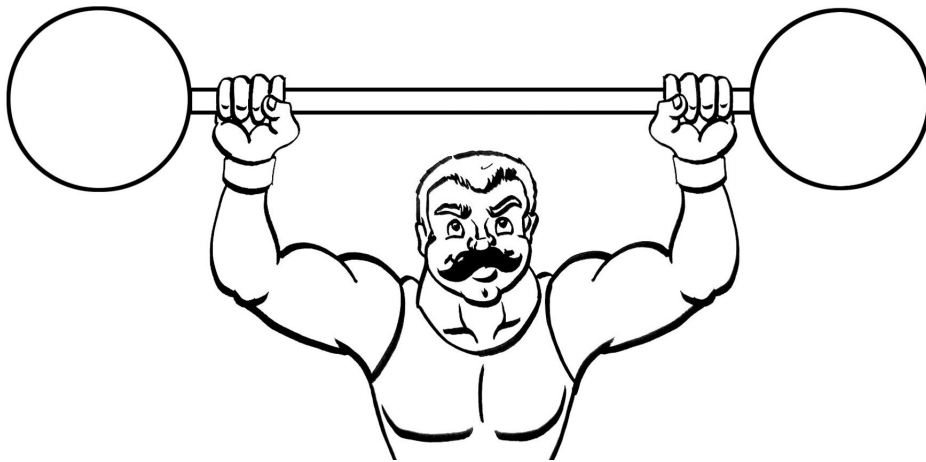


Tossed Green  
Salad



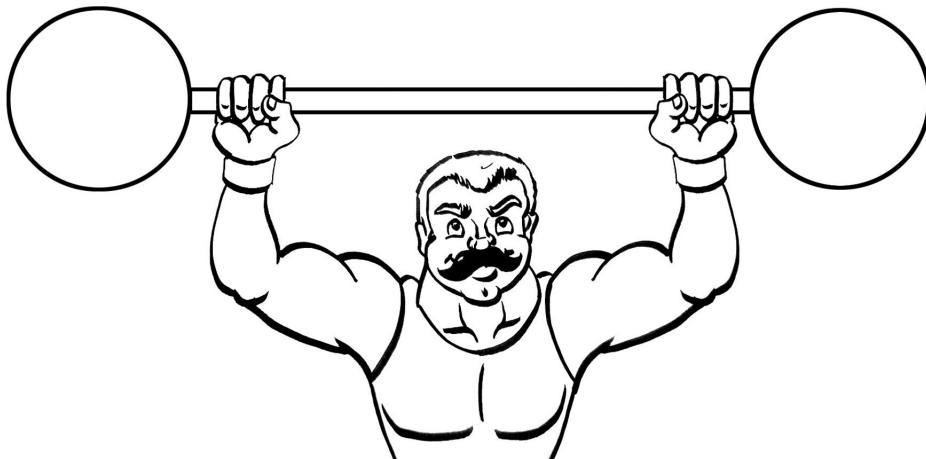
French Fries

Apple



Apple Pie

Ranch  
Dressing



Olive Oil  
Dressing