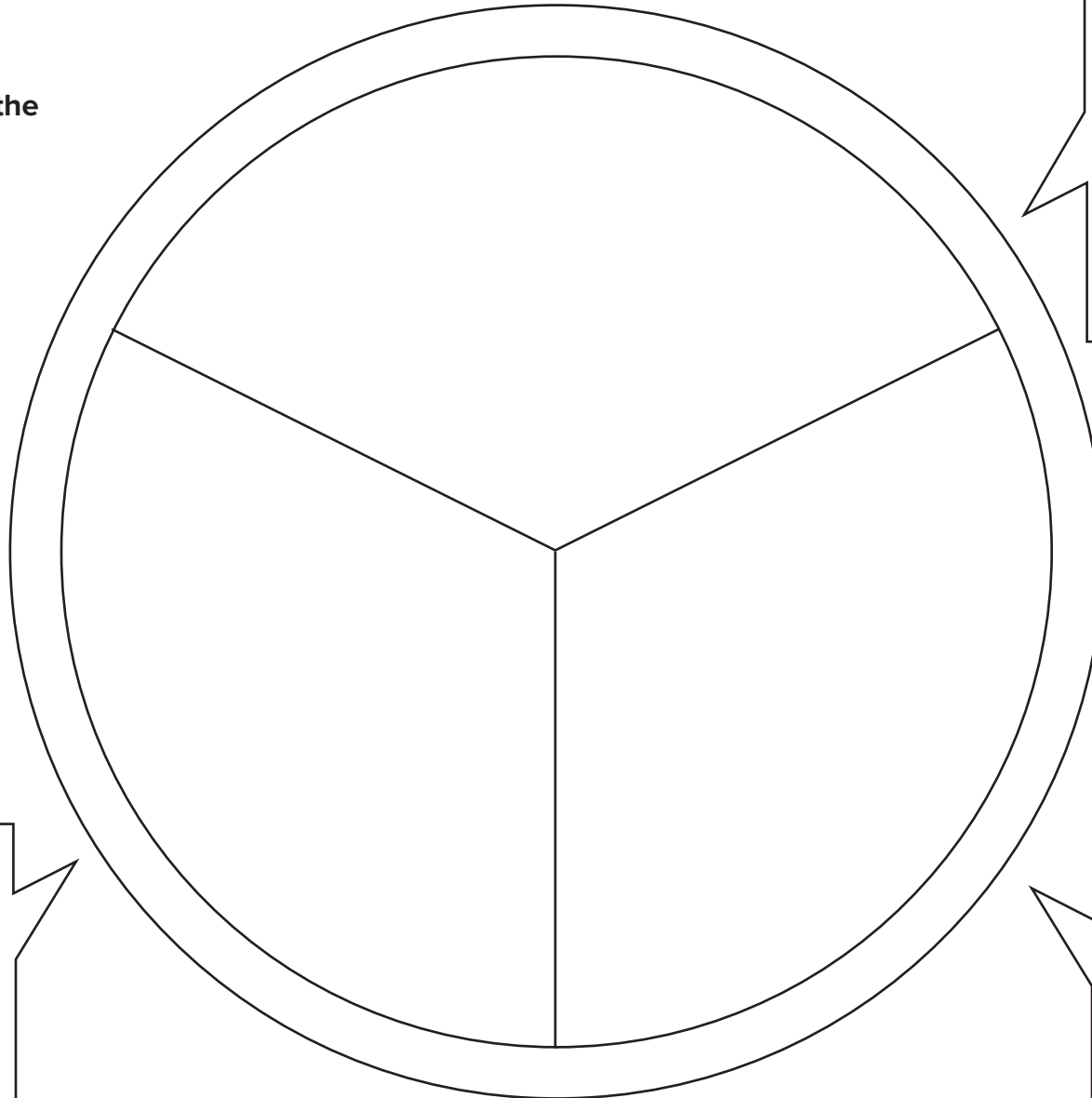


My Favorite Foods

Draw a plate that is made up of your favorite foods. For each food item, investigate the ingredients.

- 1) Label the food item.
- 2) Do you recognize all of the ingredients?
- 3) Is this going to be good energy for your body?



1) Label the food item.

2) Do you recognize all of the ingredients?

YES NO

3) Is this going to be good energy for your body?

YES NO

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YES NO

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YES NO