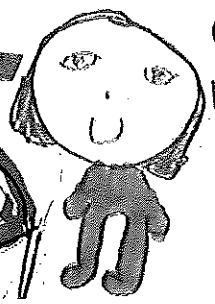
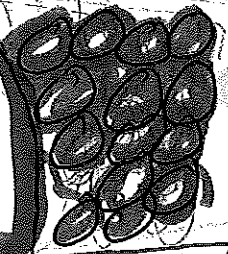
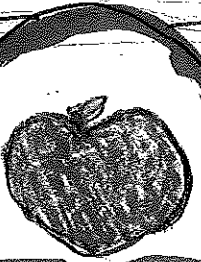
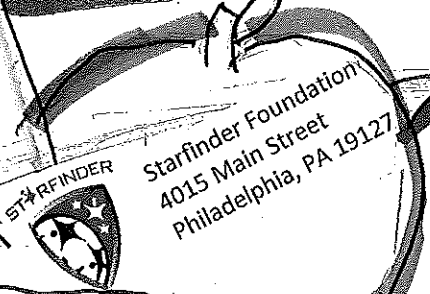
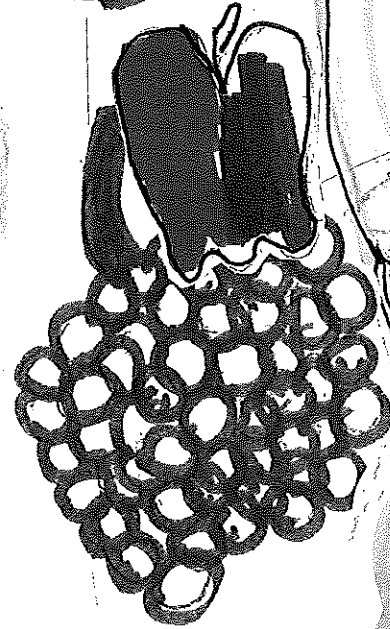
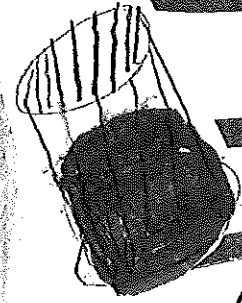


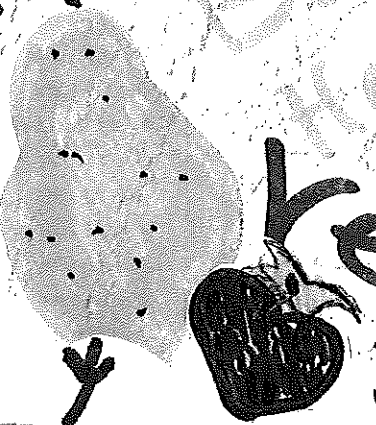


Fruit are... nutritious carbohydrates that
have sugar that is
and have lots of vitamins.
good for you

Eat and be
Healthy!!!



Soccer



Vegetables
GRAPEs
vitamins

Eat
Right
Now



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 Tamara Das
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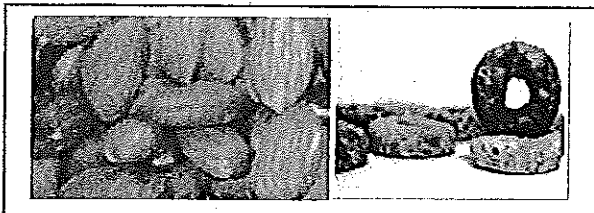
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 Ameer Elhassan
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 Almuayad Siddig
 Dejah Smith
 Abdul Sule
 Jehan Tavares-Mathurin
 Leonardo Villegas
 Xavier Zambranno

Trail Mix

Chef: Khalid Sule

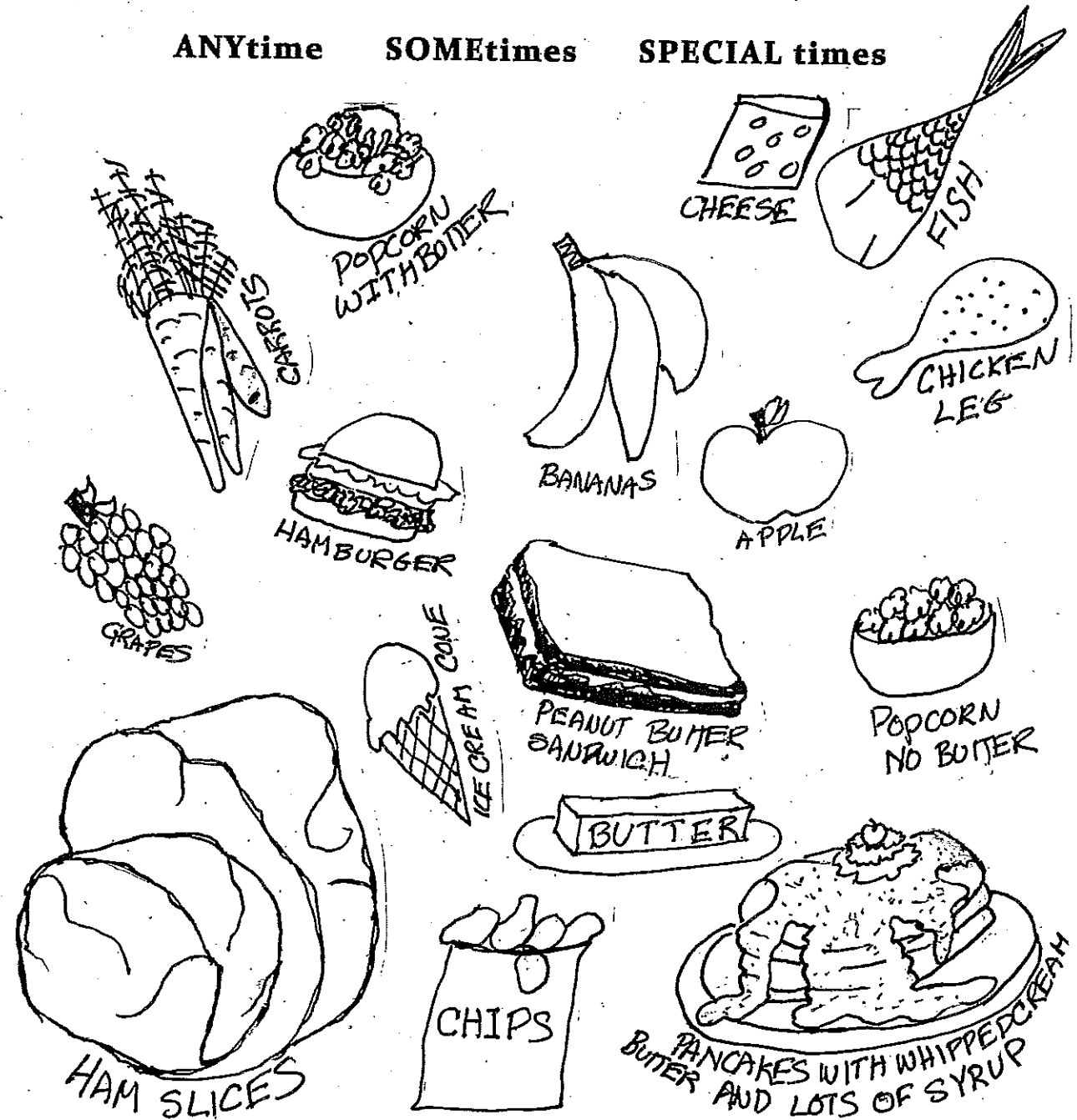
- Cashews = 1/4 Cup
- Almonds = 1/4 Cup
- Cheerios = 1/4 Cup
- Raisins = 1/4 Cup
- Fruit Loops = 1/4 Cup

Mix all in a bowl, put in baggies and get on the trail!



HEALTHY TIMES TO EAT =

ANYtime SOMetimes SPECIAL times

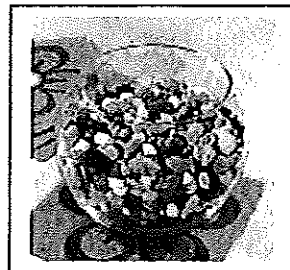
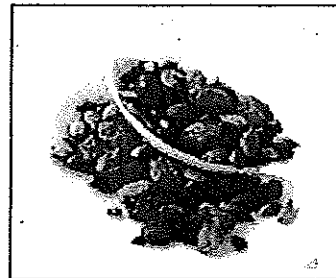
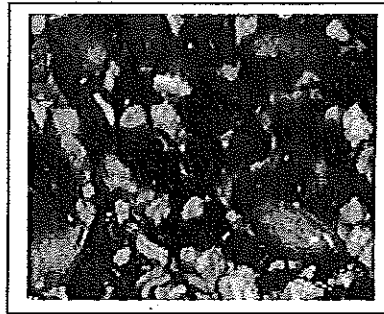


Draw a line from the food to the HEALTHY time.

Trail 10 Mix Recipe

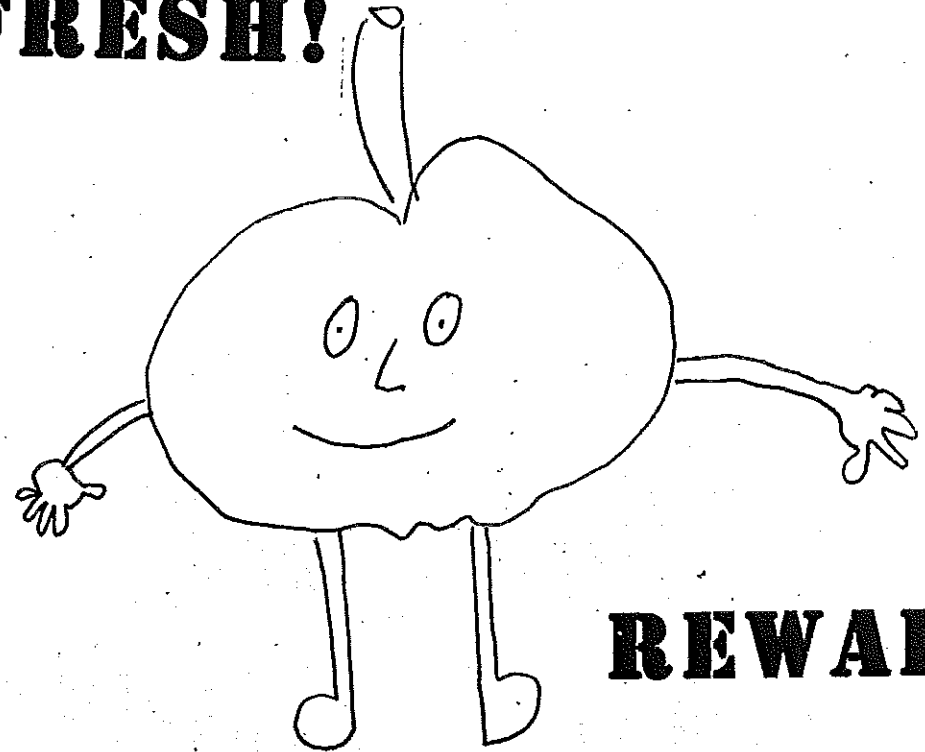
Chef: Robbie Winward

- 1) Raisins
- 2) Pretzles
- 3) Raisins
- 4) Mini M&Ms
- 5) Honey Cheerios
- 6) Nuts
- 7) Raw Almonds
- 8) Raw Cashews
- 9) Dry Cherries
- 10) Mini Marshmallows



WANTED!

FRESH! & CLEAN



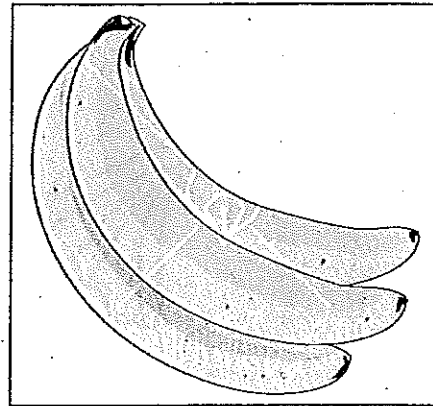
REWARD

= GOOD HEALTH

MILK SNACK

CHEF: Kimberly Rangel

BANANAS = 1
EGGS = 1
CINNAMON = $\frac{1}{4}$ tsp.
SUGAR = 1 tsp.
NESQUICK, Chocolate = 3 tsp.
MILK = 2 Cups



Beat eggs together 'till foamy
Mash Bananas

Mix bananas and eggs

Combine these + cinnamon, sugar, Nesquick and 1 cup of milk in a blender &

Mix OR mix my hand with a rotary beater or fork

Add the remaining cup of milk

ENJOY!

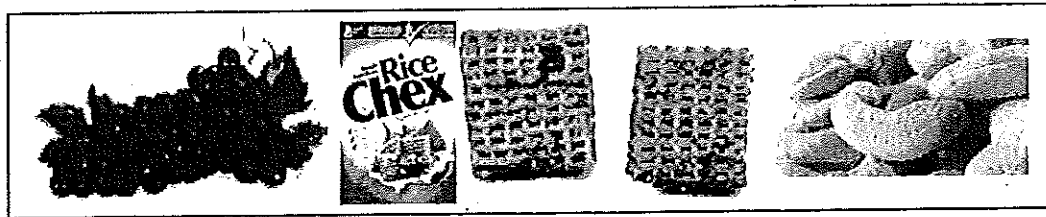
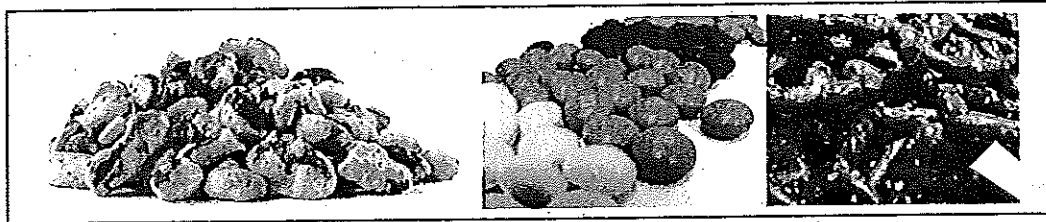


Trail Mix

Chef: Baasim Kaazi

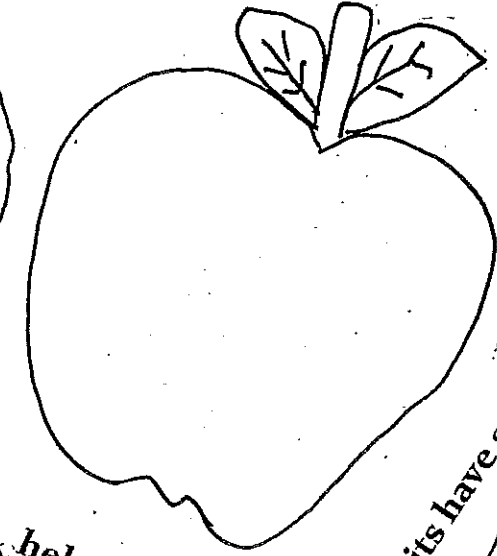
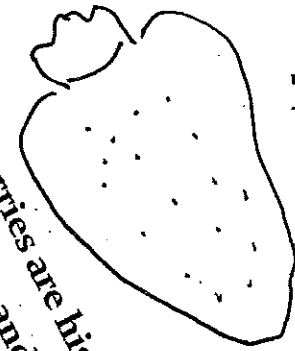
- Walnuts = 1/4 Cup
- M&Ms = 1/4 Cup
- Pretzels = 1/4 Cup
- Raisins = 1/4 Cup
- Chex Mix = 1/4 Cup
- Cashews = 1/4 Cup

Mix all the ingredients in a bowl and serve. Yum.



THE FRUIT FACT PAGE

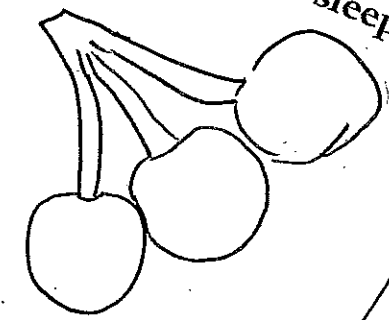
Strawberries are high in Vit. C, potassium and help fight cancer.



Fruits are anytime snacks.

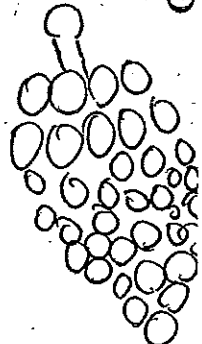
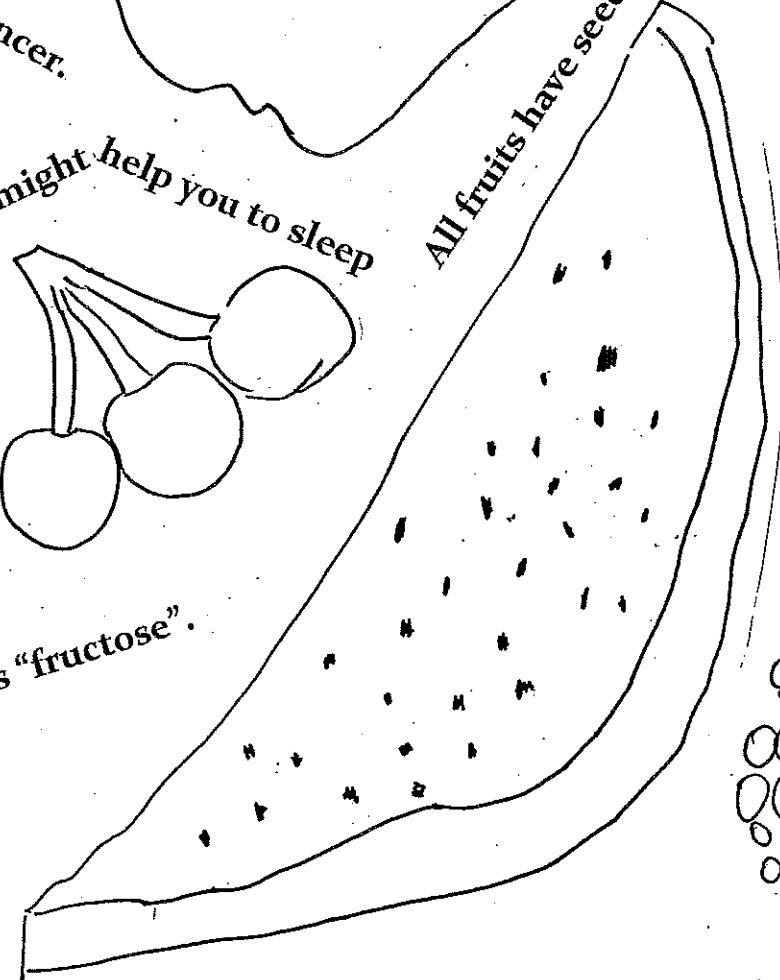
Cherries before bed time

might help you to sleep



All fruits have seeds.

Fruit sugar is "fructose".



Grape seeds can really help your body fight disease.

The largest watermelon ever grown weighed 262 lbs.

Laith's Trail Mix

Vanilla Clustered Granola = 1/4 Cup
Raw Almonds = 1/4 Cup
Cheerios = 1/2 Cup
Craisins = 1/2 Cup (dried cranberries)
Dried Pineapples = 1/4 Cup
Dried Blueberries = 1/4 Cup
Dried Apricots = 1/2 Cup
Butterscotch chips = 1/4 Cup

Mix and enjoy!



Draw a line to:

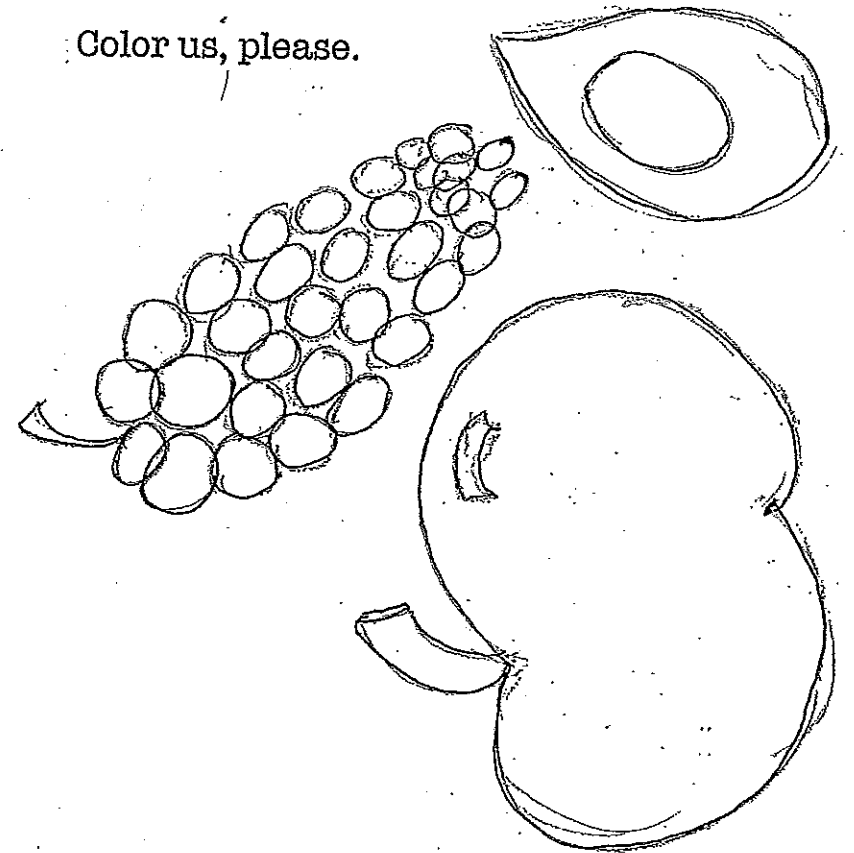
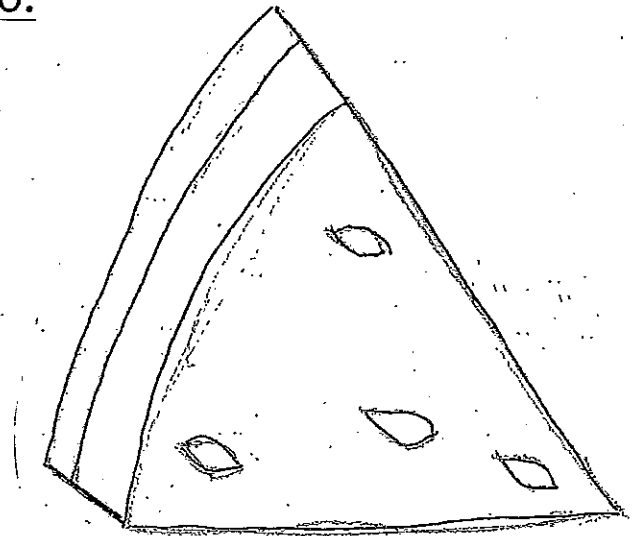
Apple

Grapes

Watermelon

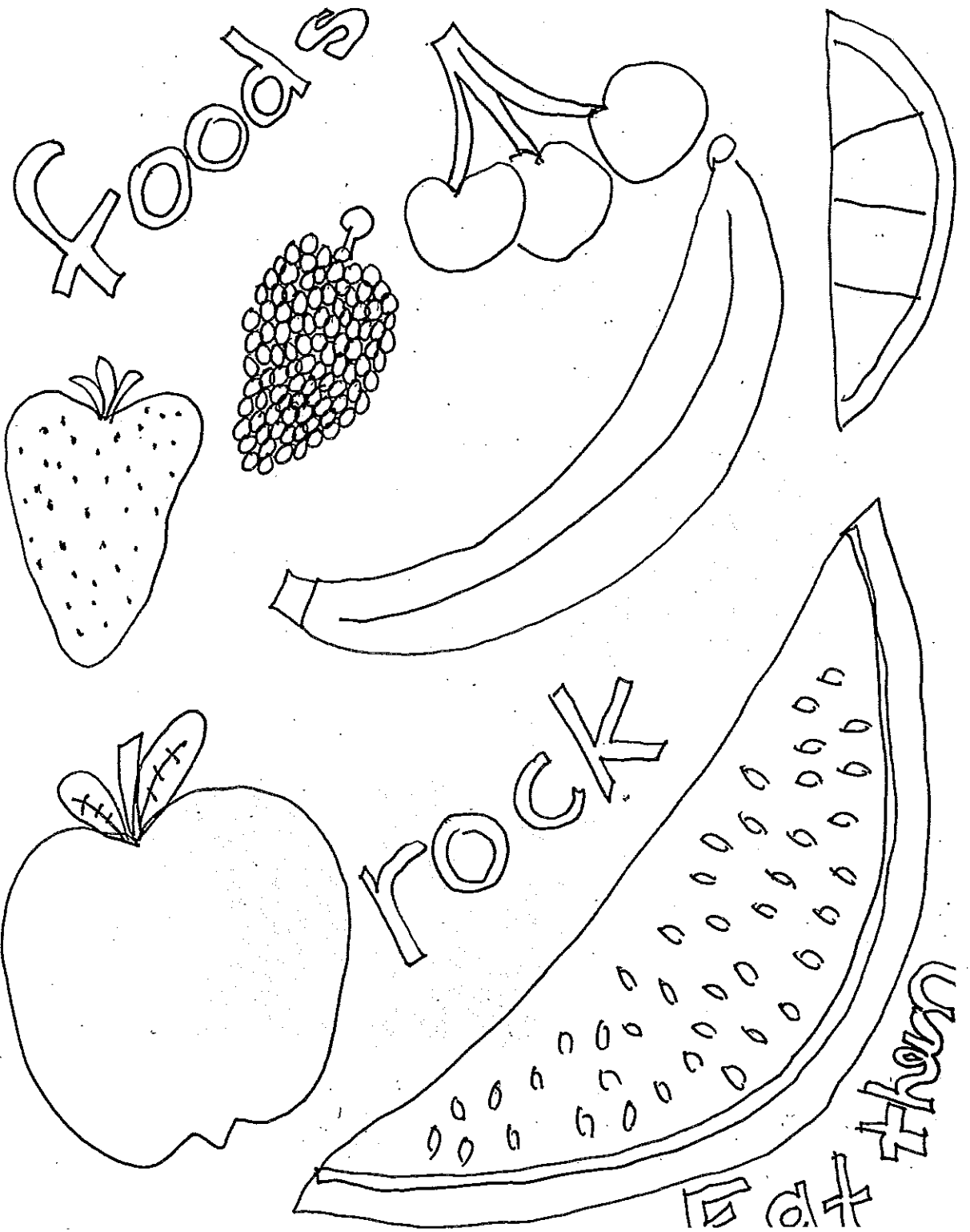
Avacado

Color us, please.





carbohydrates grow from
the ground. They need
sunshine and rain.



Layaly's Trail Mix

Vanilla Clustered Granola = 1/4 Cup

Raw Almonds = 1/4 Cup

Cheerios = 1/2 Cup

Dried cranberries = 1/2 Cup

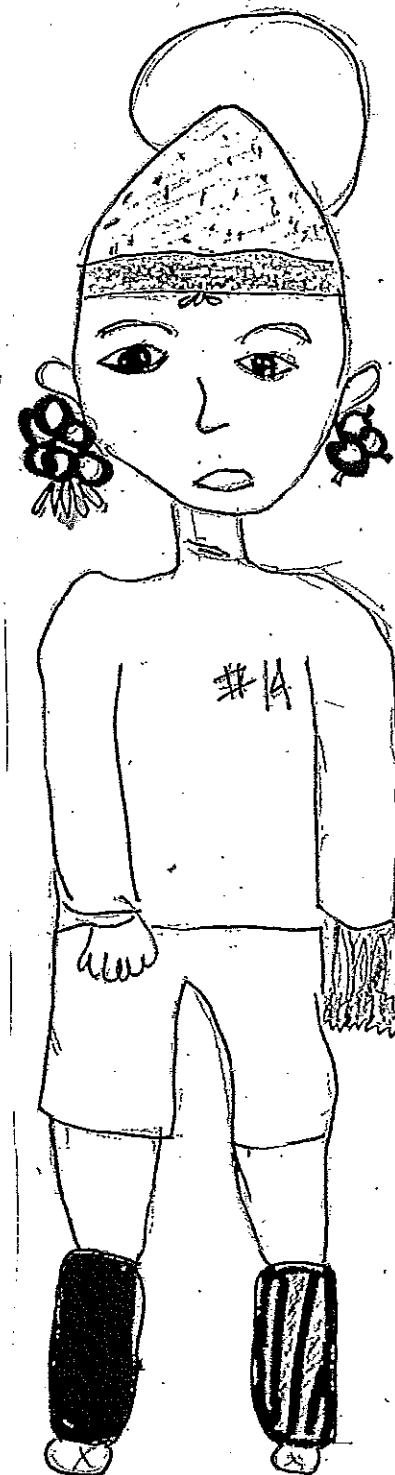
Dried Pineapples = 1/4 Cup

Dried Blueberries = 1/4 Cup

Dried Apricots = 1/2 Cup

Butterscotch chips = 1/4 Cup

Mix and enjoy!



Markena's ready for her game - but she can't find her yummie snack - HELP!

*Cucumber carrots
strawberry grapes
cherries apple orange*

Thanks! Can you color
Her uniform?

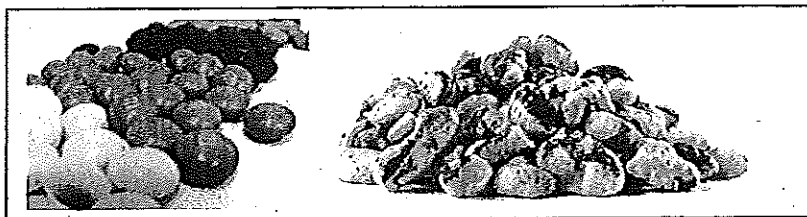


Trail Mix

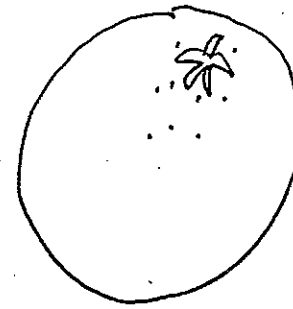
Chef: Nawaf Sule

- Walnuts = 1/4 Cup
- M&Ms = 1/4 Cup
- Cranberries = 1/4 Cup - sweetened
- Peanuts = 1/4 Cup
- Cheerios = 1/4 Cup

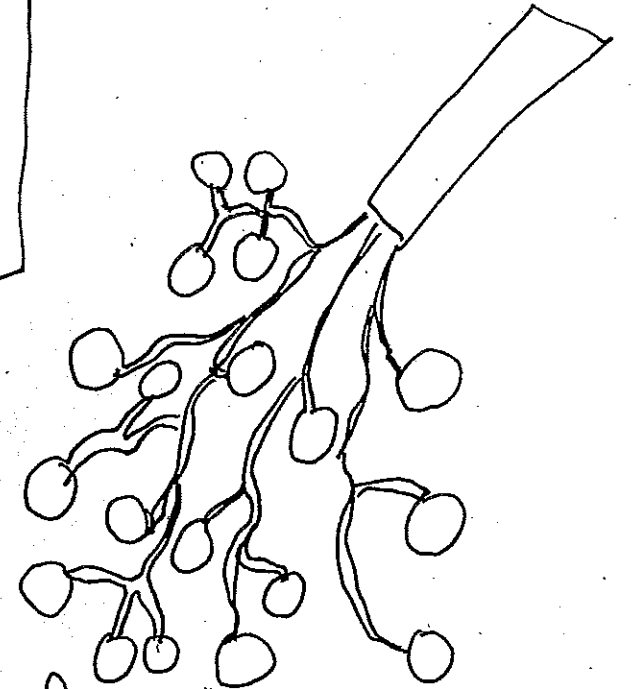
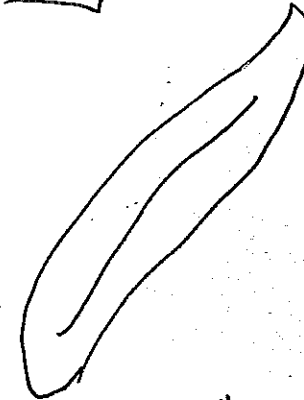
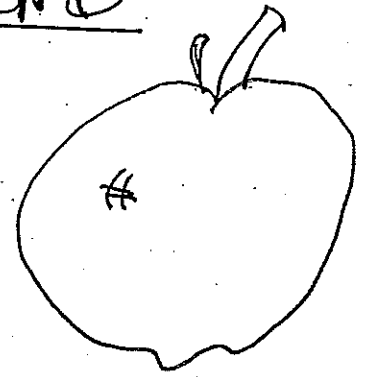
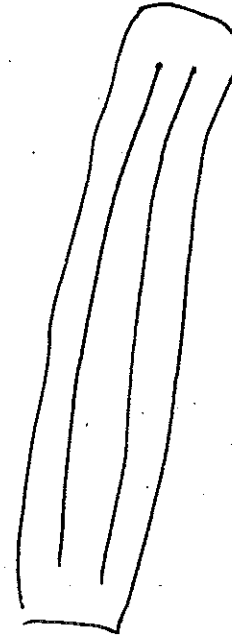
Mix & Serve



Color us



Fruits and
vegetables
are



anytime foods

almonds

apple

banana

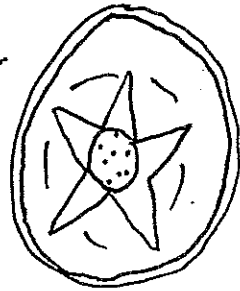
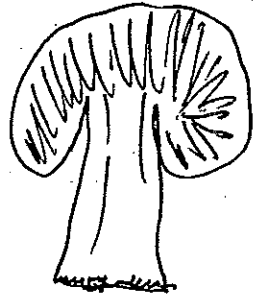
berries

carbohydrate

carrots

celery

cream cheese



fat

minerals

olive oil

orange

peanut butter

pear

popcorn

potato

protein

raisins

smoothie

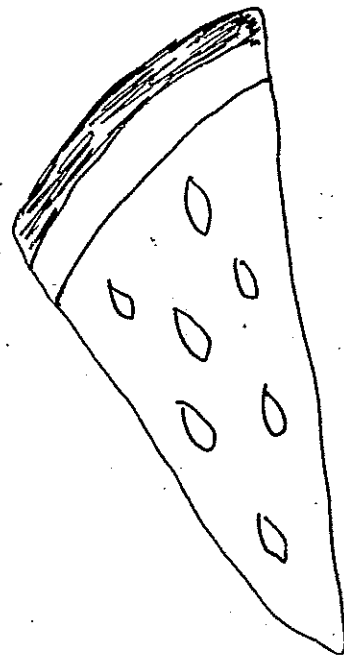
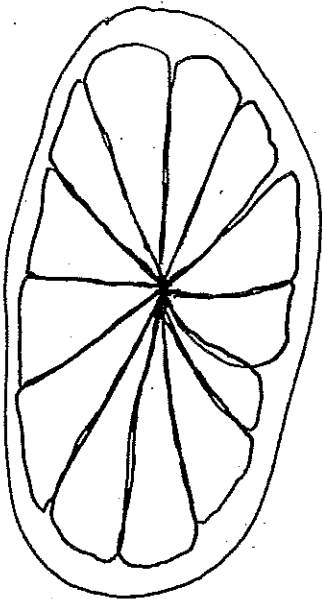
sunflower seeds

trail mix

vitamins

Watermelon

yogurt



Word Search

L	B	A	N	A	N	A	O	L	E	O	T	A	T	O	P	V	H	D	W
R	U	E	D	H	R	P	Q	W	R	A	E	P	U	W	G	Y	Q	H	T
X	A	Y	V	C	P	C	R	E	A	M	C	H	E	E	S	E	X	O	R
P	I	I	S	L	W	N	R	E	B	E	R	R	I	E	S	B	M	Z	U
O	Z	M	S	S	D	E	E	S	R	E	W	O	L	F	N	U	S	I	G
W	X	R	A	I	Q	M	Z	C	O	S	T	A	C	N	T	H	S	N	O
K	O	V	C	X	N	W	C	T	A	R	M	O	W	C	U	B	B	O	Y
U	J	B	Z	G	Z	S	A	U	A	R	A	O	A	M	E	D	M	L	K
J	X	F	E	R	C	F	L	V	M	N	B	N	O	F	A	L	Y	E	P
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C	Q	H	L	L	Z	T	Z	B	H	U	Y	O	L	I	V	E	O	I	L
F	E	J	A	K	D	C	A	U	N	I	E	T	O	R	P	J	U	J	E