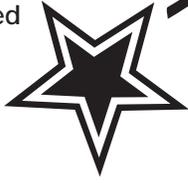


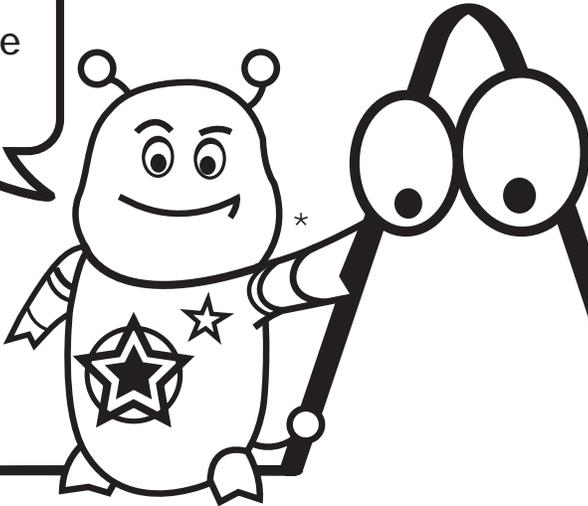


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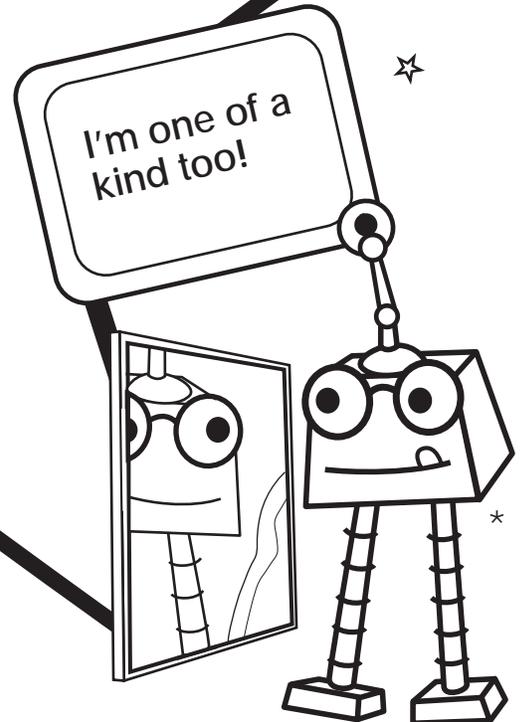
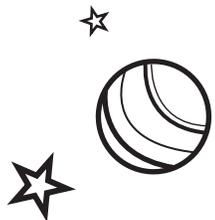
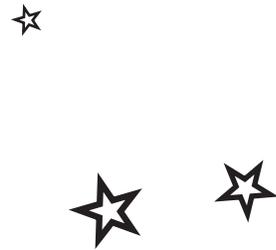
STUDENT MISSIONS FOR GRADES K-1  
**MISSION 1**  
YOU ARE ONE OF A KIND



You are one of a kind!



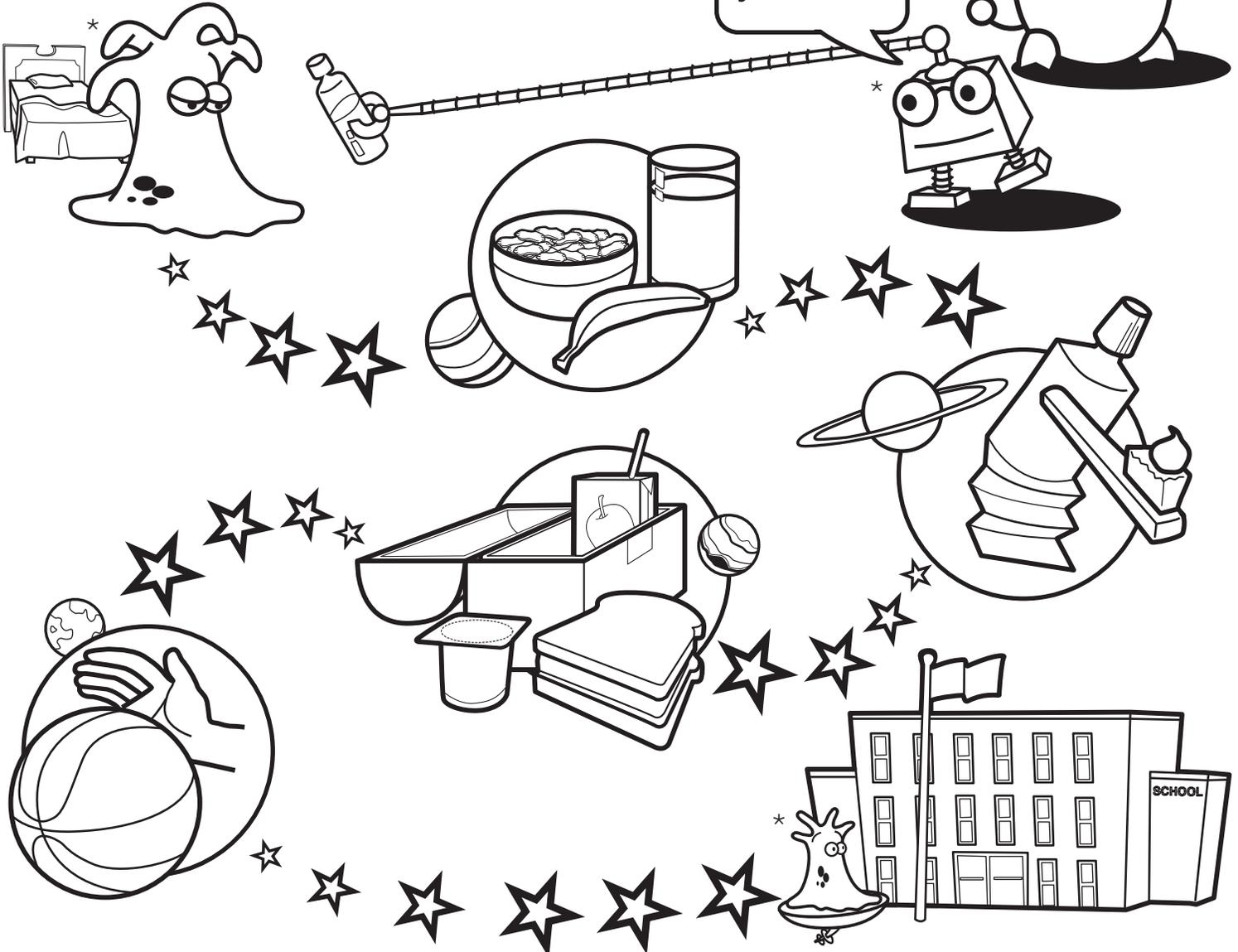
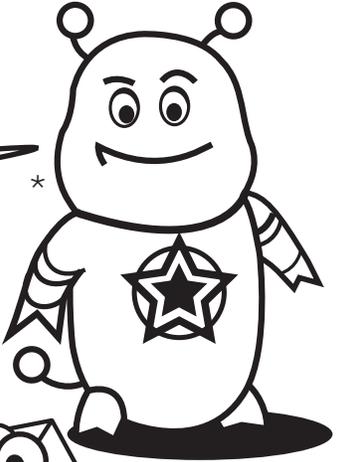
PUT YOUR PICTURE HERE





Start your day the healthy way!  
Help *Glubber*\* find the healthy way to  
school. Colour in all the healthy habits  
along the way.

Don't forget  
your water!



How many healthy habits did you colour? \_\_\_\_\_

Eating breakfast gives you  
energy to start your day!  
Colour the foods you like  
to eat for breakfast.



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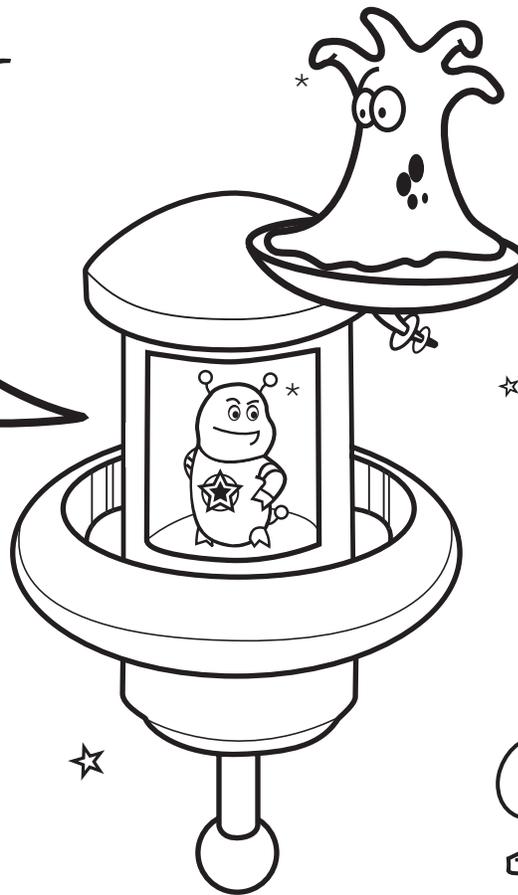
Colour the Vegetables and Fruit green.



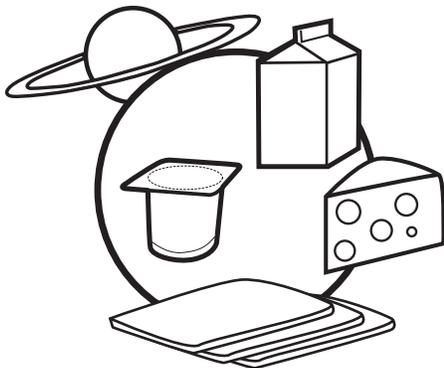
Colour the Grain Products yellow.



Help *Glubber\** choose foods from the four food groups for healthy eating.



Colour the Milk and Alternatives blue.



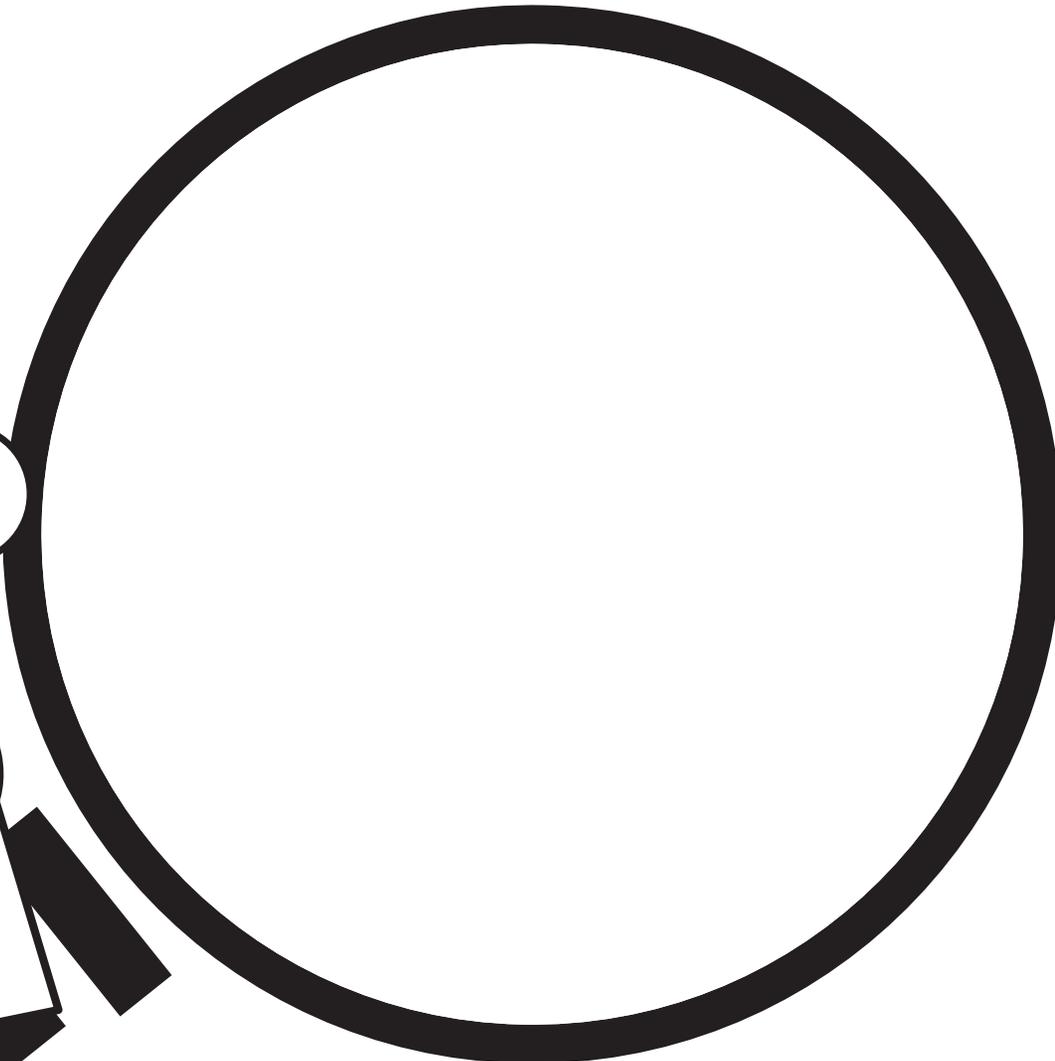
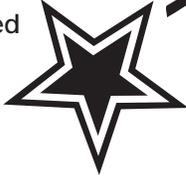
Colour the Meat and Alternatives red.



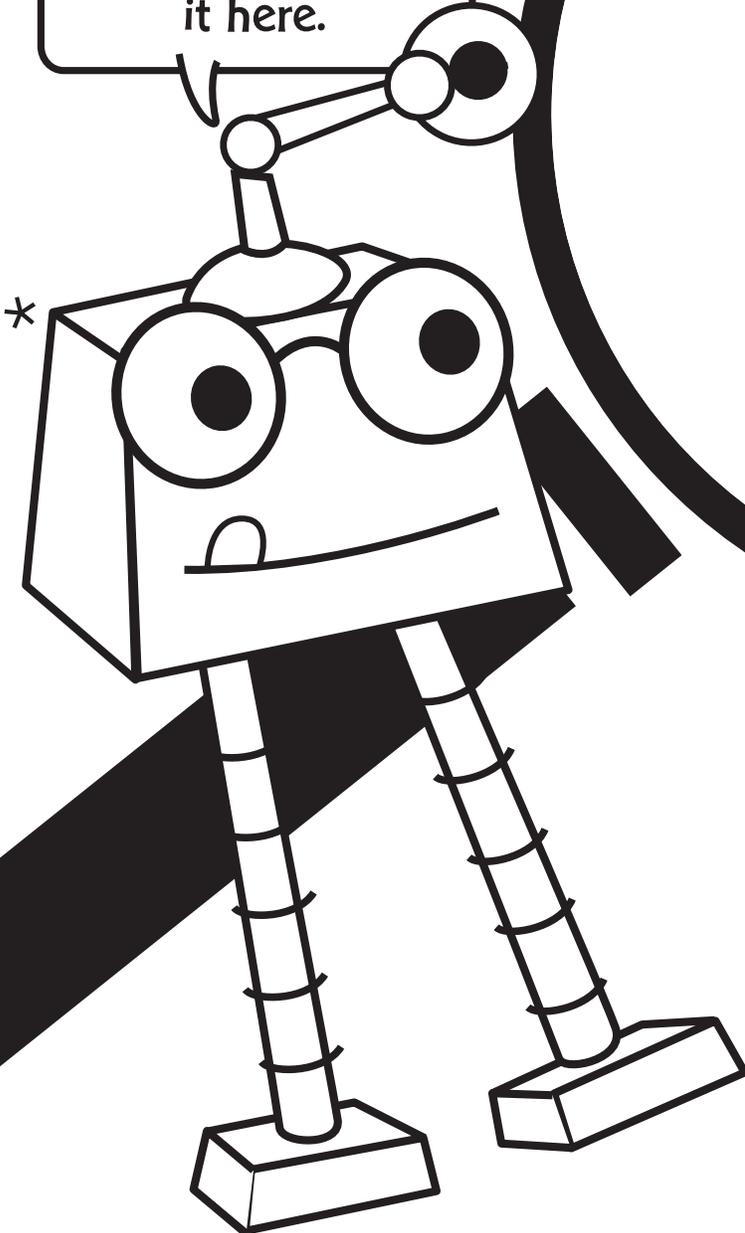


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STUDENT MISSION FOR GRADES K-1  
**MISSION 5**  
FINDING FOOD LABELS



Find a Nutrition  
Facts table. Cut it  
out and paste  
it here.



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