

The Story of Salty Sally

1. Sport
2. Food
3. Food
4. Drink
5. Drink
6. Food
7. Food
8. Food
9. Food
10. Food
11. Nutrient
12. Food
13. Food
14. Plant
15. Food
16. Vehicle
17. Sport
18. Nutrient
19. Device
20. Device
21. Sport
22. Vehicle
23. Sport

24. Nutrient

25. Vehicle

26. Food

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Over the next month, Sally began to change her lifestyle so she can become healthier and make the

_____ sport _____ team. Instead of eating a slice of _____ food _____ that she ate every day, she began to eat a turkey _____ food _____ with _____ drink _____ instead of _____ drink _____. With the help of Healthy Harry, Sally changed her favorite foods of _____ food _____ and _____ food _____ to _____ food _____ and _____ food _____. One day for lunch, her mom asked if she wanted a _____ food _____, but Sally knew how much _____ nutrient _____ that was so she asked for _____ food _____ _____ food _____ instead. As Sally began to eat better, she felt more energetic and less salty, but she still wanted to be able to catch up to the other kids during tryouts so she began to play more outside. After school _____, instead of sitting under a _____ plant _____ and eating her _____ food _____, Sally brought her _____ vehicle _____ and rode all around the park. She also began to run around in the backyard and play with her own _____ sport _____ ball. When she was not sure what food was high in _____ nutrient _____ she would call upon Healthy Harry to help her out. The day off tryouts came and Sally was ready to show her coach. As soon as the coach blew his _____ device _____, Sally ran full speed and was faster than every one else on the field. After tryouts, coach blew his _____ device _____ and gave a _____ sport _____ ball to everyone who made the team. This time _____ vehicle _____ got a _____ sport _____ ball and was the happiest she has ever been. Thanks to Healthy Harry, Sally knew that too much foods high in _____ nutrient _____ did not give her the energy she needed to become a soccer star. She thanked Healthy Harry as she rode on her _____ vehicle _____ home so she can go eat her _____ food _____, her new favorite after-school snack.

