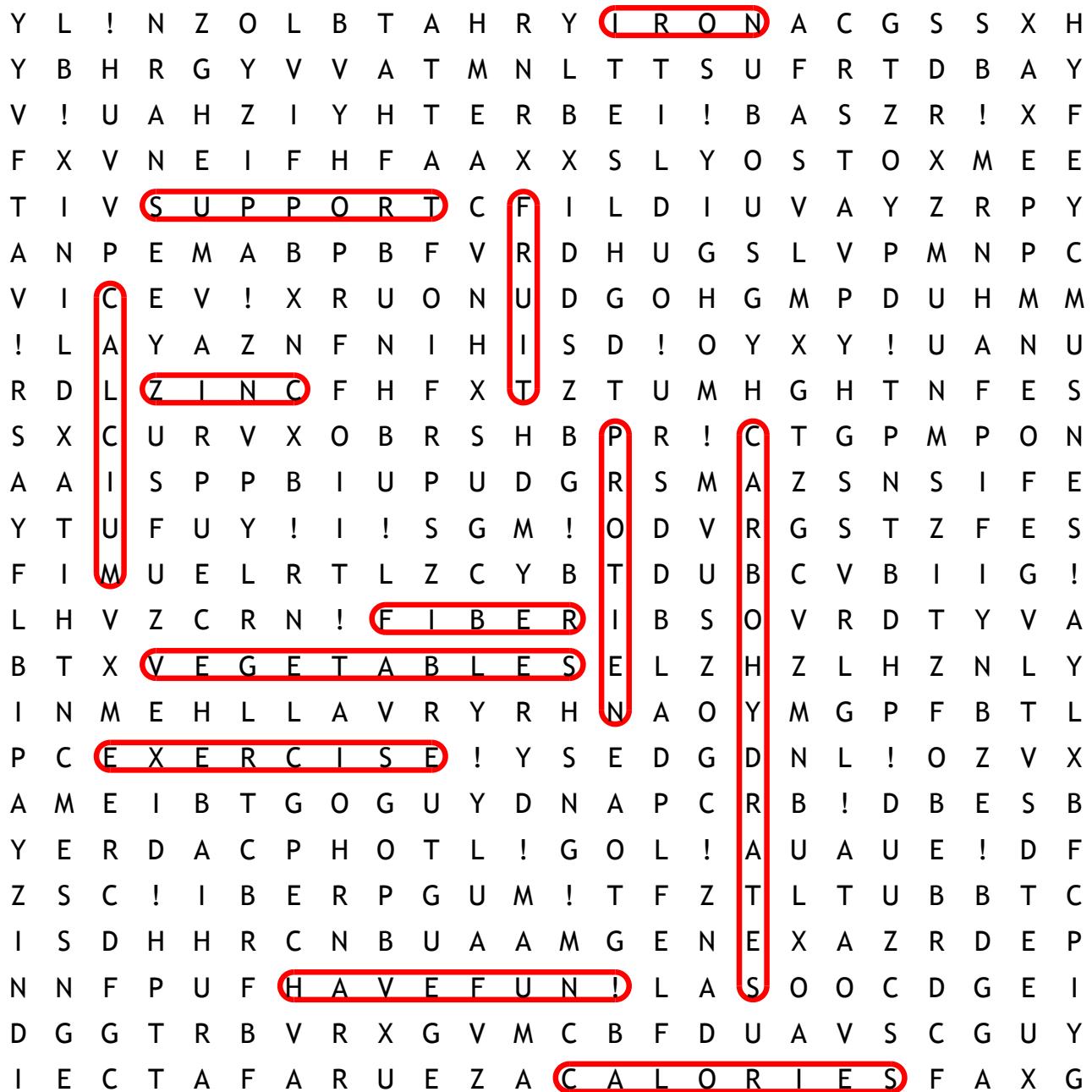


Name: _____

Date: _____

What I need to grow STRONG!



Carbohydrates

Vegetables

HAVE FUN!

Exercise

Calories

Support

Calcium

Protein

Fruit

Fiber

Zinc

Iron