



# HEALTHY FOOD ROCKS

EATING HEALTHY IS AS EASY AS 1-2-3! MAKE SURE THAT YOU EAT LOTS OF FRUITS AND VEGGIES, WHOLE GRAIN BREADS AND DONT FORGET TO DRINK WATER. WRITE IN EACH SQUARE WHAT YOU ATE FOR THE DAY. REMEMBER: HEALTHY FOOD EQUALS A HAPPY LIFE!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY
