

# Yummy in the Tummy with a Happy Plate

It is important to eat foods from all five food groups.



The groups are:

- (1) Grains
- (2) Vegetables
- (3) Fruit
- (4) Meats
- (5) Dairy



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# BODY BUILDING WITH FOODS

You need good food:

To Grow Tall

For Twinkling Eyes

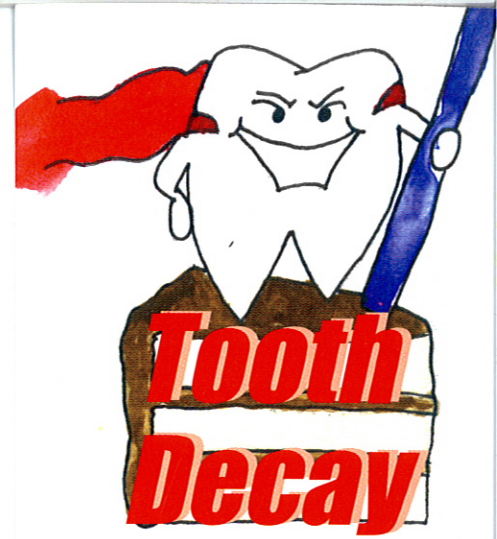
For Strong Teeth



For Big Muscles

For Sturdy Bones

For Shiny Hair



# Go Away!

Here are some ways to keep your teeth shiny and healthy for a pretty smile.

- Visit a dentist.
- Brush teeth after eating a meal.
- Brush teeth after a snack, especially a snack with a lot of sugar.



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