

# Rainbow of Vegetables

1. Body Part
2. Body Part
3. Type Of Nut
4. Dessert
5. Dessert
6. Body Part
7. Type Of Fruit
8. Dessert
9. Type Of Fruit
10. Dessert
11. Dessert
12. Body Part

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Different types of foods power up your \_\_\_\_\_ Body part \_\_\_\_\_ which is why it's best to eat a variety of real, natural foods.

Our \_\_\_\_\_ Body part \_\_\_\_\_ need protein and a whole lot of healthy fats. All types of nuts are great for this; our favorite are \_\_\_\_\_ Type of nut \_\_\_\_\_. When we eat junk food like \_\_\_\_\_ Dessert \_\_\_\_\_ Dessert \_\_\_\_\_ we're eating lots of gunky fats that just slow your \_\_\_\_\_ Body part \_\_\_\_\_ down.

Another problem with candy is the sugar. When you eat a \_\_\_\_\_ Type of fruit \_\_\_\_\_ it might have the same amount of sugar as a slice of \_\_\_\_\_ Dessert \_\_\_\_\_ but it also has micro-nutrients, which help your body process the sugar. This means when you eat a banana, you're also eating everything your body needs to digest that \_\_\_\_\_ Type of fruit \_\_\_\_\_.

When you eat \_\_\_\_\_ Dessert \_\_\_\_\_ Dessert \_\_\_\_\_ there is no life in the food, and it takes your \_\_\_\_\_ Body part \_\_\_\_\_ extra nutrient resources to get anything useful out of that dessert.