

Kindergarten: Healthy Eating



To keep healthy, we must make sure we eat the right kinds of foods.

Eating healthy will help us grow to be big and strong.

What foods are good and bad for us? Let's find out more!



Kindergarten: Healthy Eating



This is a food pyramid. It shows us what we should eat more and eat less.

Fruits and vegetables are good for us! Candy and chocolate are not good for us.



Kindergarten: Healthy Eating



It can be hard to decide what to eat. We can choose what to eat.

We should try to pick healthy foods more often. They have more vitamins that helps us not be sick.



Kindergarten: Healthy Eating

Answer the questions.

What can healthy eating do for us?

What should we eat more of?

What do healthy foods have?

