

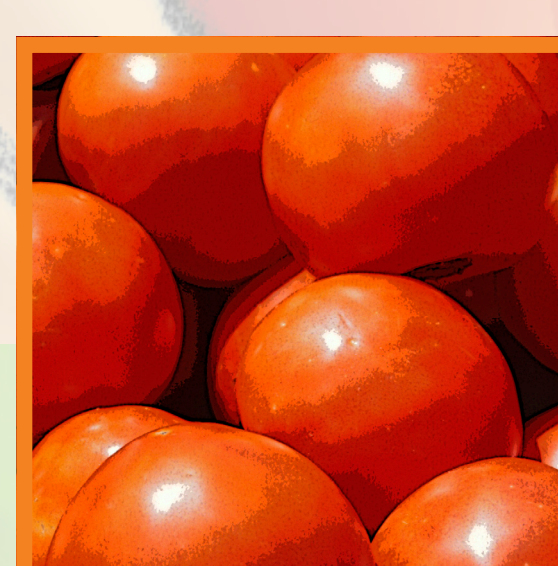
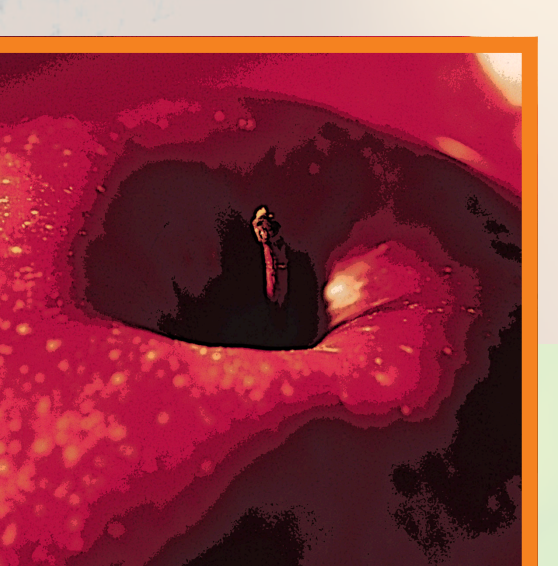
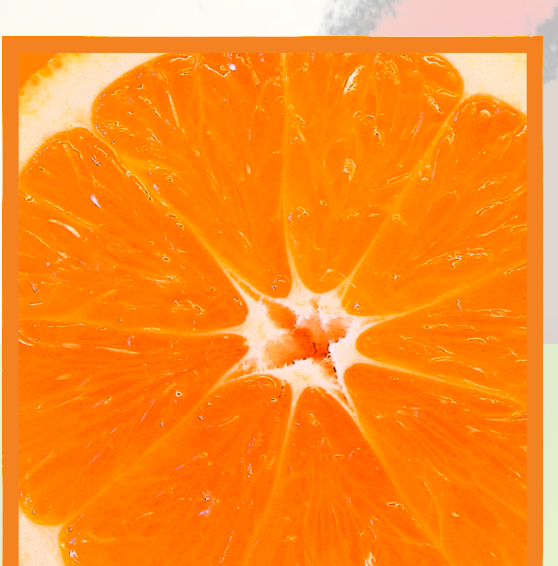
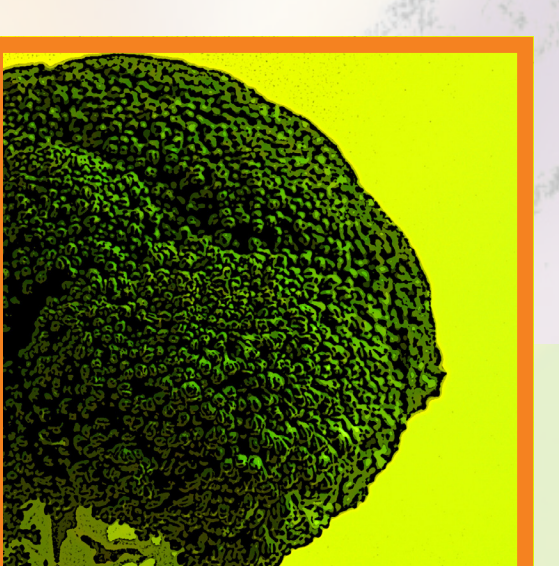
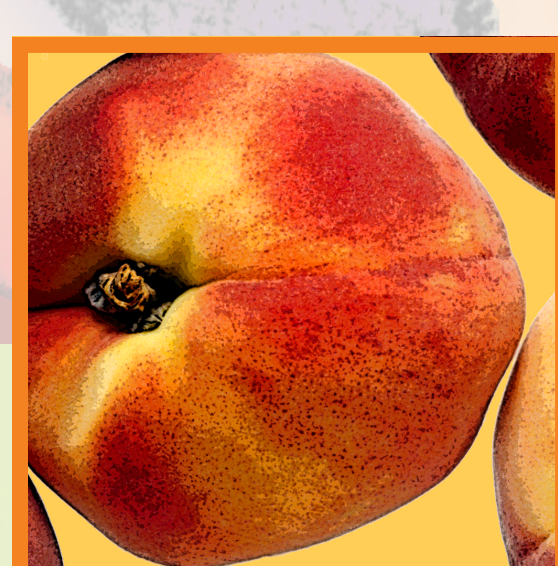
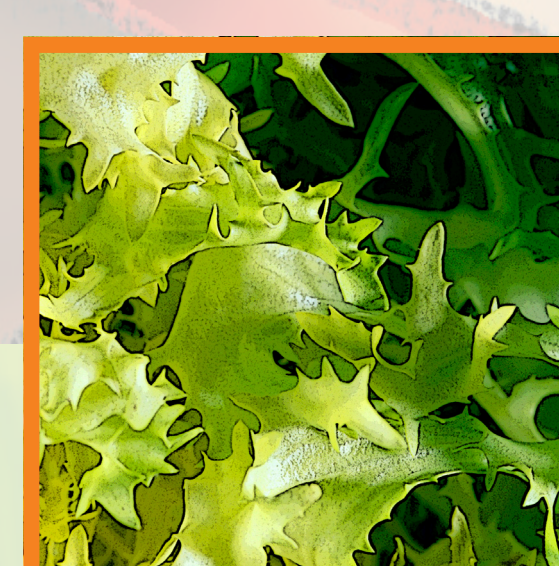
BODYQUEST

FOOD OF THE WARRIOR



I AM
**BODY!
DOCTOR!**

I STAY HEALTHY
BY EATING
TASTY FRUITS!



I AM
**SHINING!
RAINBOW!**

I LOVE EATING
COLORFUL
VEGETABLES!



ALABAMA COOPERATIVE EXTENSION SYSTEM

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP, which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. This institution is an equal opportunity provider and employer. To find out more, contact a county Department of Human Resources office.
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BODYQUEST

FOOD OF THE WARRIOR



I AM
**SUPER!
SLURPER!**

I LOVE TO GUZZLE
WATER TO KEEP ME
HYDRATED!



I AM
**FIBER-
LICIOUS!**

I ENJOY MANY
KINDS OF FOODS
THAT HAVE FIBER!

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BODY QUEST

FOOD OF THE WARRIOR



I AM
GRAINO!
SUPA!

I GET MY ENERGY
FROM EATING
HEARTY GRAINS!



I AM
MUSCLE!
MAX!

I HAVE STRONG
MUSCLES BECAUSE
I EAT LEAN
PROTEIN!

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