

Kid's Page



Read a book



Eat breakfast



Eat fruit



Brush your teeth



Play ball



Get a good night's sleep



Walk



Drink water

**We do many things every day to stay healthy and fit.
Circle the ones you did today.**

Adapted from Eat for Good Health. Created by Jeanne Regina, MS, RD.



"Kansas State University Research and Extension is an equal opportunity employer." "This material was funded by USDA's Food Stamp Program through a contract with Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-888-369-4777."

"The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact [enter your local office or toll-free number, or other useful information to help identify how to get services]."