The right kind of food helps keep your children well and happy.
The right foods build straight, strong bodies.
The right foods help build a healthy, active mind.
Foods are building blocks. Your child needs food from each block every day.
FOODS FOR YOUR CHILD TO EAT EVERY DAY

BREAKFAST
- Apple
- Banana
- Cereal
- Milk
- Or egg
- Or fruit

MID-MORNING SNACK
- Wow
- Milk
- Or apple
- Or crackers

LUNCH
- Or cheese
- Or peanut butter
- Or meat
- Or fish
- Or milk

MID-AFTERNOON SNACK
- Umm
- Or milk
- Or banana
- Or cookies

DINNER OR SUPPER
- Or meat
- Or peanut butter
- Or milk
<table>
<thead>
<tr>
<th>YUM!</th>
<th>NO!</th>
<th>NO!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children are not alike. Some will like foods that others don't.</td>
<td>Start now to teach your child to like the right foods.</td>
<td>Boil, bake, or stew</td>
</tr>
<tr>
<td>Serve some raw.</td>
<td></td>
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<tr>
<td>Use only a little water, sugar, salt, or fat.</td>
<td>Serve some foods warm. Your child may like warm milk better than cold.</td>
<td></td>
</tr>
<tr>
<td>Give him different foods, some hard some soft.</td>
<td>Give him small servings. Give only one new food at a time.</td>
<td></td>
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<td>-------------------------------------------------</td>
<td>--------------------------------------------------------</td>
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</tr>
<tr>
<td><strong>AT THE TABLE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><img src="image1" alt="Illustration" /></td>
<td><img src="image2" alt="Illustration" /></td>
<td></td>
</tr>
<tr>
<td>Your child needs a little time for rest and cleaning up before eating.</td>
<td>Serve every meal with love. Make his plate pretty.</td>
<td></td>
</tr>
<tr>
<td><img src="image3" alt="Illustration" /></td>
<td><img src="image4" alt="Illustration" /></td>
<td></td>
</tr>
<tr>
<td>Don’t make your child eat--set a good example for him.</td>
<td>Teach your child to brush his teeth after eating.</td>
<td></td>
</tr>
</tbody>
</table>