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Health Science





Healthy Eating



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Children need healthy food.



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Wheat is a healthy grain.



Carrots are healthy vegetables.



Grapes are healthy fruits.



Milk is a healthy dairy food.



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Chicken is a healthy meat.

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Healthy



food



helps



children



learn.



Healthy food helps children play.



Healthy



food



helps



children



stay



strong.



&



Exercise and You





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Running builds a strong body.



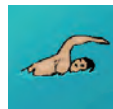
Playing catch builds a strong body.



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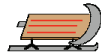
Riding bikes builds a strong body.



Swimming builds a strong body.



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Sledding



builds



a strong



body.



Hiking builds a strong body.



Playing soccer builds a strong body.



Playing at recess builds a strong body.