

Nutrition Needs for School-aged Children, Teens and Young Adults

Eating a healthy

balanced diet

supports

learning

Kids Corner

Preschool

Middle and High School

Hotline

My Plate

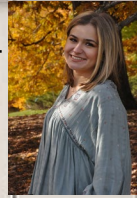
Healthy Food Choices in School



The Vegetables We Eat Read Aloud



Choose Good Food - Read Aloud



Whyville Snack Shack Games



Tips for Lunch

Eating The Alphabet Fruits and Vegetables from A - Z Read Aloud

Reading Label Activities

Elementary School

Breakfast



Childhood Nutrition Facts

Recognizing signs of an eating disorder

