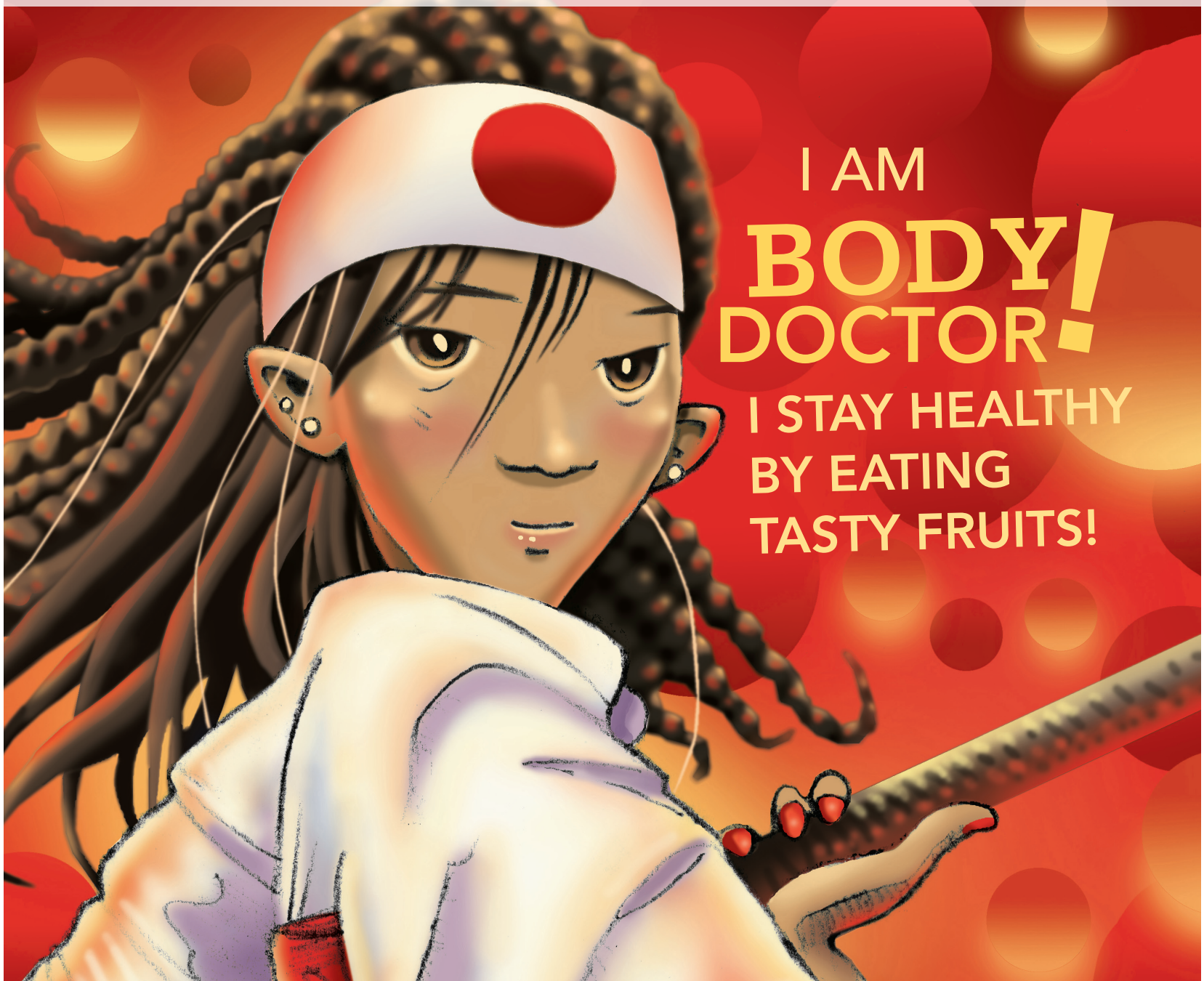
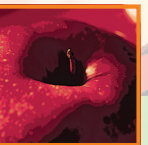


BODYQUEST

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

USDA is an equal opportunity provider and employer. 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. To find out more, contact a county Department of Human Resources office.
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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!

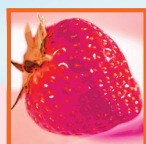
I HAVE STRONG
MUSCLES BECAUSE
I EAT LEAN
PROTEIN!

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