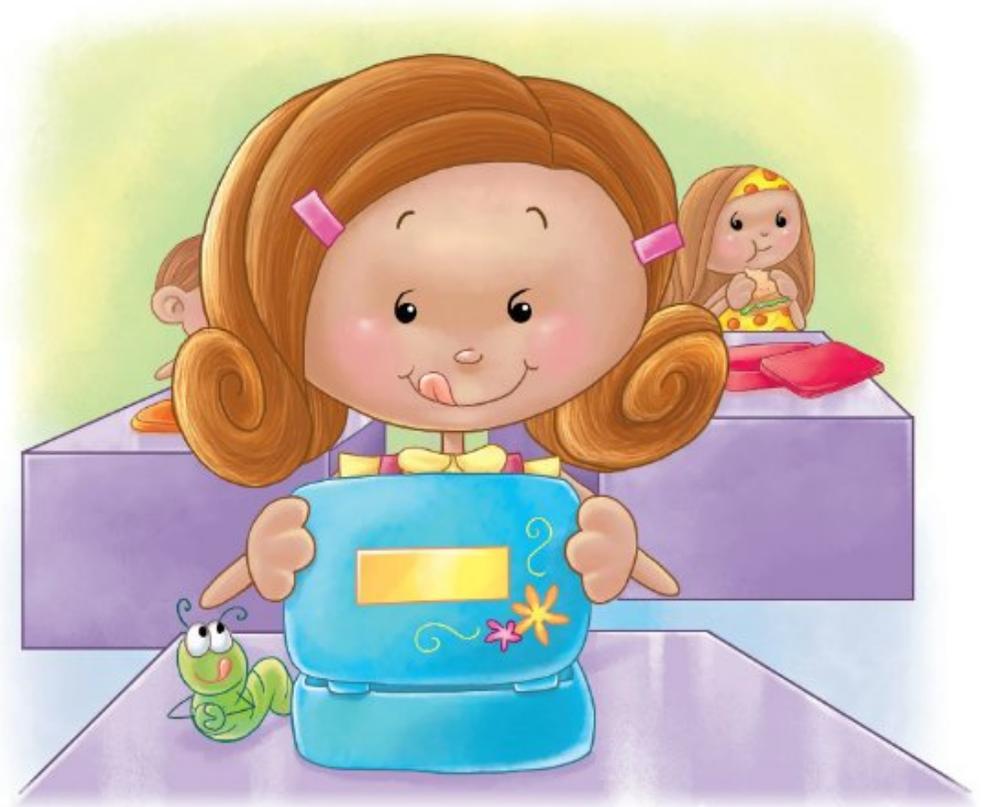


My Lunch Box!





Adina Carina skipped to school with her lunch box tucked under her arm.



I like the healthy lunches Mom packs for me, thought Adina Carina. But ...



On Monday, Adina Carina asked Molly, "Would you like to trade your potato chips for my grapes?" And they did.



On Tuesday, Adina Carina asked Troy, "Would you like to trade your cookies for my banana?" And they did.



On Wednesday, Adina Carina asked Windy, "Would you like to trade your jelly beans and soda for my granola yogurt?" And they did.



On Thursday, Adina Carina asked Ted, "Would you like to trade your hot dog for my whole wheat turkey sandwich?" And they did.



On Friday, Adina Carina asked her friend Fiona, "Would you like to trade your dessert with me today?" And Adina Carina ate a chocolate bar instead of her orange.



Day after day, Adina Carina traded her healthy lunch for unhealthy treats. *I wonder why Mom doesn't pack me yummy stuff like this, she thought.*



Some weeks later, Adina Carina and her class went on a camping trip.



Adina Carina found it tiring just to climb up into the tree house.



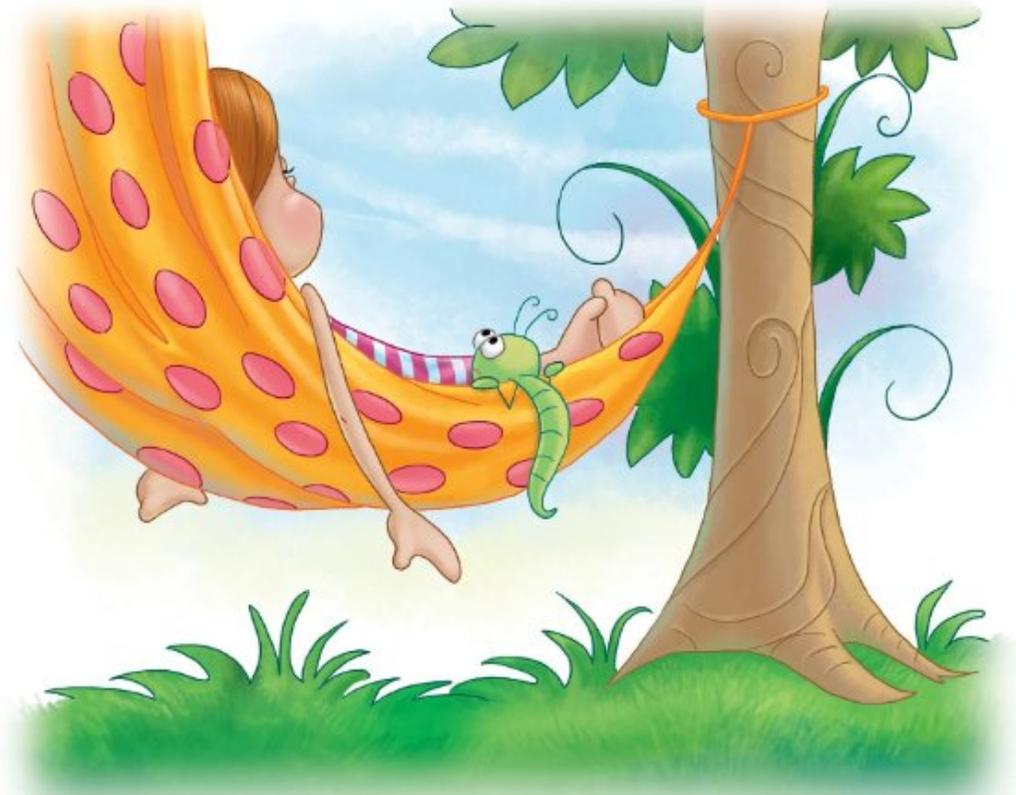
Hiking in the forest seemed to leave her exhausted.



She fell asleep right away during stargazing.



Swimming in the lake made her feel drained.



She was drowsy all day.



On the last day of the camping trip, Adina Carina's tummy wasn't feeling well.



"Come play with us", said her friend Molly. But Adina Carina sighed, "I need to lie down and rest for a while."



"I was thinking about the class we had on health and nutrition last week," said Adina. "I think I get it now."



"Teacher said that sugary and fatty foods are okay now and then, but they don't give us the proper nutrition to keep us feeling healthy and energetic."



Adina Carina looked at Molly and said,
"I think that's what's wrong with me. I've been
eating too many unhealthy foods."



The next day at school, Windy asked,
"Would you like to trade your lunch again?"
"No thanks," said Adina. "I want to eat my healthy
food. But I brought an extra apple for you."



The End

A few healthy alternatives

	Instead of:		You can try:
white bread		➔	 whole wheat bread
candies		➔	 fresh fruit slices
sugary cookies		➔	 whole wheat cookies
canned veggies		➔	 fresh veggie sticks
chips		➔	 crackers
artificial juices		➔	 fresh juices



Can you find the food words on this puzzle?



C	H	I	C	K	E	N
L	T	K	S	V	O	P
N	A	L	T	K	N	P
B	C	E	R	L	I	O
T	O	M	A	T	O	T
D	S	O	W	M	N	A
F	C	N	B	C	P	T
C	H	E	E	S	E	O
E	I	O	R	N	A	Q
G	P	H	R	T	R	U
J	S	I	Y	R	S	V



A picture for you to color:



Which plate has a well-balanced meal on it?



A picture for you to color:

