



Why do we eat?



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Cars need gasoline
Bodies need food!



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Eating gives our bodies energy to
think, play, and
do all the activities we love!



GO FOODS

Give you long-lasting energy

Eat everyday

Help you stay healthy





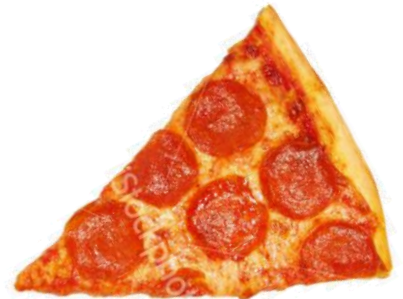
SLOW FOODS

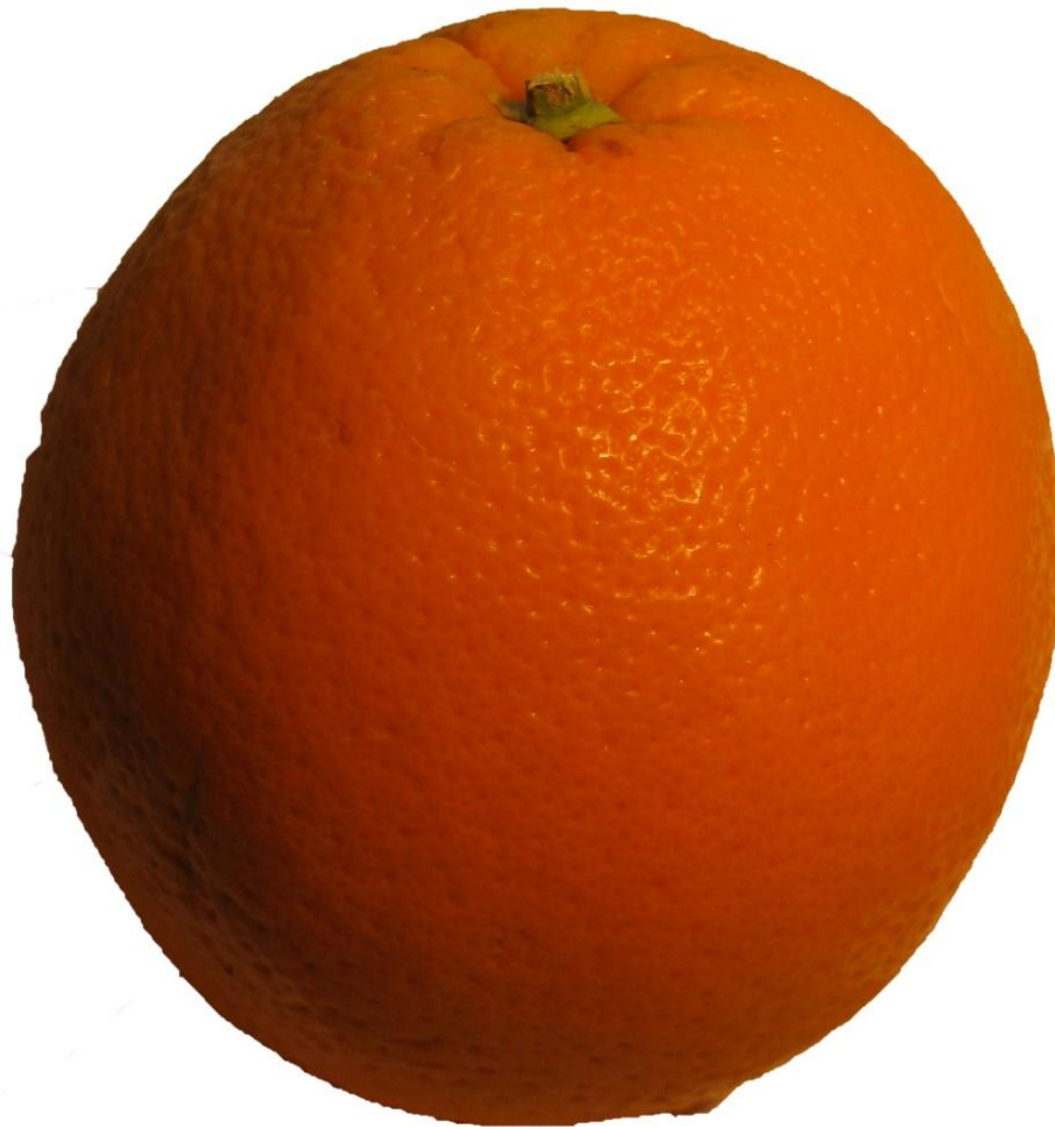


Low in healthy nutrients

Give a quick burst of energy, then slow you down

Should be eaten in moderation





Nurture: www.nurtureyourfamily.org











Photo courtesy of Chris Breeze

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