



# EATING HEALTHY!



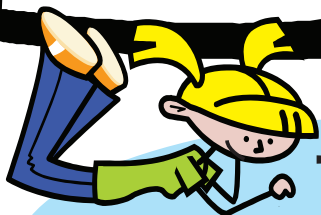
Eating healthy means getting at least **five servings of fruits and vegetables everyday**. It also means reducing the amount of junk food in your diet.

## WHAT IS JUNK FOOD?

When you think of junk, garbage comes to mind. But junk food isn't actually garbage, it is food that is low in nutrients and has a lot of fat, sugar, and salt. Ice cream, cake, pizza, french fries, and candy are junk food.

Did you know soda is also junk food? Drinks count and it is important to choose the best ones for your health like water and milk.

Healthy foods give you more energy to live, learn, and be active. **The goal is to eat less junk food!**



**USE THE MAZE TO FIND YOUR WAY TO HEALTHY EATING. BE SURE TO AVOID THE JUNK FOOD!**

