

Rainbow of Vegetables

1. Body Part
2. Body Part
3. Type Of Nut
4. Dessert
5. Dessert
6. Body Part
7. Type Of Fruit
8. Dessert
9. Type Of Fruit
10. Dessert
11. Dessert
12. Body Part

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Different types of foods power up your _____ Body part _____ which is why it's best to eat a variety of real, natural foods.

Our _____ Body part _____ need protein and a whole lot of healthy fats. All types of nuts are great for this; our favorite are _____ Type of nut _____. When we eat junk food like _____ Dessert _____ Dessert _____ we're eating lots of gunky fats that just slow your _____ Body part _____ down.

Another problem with candy is the sugar. When you eat a _____ Type of fruit _____ it might have the same amount of sugar as a slice of _____ Dessert _____ but it also has micro-nutrients, which help your body process the sugar. This means when you eat a banana, you're also eating everything your body needs to digest that _____ Type of fruit _____.

When you eat _____ Dessert _____ Dessert _____ there is no life in the food, and it takes your _____ Body part _____ extra nutrient resources to get anything useful out of that dessert.