

# It's My Choice...Eat Right! Be Active! Tri-fold Board

## Supplies:






- ◆ Tri-fold poster board, 36"x48"
- ◆ Scissors
- ◆ Photocopied pages
- ◆ 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><b>EXERCISE 60 MINUTES EVERY DAY</b></p> <p><b>AEROBIC EXERCISE</b></p>  <p><b>EXERCISE FOR STRONG MUSCLES</b></p>  <p><b>EXERCISE FOR STRONG BONES</b></p>  <p><b>LIMIT SEATED ACTIVITIES</b></p> 	<p><b>It's My Choice... Eat Right! Be Active!</b></p> 	<p><b>ESSENTIAL NUTRIENTS</b></p> <p><b>Fruit and Vegetable Groups VITAMINS &amp; MINERALS</b> Provides shiny hair, smooth skin, good eyesight, healing of cuts and bruises, fighting infections, and keeping the brain working so we feel good.</p> <p><b>Grains Group CARBOHYDRATES</b> Provides energy to work, play, and exercise.</p> <p><b>Protein Group PROTEIN</b> Helps you grow and repair muscles, skin, bones, internal organs, and brains.</p> <p><b>Dairy Group CALCIUM</b> Helps build strong bones and teeth.</p> <p><b>WATER</b> Every part of our body needs water to operate properly.</p>
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