

Healthy Snacks & Beverages Are Good for Me and You Tri-fold Board

Supplies:





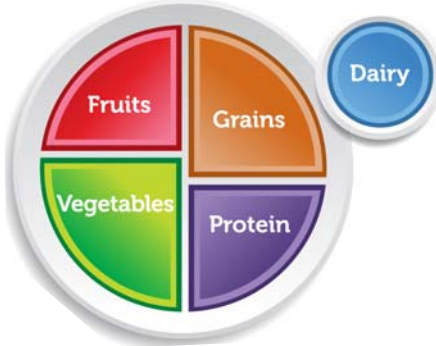




- ◆ Tri-fold board and pieces from Lesson 1
- ◆ Photocopied page
- ◆ Scissors
- ◆ Hook and loop tape

Instructions:

1. Cut out and enlarge, as needed, the tri-fold board pieces.
2. Arrange the tri-fold board pieces on the poster following the illustration below.
3. Attach the hook and loop tape to the tri-fold board and cutout pieces.

Note: For greater durability laminate the tri-fold board pieces.

Completed Tri-fold Board

<p>NUTRIENTS</p> <p>VITAMINS & MINERALS Provide shiny hair and sparkly eyes</p>   <p>CARBOHYDRATES Provide energy to work, play, and exercise</p>  	<p>HEALTHY SNACKS & BEVERAGES ARE GOOD FOR ME AND YOU</p>  <p>Sometimes Foods</p> <p>SNACKS SHOULD BE MINI MEALS</p>	<p>NUTRIENTS</p> <p>PROTEIN Helps you grow and build muscles</p>   <p>CALCIUM Helps build strong bones and teeth</p>  
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