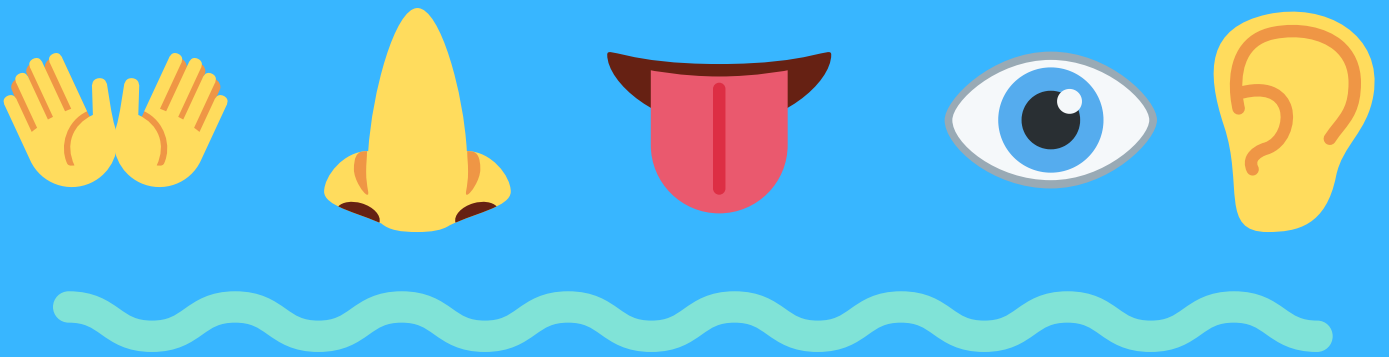




# HEALTHY EATING: HEALTH DETECTIVES



## IS PIZZA HEALTHY?

WE CAN MAKE PIZZA HEALTHY BY ADDING LOTS OF FRESH VEGGIES!

## SALAD VS. FRIES

A SIDE SALAD IS A MUCH HEALTHIER CHOICE!

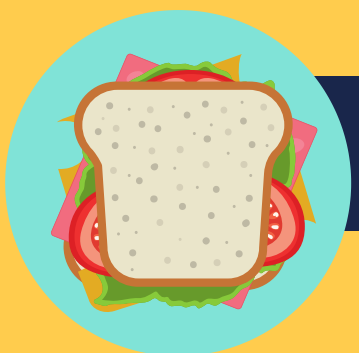


## YUMMY OR SICK?

FOOD CAN MAKE US SICK IF ITS NOT GOOD TO EAT ANYMORE

## SUBSTITUTION

ASK FOR WATER OR MILK INSTEAD OF SUGARY DRINKS LIKE POP



## HEALTHY CHOICES

ADD LOTS OF VEGGIES AND FRUIT TO YOUR MEALS

