



My Food Book

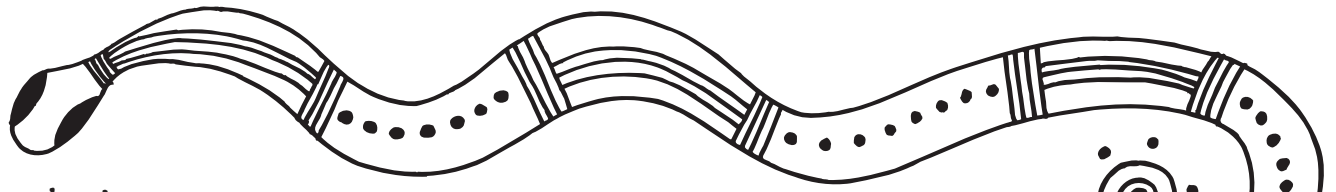
Grow, Glow, Go

Grow

Glow



Go



In the boxes,
draw pictures of
the foods we need to ...

We need food

Grow

To grow
and repair
the body

Glow

For
protection
against
sickness

Go

For energy
to work
and play

