



Group name: _____ Class /

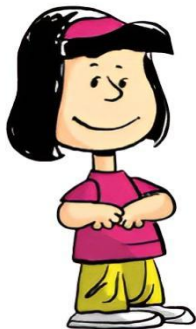
Which characters do you agree with and why?

Eat lots of fruit
and vegetables

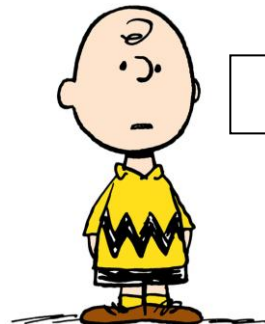
Eat good food
and do exercise.

Restrict or eliminate "junk
food" that contain refined
white flour, solid fats, added
sugars, and are high in
sodium

Eat more fish, including a portion
of oily fish
Cut down on saturated fat and
sugar.

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