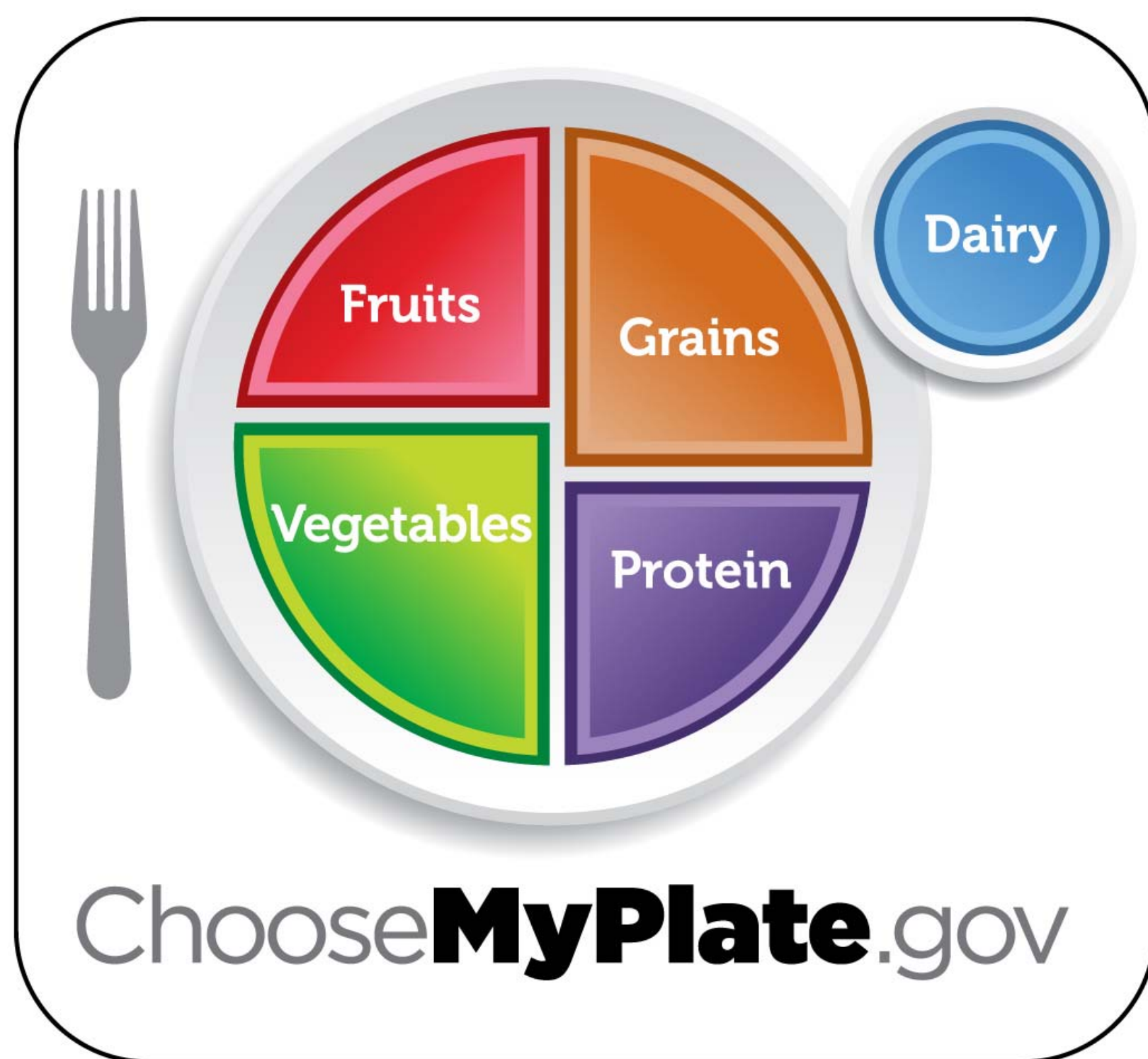


Red, Orange, Purple, Blue and Green...Make These Colors Your Routine!

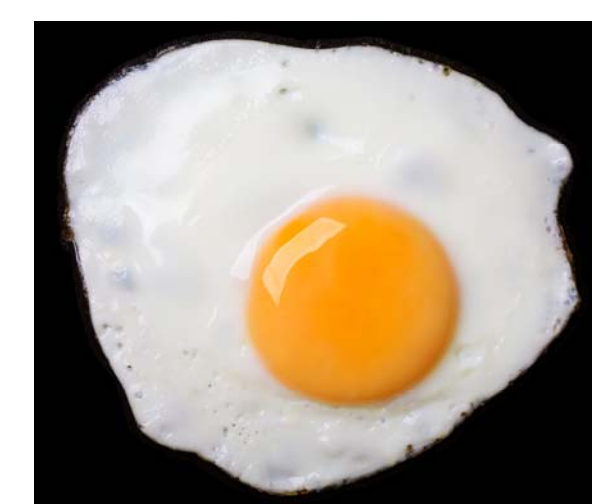
Purple is for Protein Foods



Make your body strong with smart choices like...



Beef



Egg



Fish



Pork



Poultry



Tofu

DID YOU KNOW?

Protein Foods help make you strong because they are high in protein and iron.

Guess this Protein Food!

Peas, beans, nut and seeds also provide protein. See if you can guess these protein foods from the picture and riddle below. Lift the flaps to see if you are correct.



Edamame



Tempeh



Pepitas or Pumpkin Seeds

Cafeteria Connections

Look in this pocket to find fun activities!

Smart Cafeteria Foods – Protein Foods

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