

# Food Is Fuel



**Which is the  
better fuel  
choice?**



# Think Your Food

Which is the better fuel choice?



# Think About Your Food

A banana is better fuel  
than a lollipop.



# Think Your Food

Which is the better fuel choice?



# Think About Your Food

Water is better fuel  
than soda.



# Think About Your Food

Which is the better fuel choice?



# Think About Your Food

Celery is better fuel  
than a cupcake.



# Food Is Fuel

## It's up to you!

- Eat lots of fruits and vegetables.
- Make water or milk your drink of choice.



HOW DO YOU THINK YOUR FOOD?



# Think Your Food

Complete the dot to dot to show others healthy food choices.



Name \_\_\_\_\_

## My Fuel

Food is fuel for your body and brain! Connect the dots to reveal healthy foods that give your body the most nutrition and energy.

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