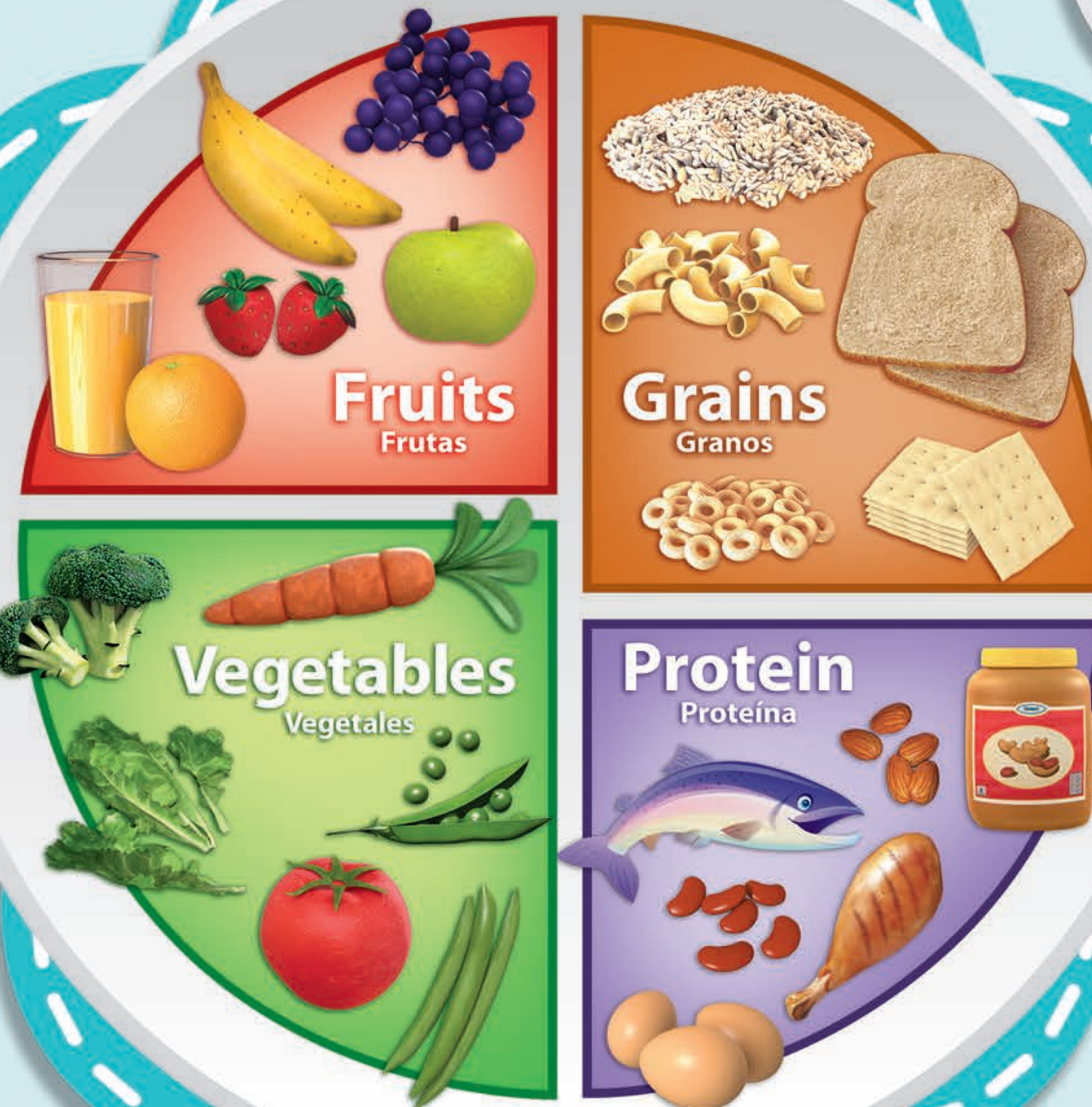




Make Your Plate Match This Plate!



Eat Good Food!
Your brain, eyes, heart,
and skin will thank you!



Drink Water!
Water helps keep
your brain focused
and energized.

**Play Your Way...
Every Day!**
Just 1 hour of active play
every day helps your body
build muscles, learn better,
and sleep better.



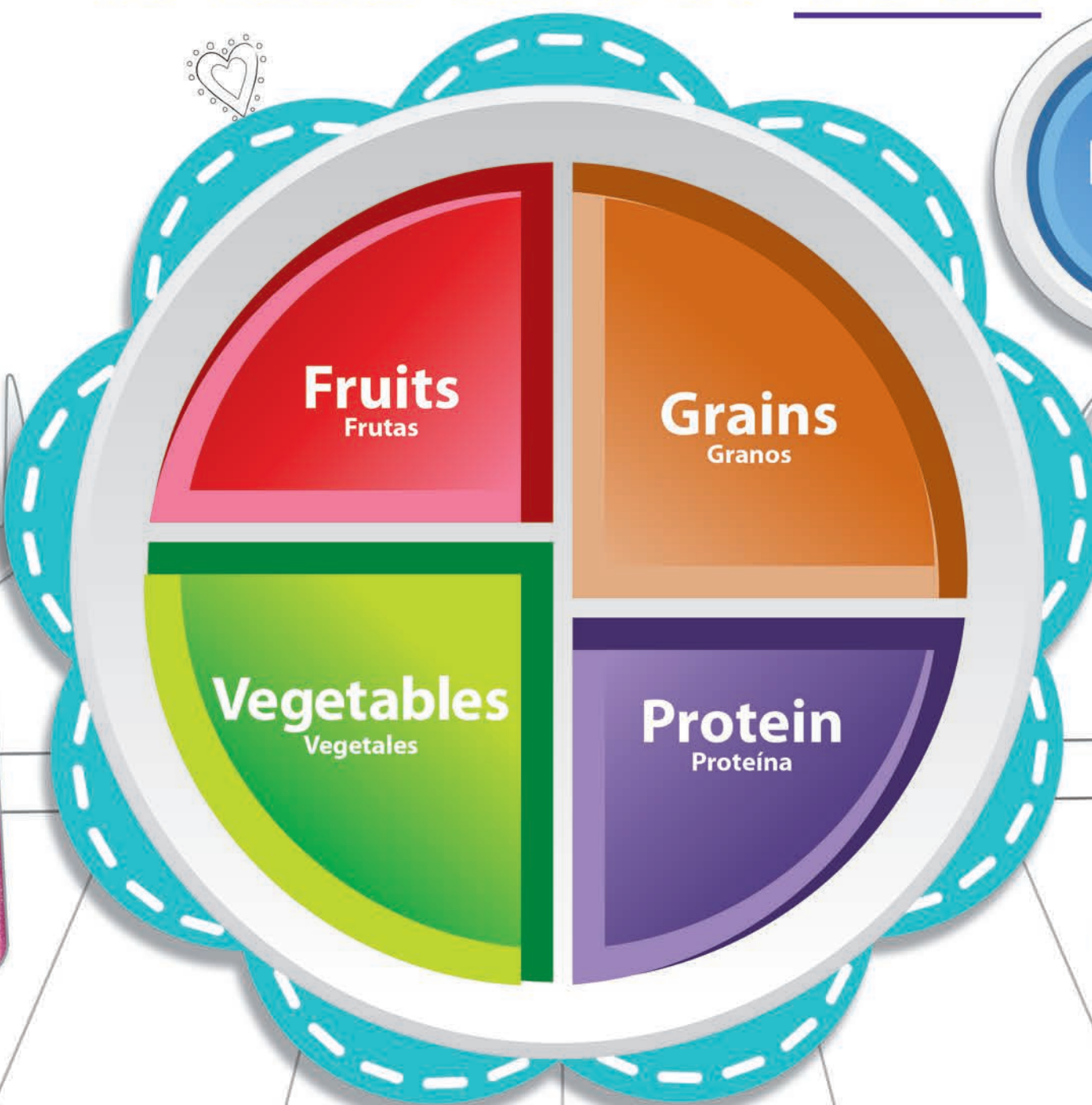
So Much You Can Do... To Take Care of YOU!





So Much You Can Do... To Take Care of YOU!

name _____



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ChooseMyPlate.gov

Adapted from the USDA Center for Nutrition Policy and Promotion's ChooseMyPlate.gov Web site.

WATCH ON
Disney Junior
DisneyJunior.com/Doc

