

**bones**

# Strong Bones

This food is a good source of Calcium! Calcium is a vitamin that makes bones strong so they won't break easily and we can run and jump.

Let's all jump up and down 10 times so we can test our strong bones.

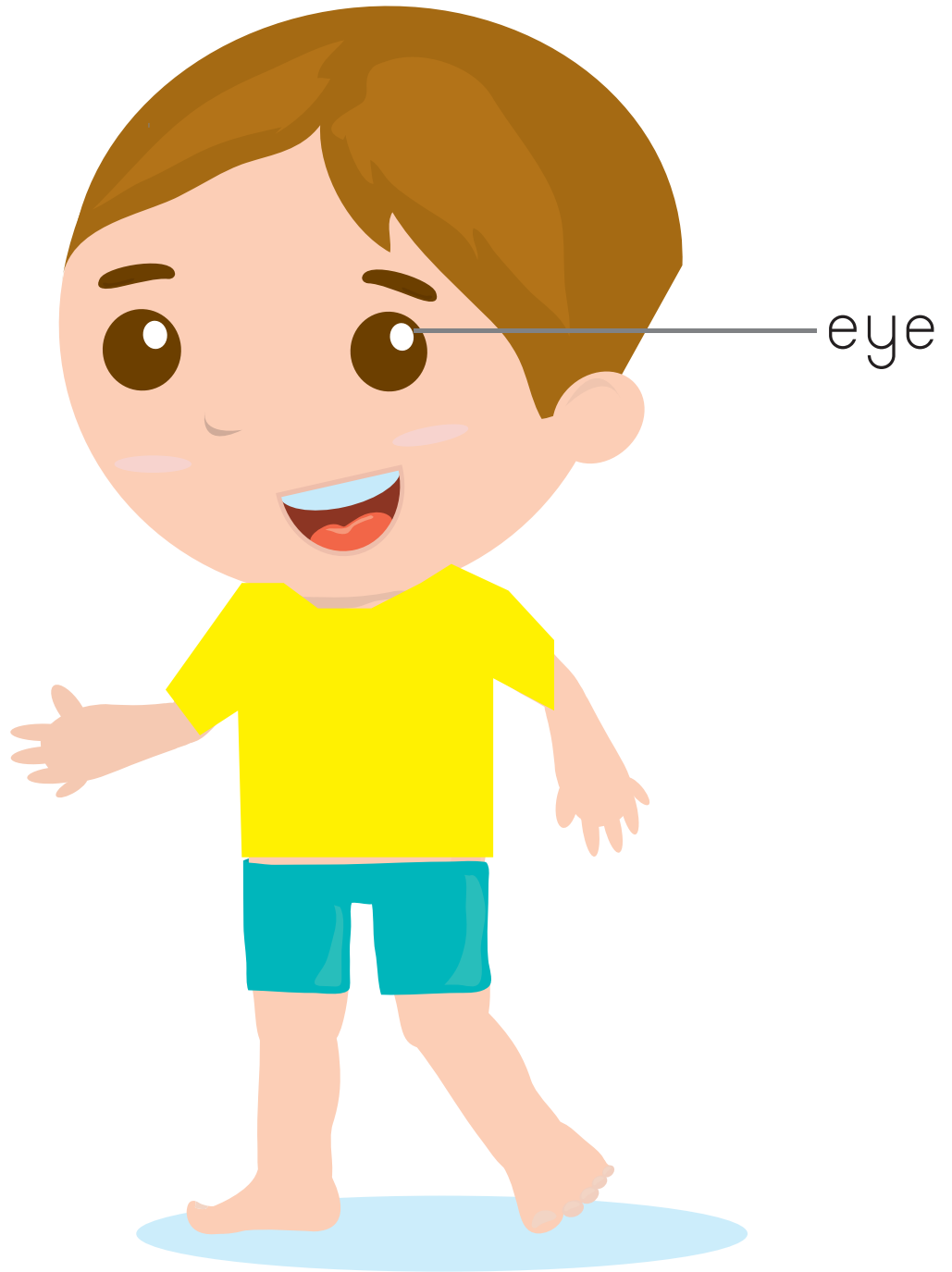


**cough / cold**

# Prevents Cough/Cold

This food is a good source of Vitamin C! Vitamin C helps prevent your body from getting sick. It is important to eat this food so your body can stay healthy and you can come to school every day!

Let's all practice covering our mouth with our arm to protect our bodies from getting sick.



**eyes**

# Helps Eyes

This food is a good source of Vitamin A! Vitamin A keeps your eyes healthy so that you can see things up close, like words on a page, and things far away, like the board in the classroom. Vitamin A also helps our eyes see in the dark.

Let's turn out the light so that we can see how quickly our eyes adjust to the dark.



**muscles**

# Strong Muscles

This food is a good source of protein or iron. Both help your body build and use strong muscles so that your body can grow.

Let's all stand up and show everyone our strong muscles.



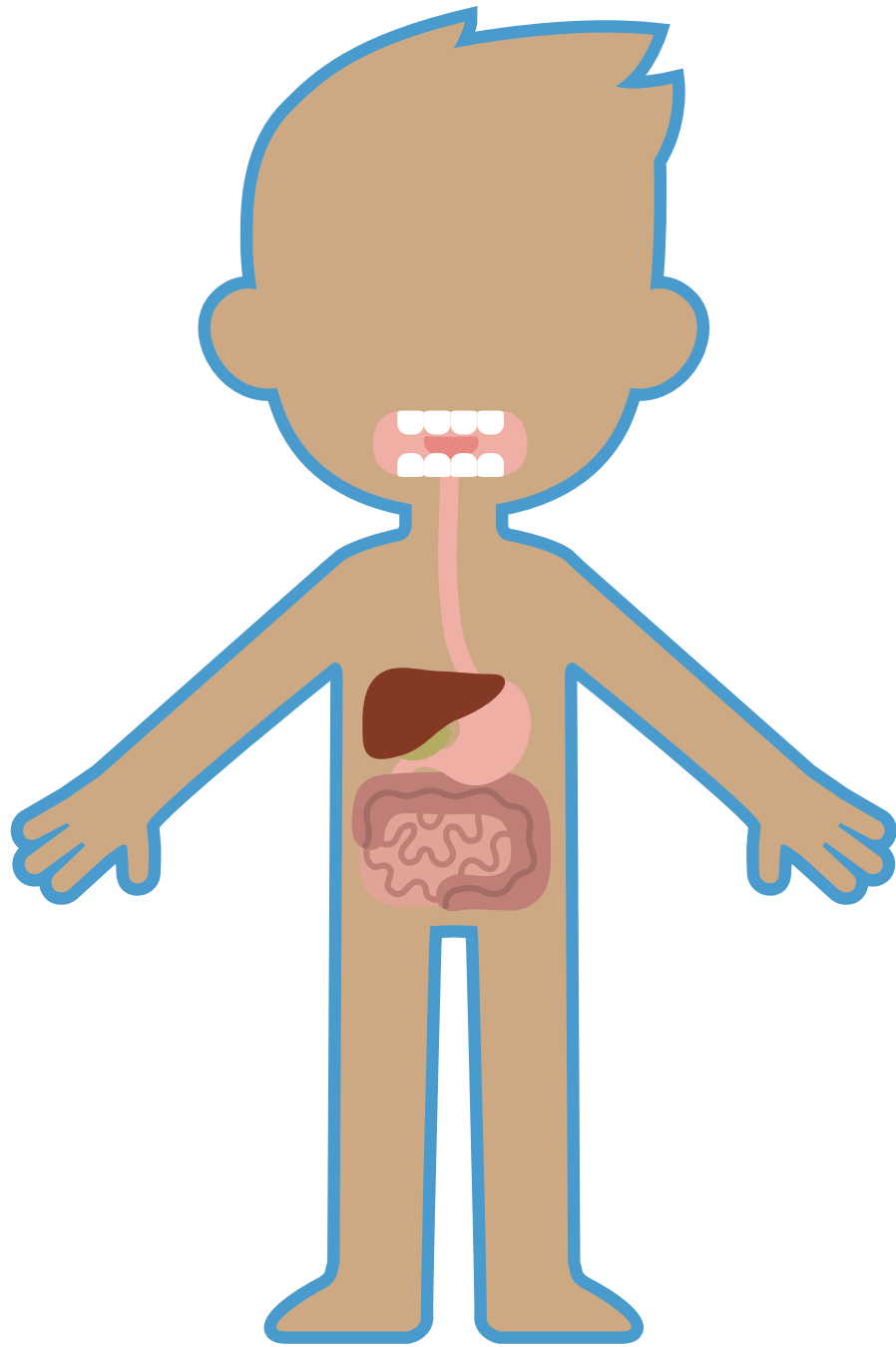


**water**

# Provides Water

This food is a great source of water. We can tell this food has a lot of water because it is so juicy. When we eat this food, our bodies get water from the food. Water is very important for our bodies – it helps our blood and heart.

Let's all place our fingers on our necks to feel our hearts beating.



**digestion**

# Helps Digestion

This food provides our bodies with fiber. Fiber is important to help food move through our body and also helps us feel full so we aren't hungry all the time. Fiber helps our bodies to feel good so we have the energy to play.

Let's all rub our tummy to remind us how fiber helps our body.