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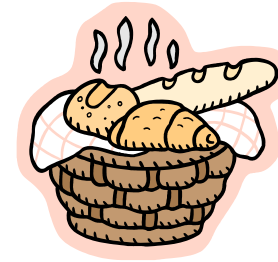
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## *Health and Growth*

### *D'Nealian Cursive*



1. Water and a variety of food make us grow up healthy.
2. There are four main food groups.
3. They are Bread, Dairy, Fruit and Vegetable, and Meat Groups.
4. You need some of each for a balanced diet.
5. The bread group contains carbohydrates for fuel.
6. Fruit and vegetables contain vitamins and fiber for health.
7. Dairy foods provide calcium for strong bones and teeth.
8. Meat provides protein for strong muscles.
9. We also need a small amount of fat.
10. Too much fat, sugar and salt is unhealthy.



Water and a variety of food  
make us grow up healthy.

Water and a variety of food  
make us grow up healthy.





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and Vegetable, and Meat Groups.

They are Bread, Dairy, Fruit  
and Vegetable, and Meat Groups.





You need some of each  
for a balanced diet.

You need some of each  
for a balanced diet.





The bread group contains  
carbohydrates for fuel.

The bread group contains  
carbohydrates for fuel.





Fruit and vegetables contain  
vitamins and fiber for health.

Fruit and vegetables contain  
vitamins and fiber for health.





Dairy foods provide calcium  
for strong bones and teeth.

Dairy foods provide calcium  
for strong bones and teeth.







Meat provides protein  
for strong muscles.

Meat provides protein  
for strong muscles.





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