



**MAKE GOOD
FOOD CHOICES**

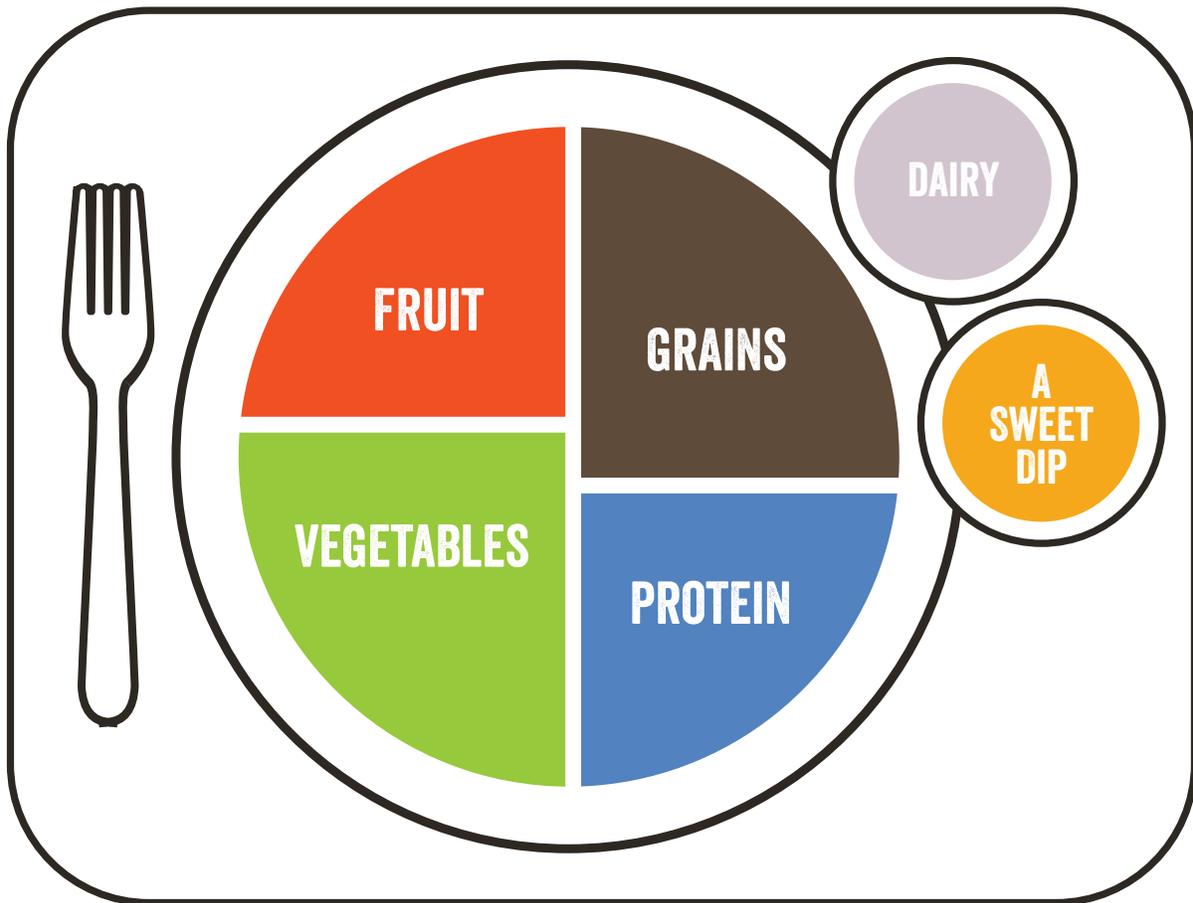
Choose real, 100% pure foods.



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WHAT'S GOOD FOR YOUR BODY?

By putting real foods that come from the earth in your mouth, you're making good choices for your body as you grow!



*Words
to Learn*

- VITAMINS
- ANTIOXIDANTS
- POTASSIUM
- MANUFACTURERS
- HIGH FRUCTOSE CORN SYRUP
- PURE

- ESSENTIAL
- PREVENT
- PROCESSED
- QUINOA
- PROTEIN
- INGREDIENTS



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MATCHING GAME: WHERE DO EACH OF THE FOODS COME FROM?

Some foods are real. Some are not. What does real mean? It comes from the earth and has nothing added to it.

Matching game: Where do each of the foods come from? Draw a line from the word to the picture of where it comes from.



SALMON

RAW & UNFILTERED HONEY

COCONUT

CHEESE

PEPPERONI

BREAD

APPLE

SWEET POTATOES

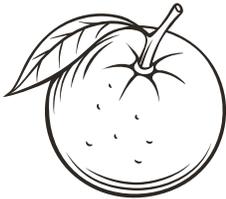
EGGS

BANANA

WATERMELON



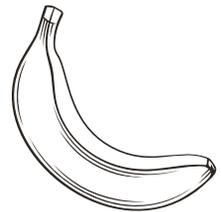
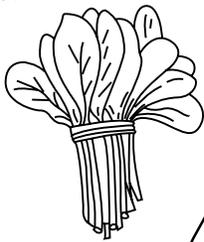
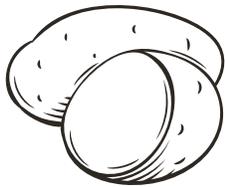
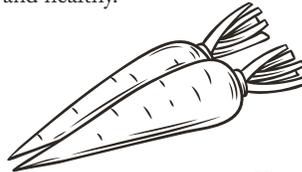
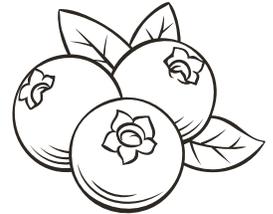
WHY REAL FOODS?



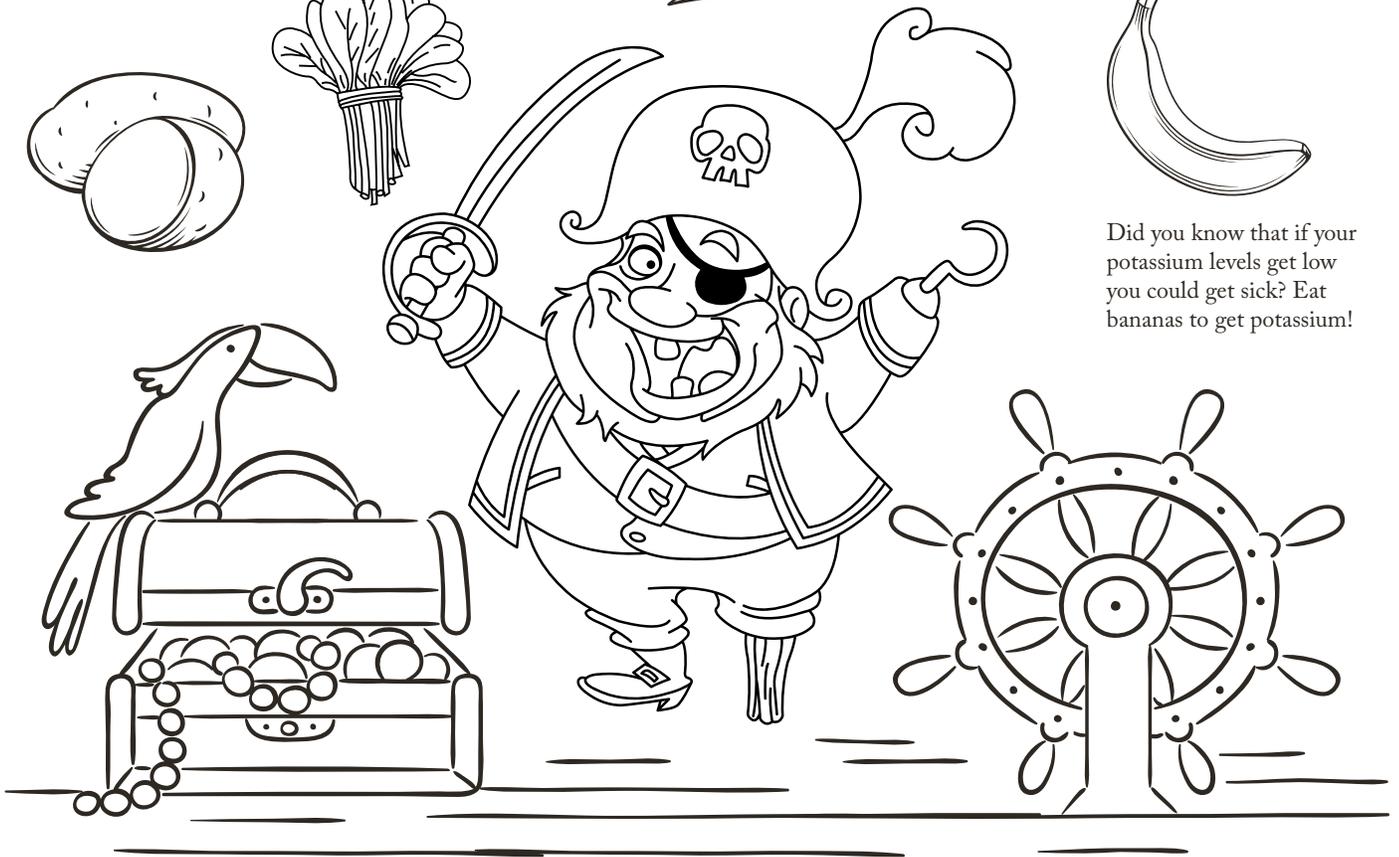
Oranges, carrots, potatoes, spinach, and lots of other natural foods have vitamin C.



Honey has vitamins, antioxidants, and other good stuff. Vitamins and antioxidants are found in natural foods and are essential to growing up strong and healthy.



Did you know that if your potassium levels get low you could get sick? Eat bananas to get potassium!



DID YOU KNOW?

Pirates often got sick with scurvy because they were out at sea so long they never got foods that grow in the dirt or on trees. If this pirate had eaten fruits and vegetables more often, he could've prevented himself from getting sick.

After you've colored this page, write your pirate's name here.



WHAT FOODS ARE NOT REAL?

Anything that has had lots of things added to it is not real. Watch out for high-fructose corn syrup! This is a liquid processed from corn that sweetens foods and drinks. Choose real foods instead of processed.



MAKE A GROCERY LIST

Using what you've learned, make a grocery list of everything you want to buy at the grocery store. It's important to plan ahead so you can take the list with you to the store and be sure to get everything you need.

Grocery List

DISCUSSION QUESTION:

What foods on the list have lots of protein?

Did you get everything you need for your body to stay healthy? Use the plate on page one to make sure you got something for every spot on the plate. Now you're ready to shop.



LET'S GO TO THE GROCERY STORE

We can't all go to the farms to get our food, but don't worry: Farmers and other food manufacturers send real food to the grocery stores for you to buy. Not everything in the grocery store is real. Here's how to find good food to put in your basket and body.

See something you like at the store? Read the label first.

Do you think you should add this to your cart? Circle yes or no. Circle the parts of the label that helped you decide this.



This tells us that nothing has been added.

This tells us that it's real and natural.



YES NO

DISCUSSION QUESTION:

What does 100% mean?



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TIME TO SHOP

Cut out your basket so you can get ready to shop.



CHOOSE REAL FOODS

Cut the real, 100% pure foods out of the shelves and put them in your basket.
Be sure to leave the other stuff behind.



