



# family health journal

Name:



# Five Senses



These are my 5 senses:



My senses help me learn, grow,  
and discover new things.



# GO, SLOW, WHOA Foods

These are my favorite GO foods:



I eat GO foods anytime  
because they help me grow  
and feel good!

# Fabulous Fruits



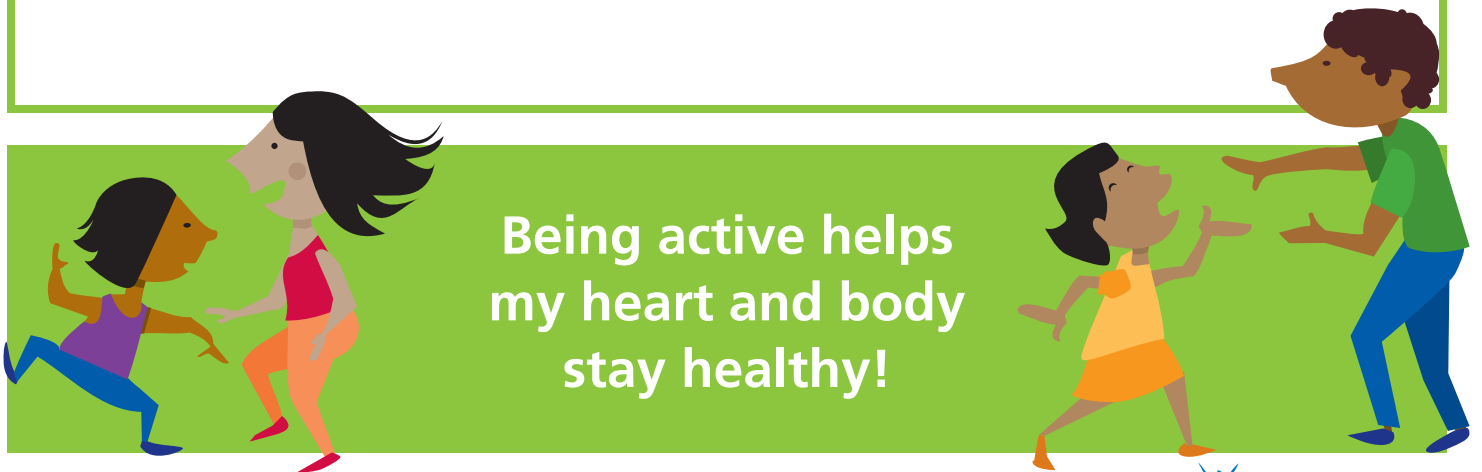
My favorite fruits are:



Eating a variety of healthy foods  
gives my body important nutrients.

# Move to the Beat

This is how I like to move:



Being active helps  
my heart and body  
stay healthy!

# Energy Balance



This is my favorite GO snack and my favorite way to be active:



Eating healthy foods gives me energy to play!

# I Love My Veggies!



Here is a rainbow salad:

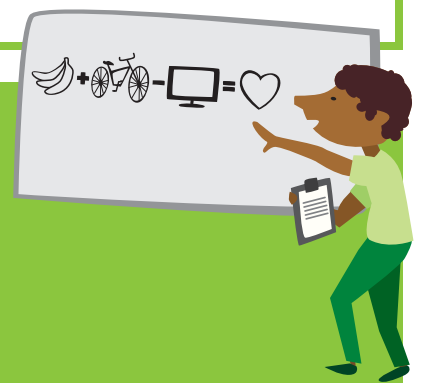


Eating vegetables  
every day helps my  
family stay healthy!

# Perfect Portions

My favorite meal includes:

A healthy meal includes  
fruits and vegetables,  
starches, and protein!





# Dem Bones



These are my healthy bones:



Dancing, jumping, and being active  
helps my bones become stronger!

# Healthy Beverages

Here I am drinking water:



Water and low-fat milk helps  
my body feel good!!

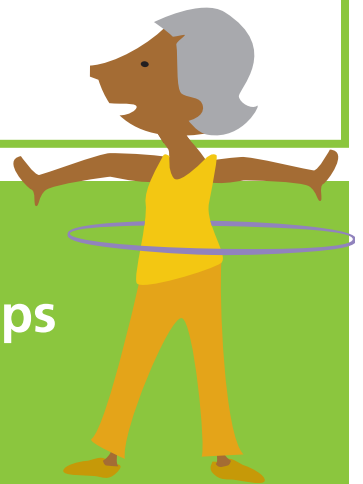


# Smart Sleep!

This is how I get ready for bed:



Getting a good night's sleep helps  
me learn and play all day.



# Family Meal

When I eat with my family, I like to:



Preparing family meals  
together is fun!



# The End!

My Healthy Family:

