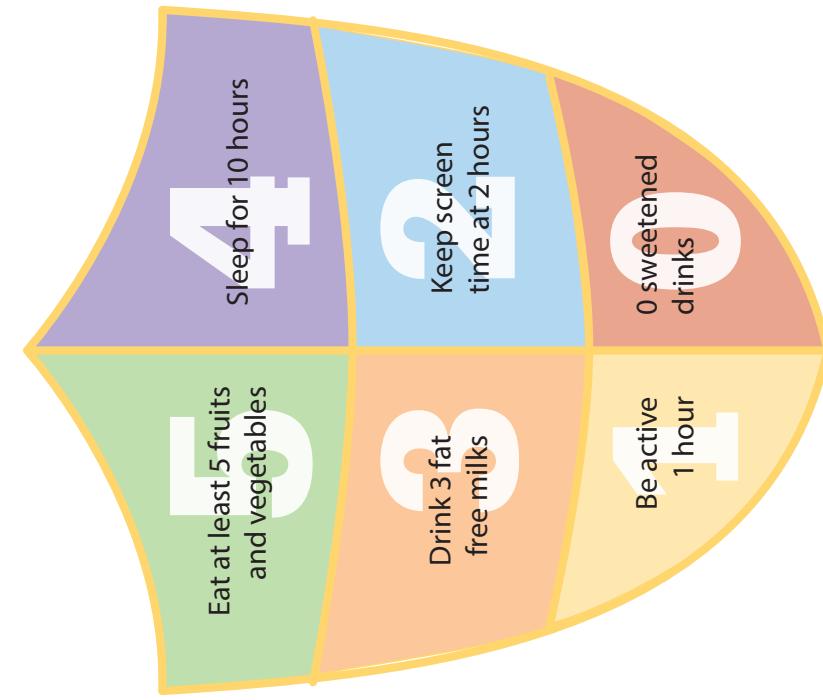


BODY QUEST

FOOD OF THE WARRIOR



BATTLE CRY

Heroes drink zero
sweetened drinks.

Don't be sour – be a flower.
Get up and
Be active for one hour.

Video-ideo TV time
two hours only
or it's a crime.

Milk in a tree.

All fat free.
Going to drink 'em: 1 – 2 – 3.

Close your eyes!
And realize: you gotta sleep for ten.

Five five
fruits and vegetables
Five five
fruits and vegetables
Five five
fruits and vegetables

Now we're to the end.

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. USDA is an equal opportunity provider and employer. To find out more, contact a county food assistance office or a county Extension office. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! © 2019 by the Alabama Cooperative Extension System. All rights reserved. www.LiveWellAlabama.com • www.aces.edu