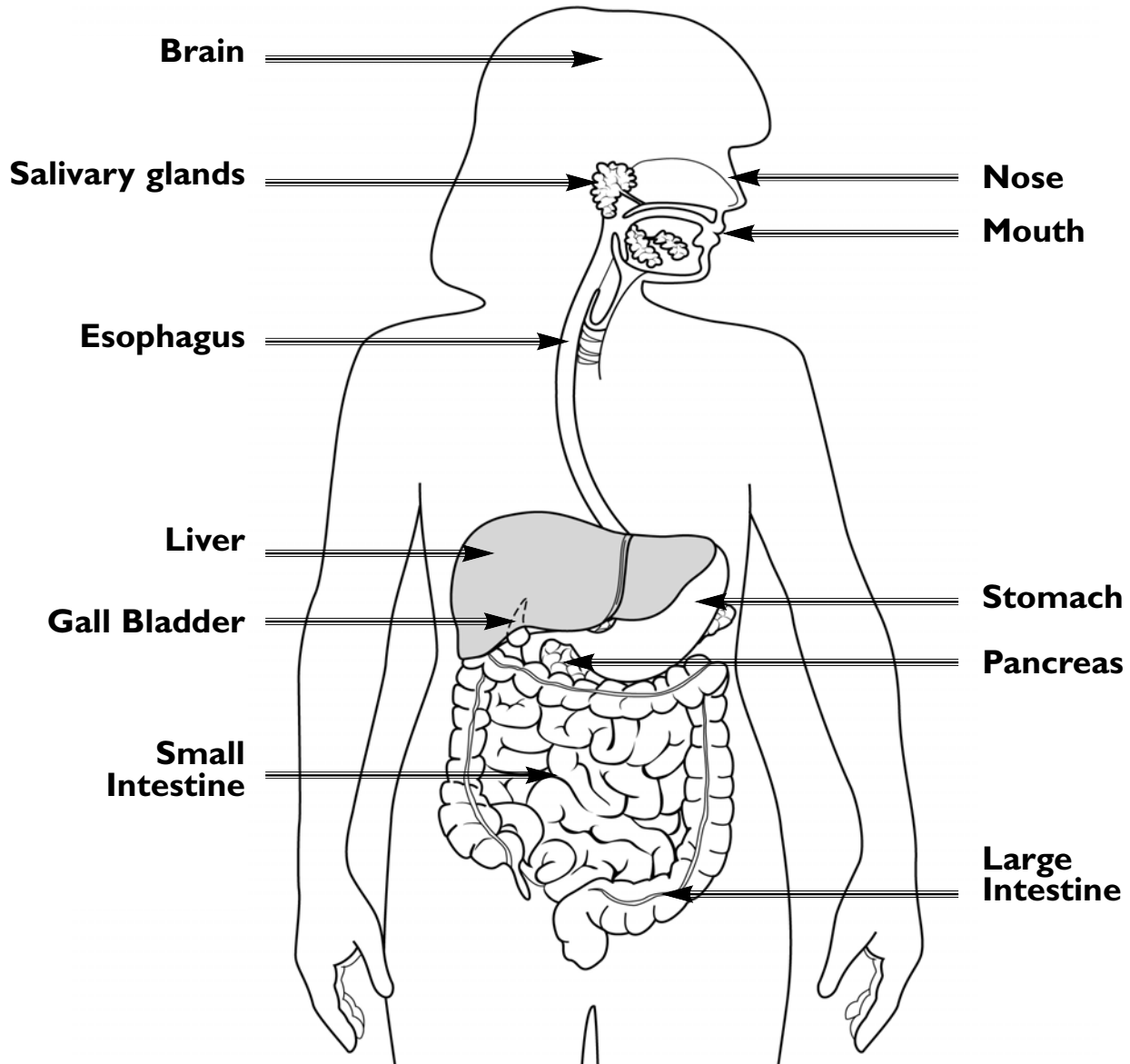


Digestion Diagram



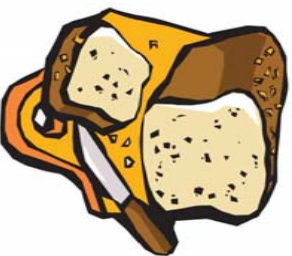
Water Content in Food Activity Sheet

How much water am I eating?

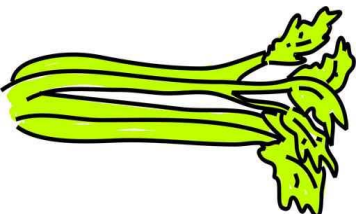
Each of these foods contains water. Number them in order from greatest amount of water to least amount of water.



Broccoli



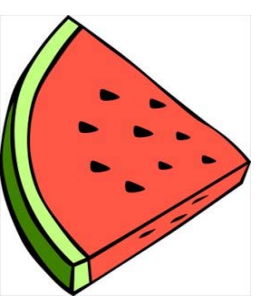
Whole Wheat Bread



Celery



Lettuce



Watermelon
