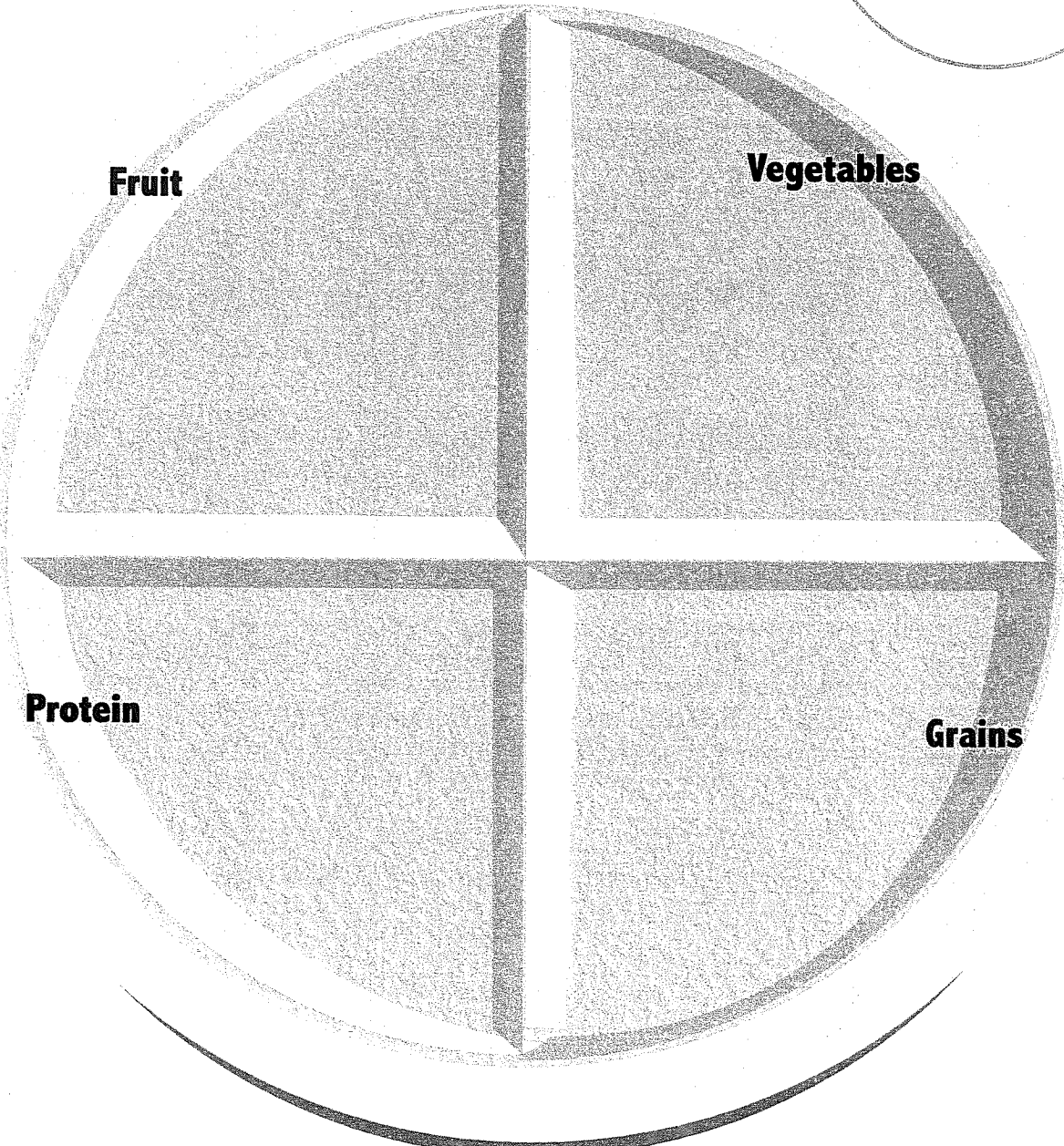




What's for Dinner?

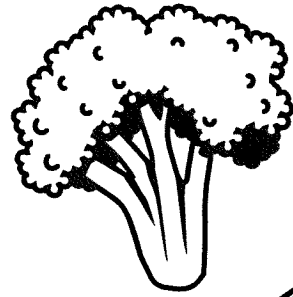
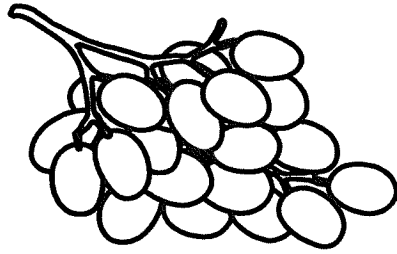
Dairy
Dairy Substitutes

Planting seeds today, growing healthier communities tomorrow
www.GrowingGreat.org

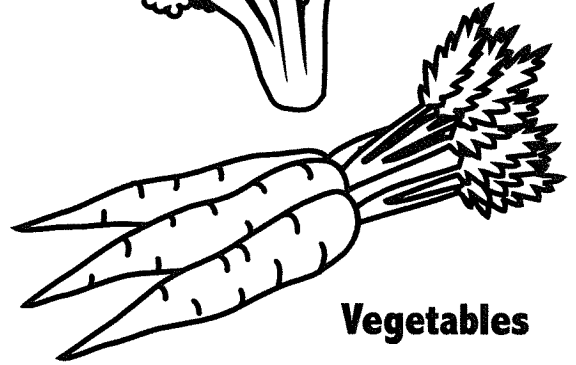
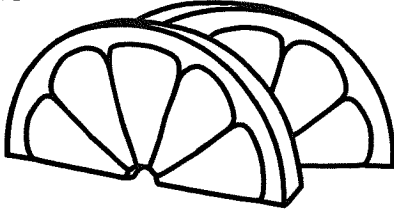


Directions: Create a balanced meal by coloring and cutting out foods from each food group and pasting them on the plate in the correct sections.

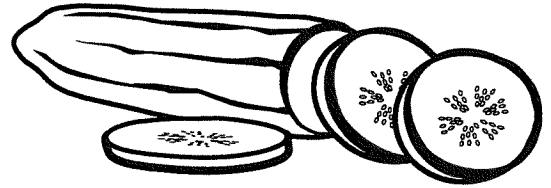
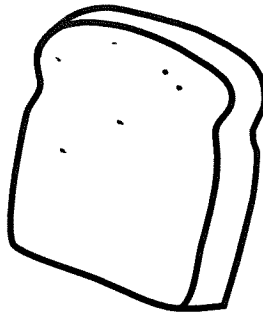
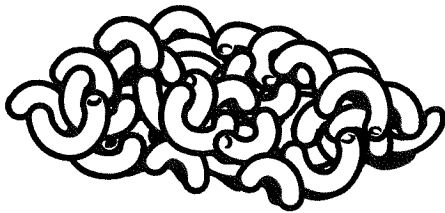
Written by Sarah Minkow, Illustrated by Dennis Smith



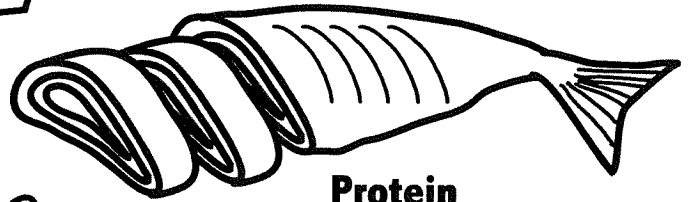
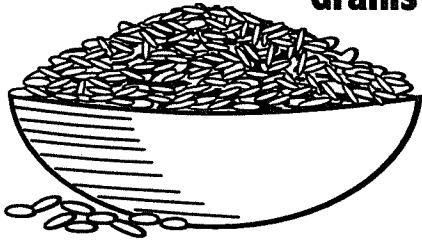
Fruit



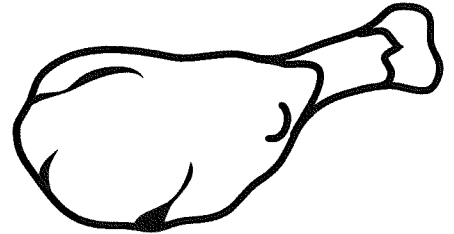
Vegetables



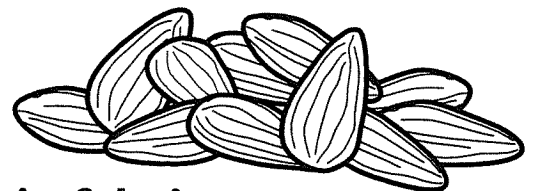
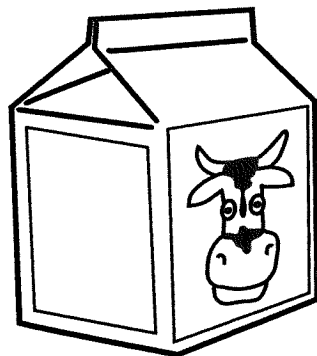
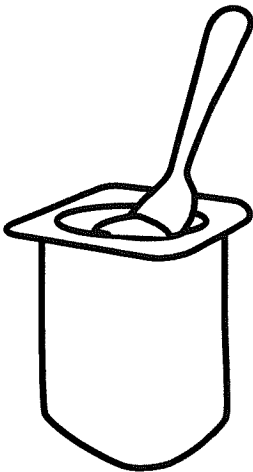
Grains



Protein



Dairy



Dairy Substitutes

