

This bean can be used to make milk, tofu and other foods. It can be served in a dish or as a snack.

This is made by  
soaking, cooking  
and pressing  
beans together to  
make a cake.

You need these to  
grow a pumpkin.  
They are tasty in a  
recipe or as a  
snack.

**Look in this pocket  
to find smart cafeteria  
foods with protein!**

**Look in this pocket  
to find fun activities!**

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