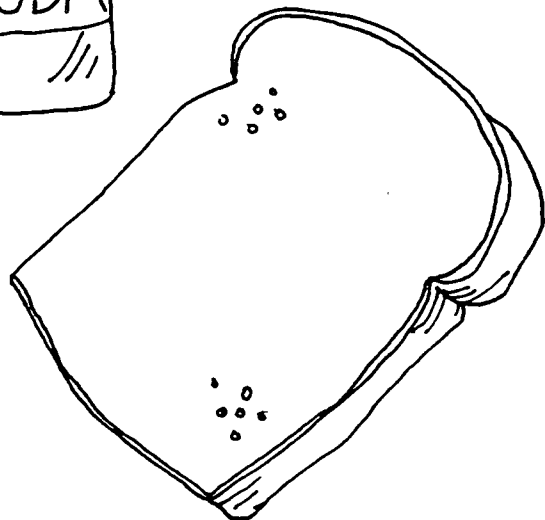
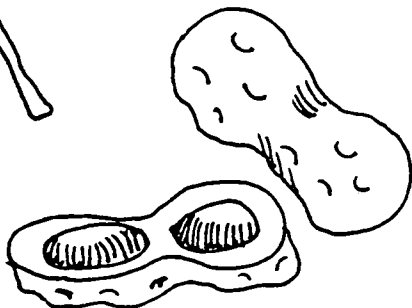
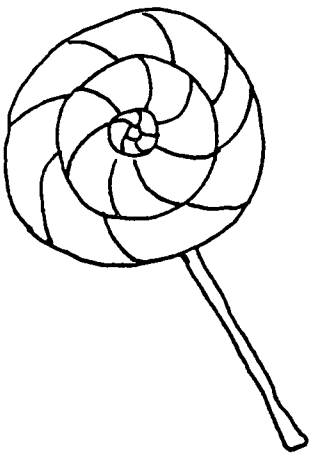
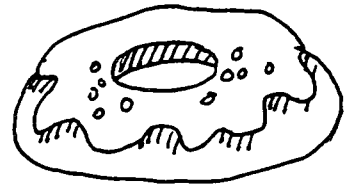
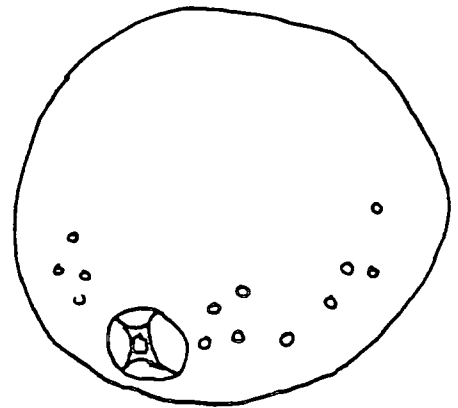
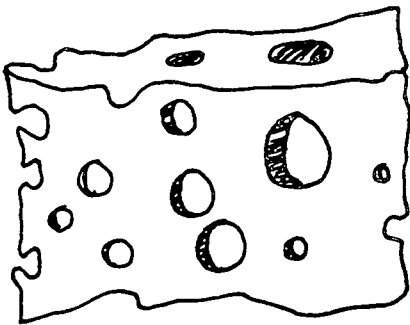






★ Color the foods that will help Bright Eyes grow and have energy.

★ Cross out the foods that are not so good.

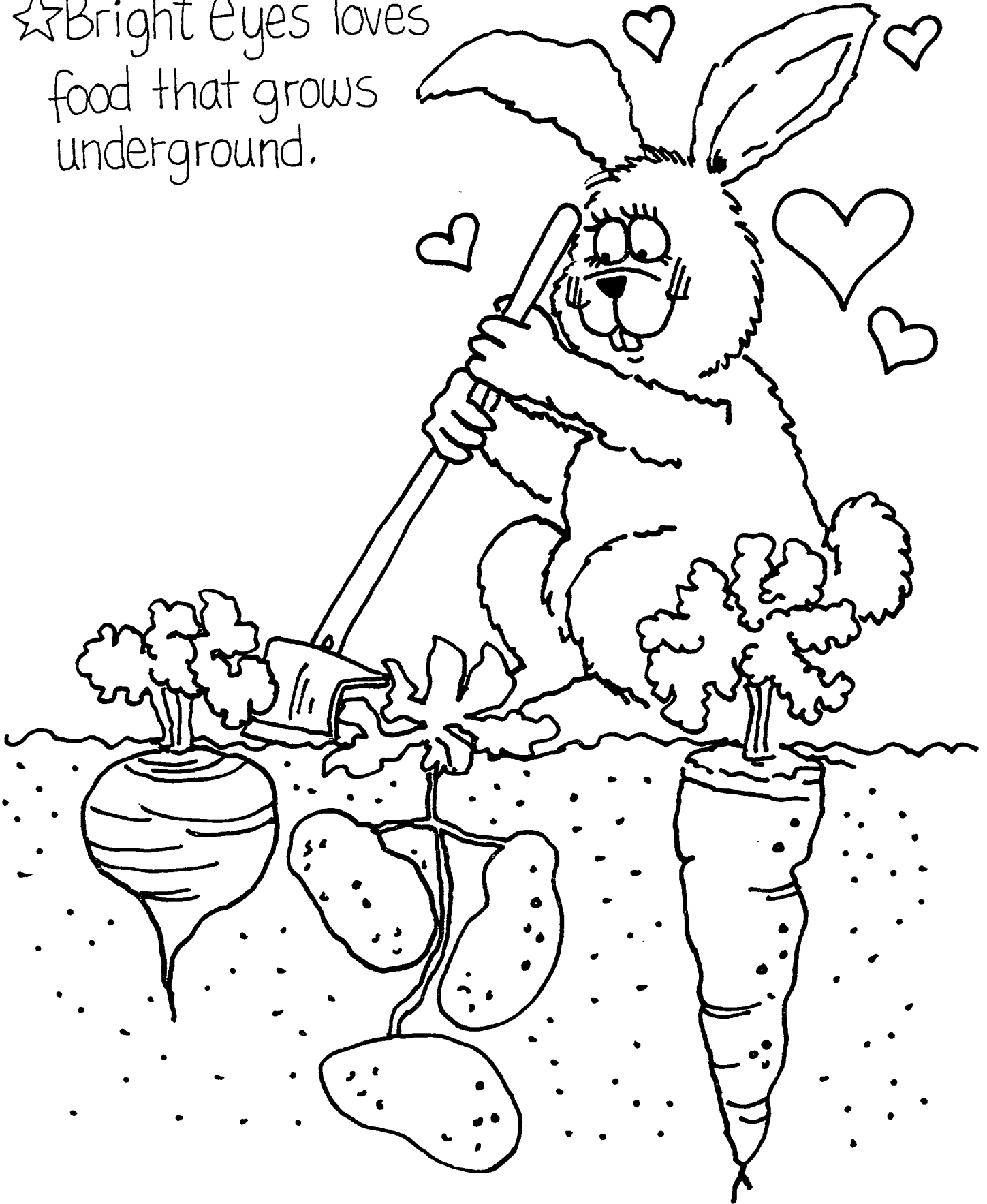


★ Draw the good foods that Bright Eyes is dreaming of

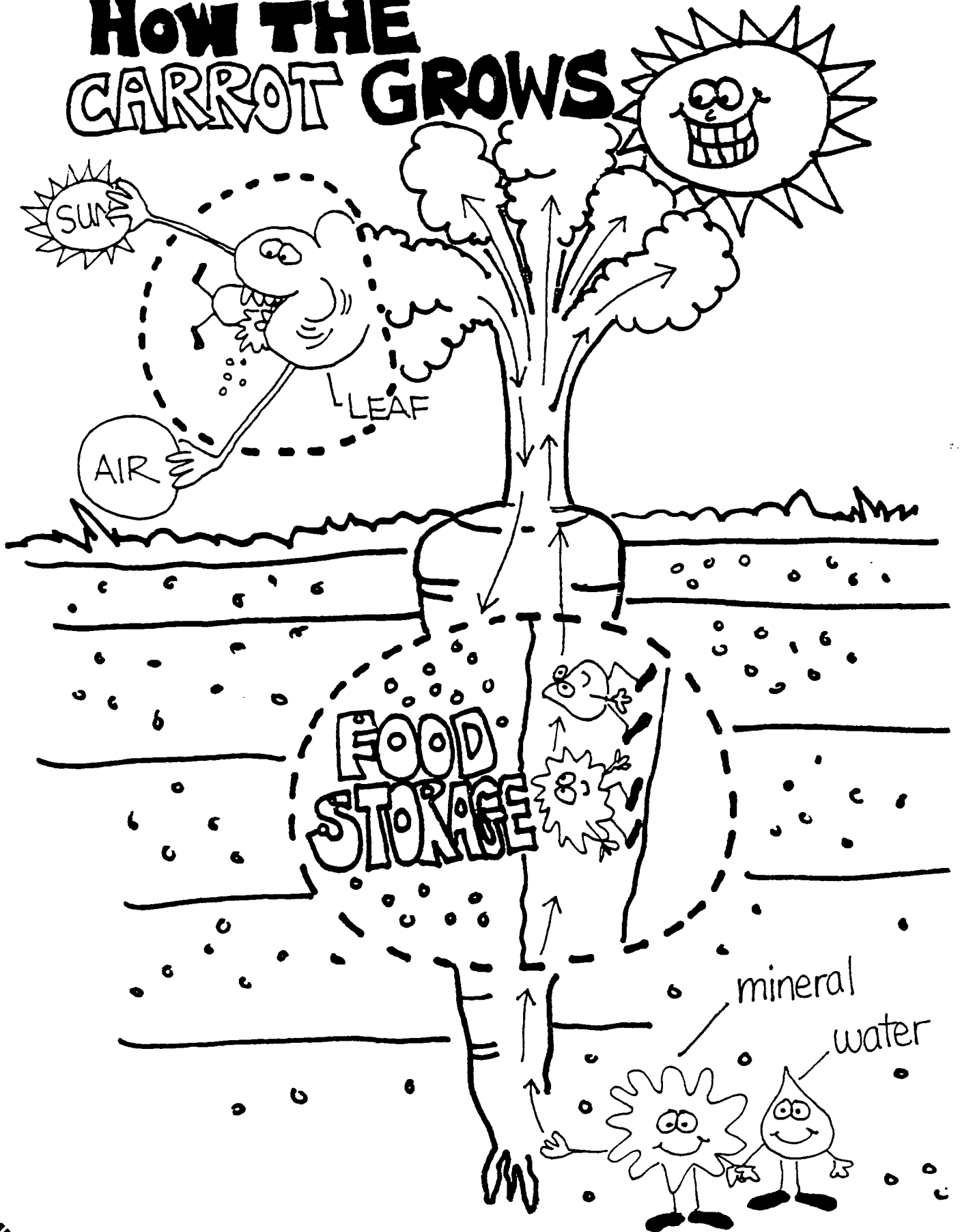


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☆ Bright Eyes loves
food that grows
underground.



HOW THE CARROT GROWS

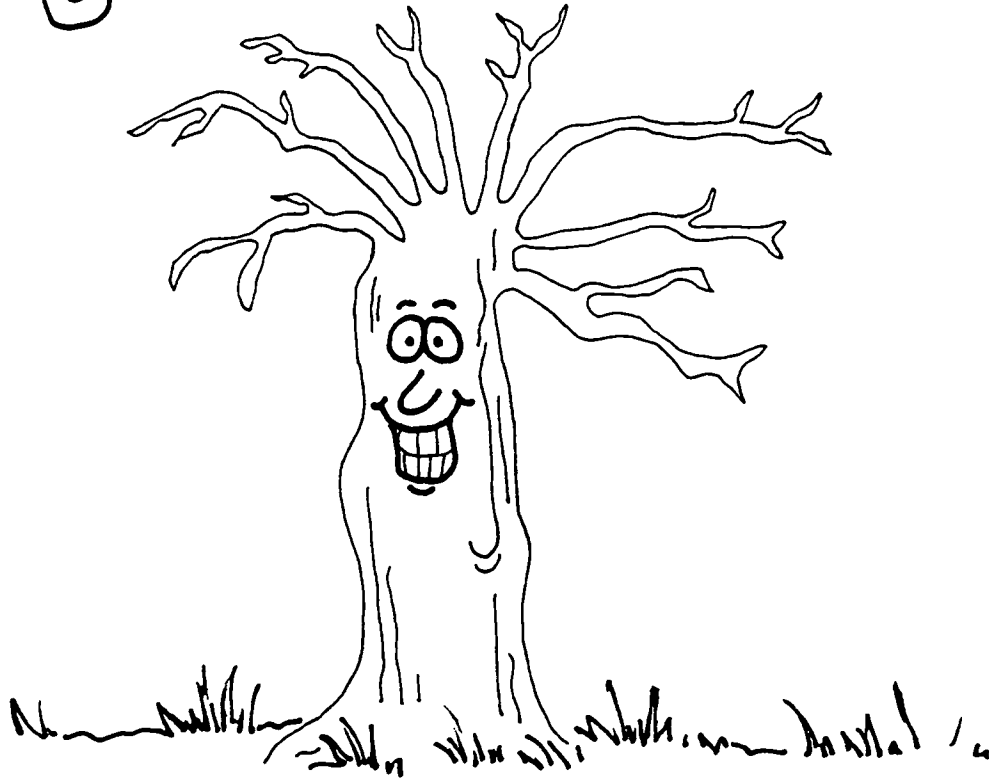


**I Am Packed with
VITAMIN C!**

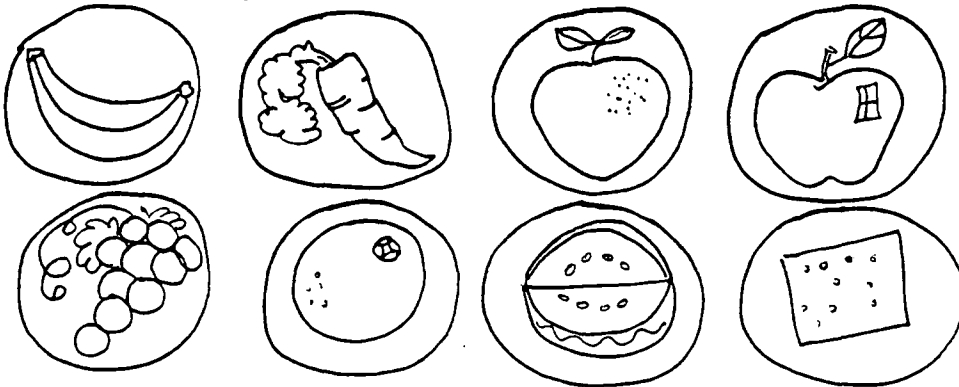


WHO AM I?

My Favorite Fruit Tree!



★ Color the foods that grow on trees.



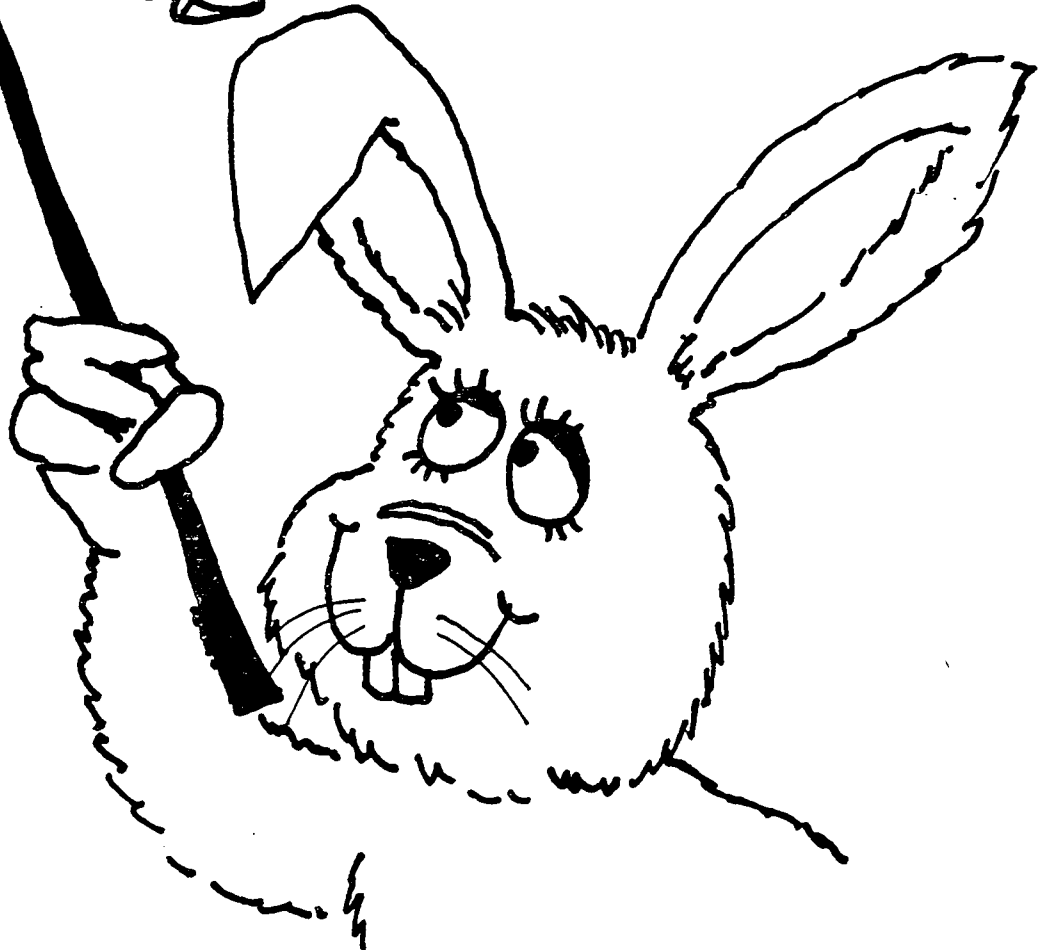
★ Draw these foods on the tree.



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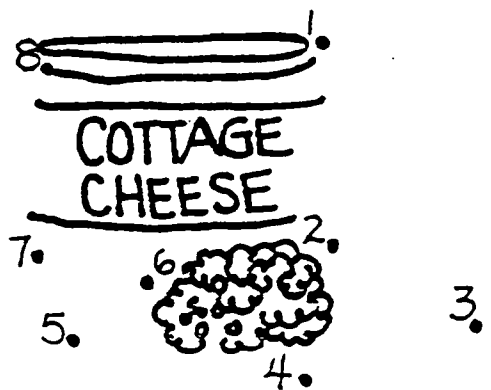
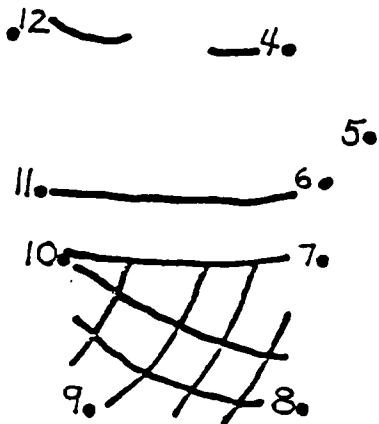
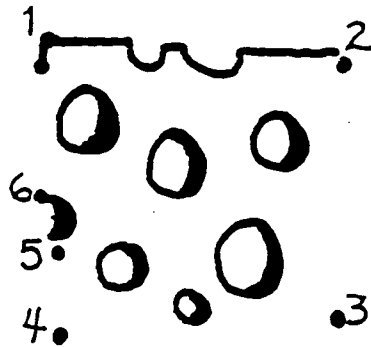
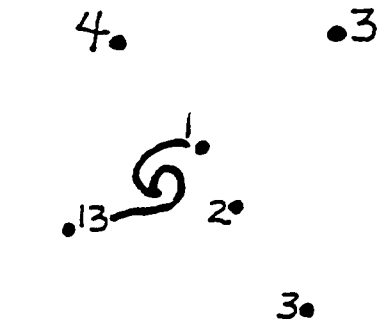
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Milk comes from a COW






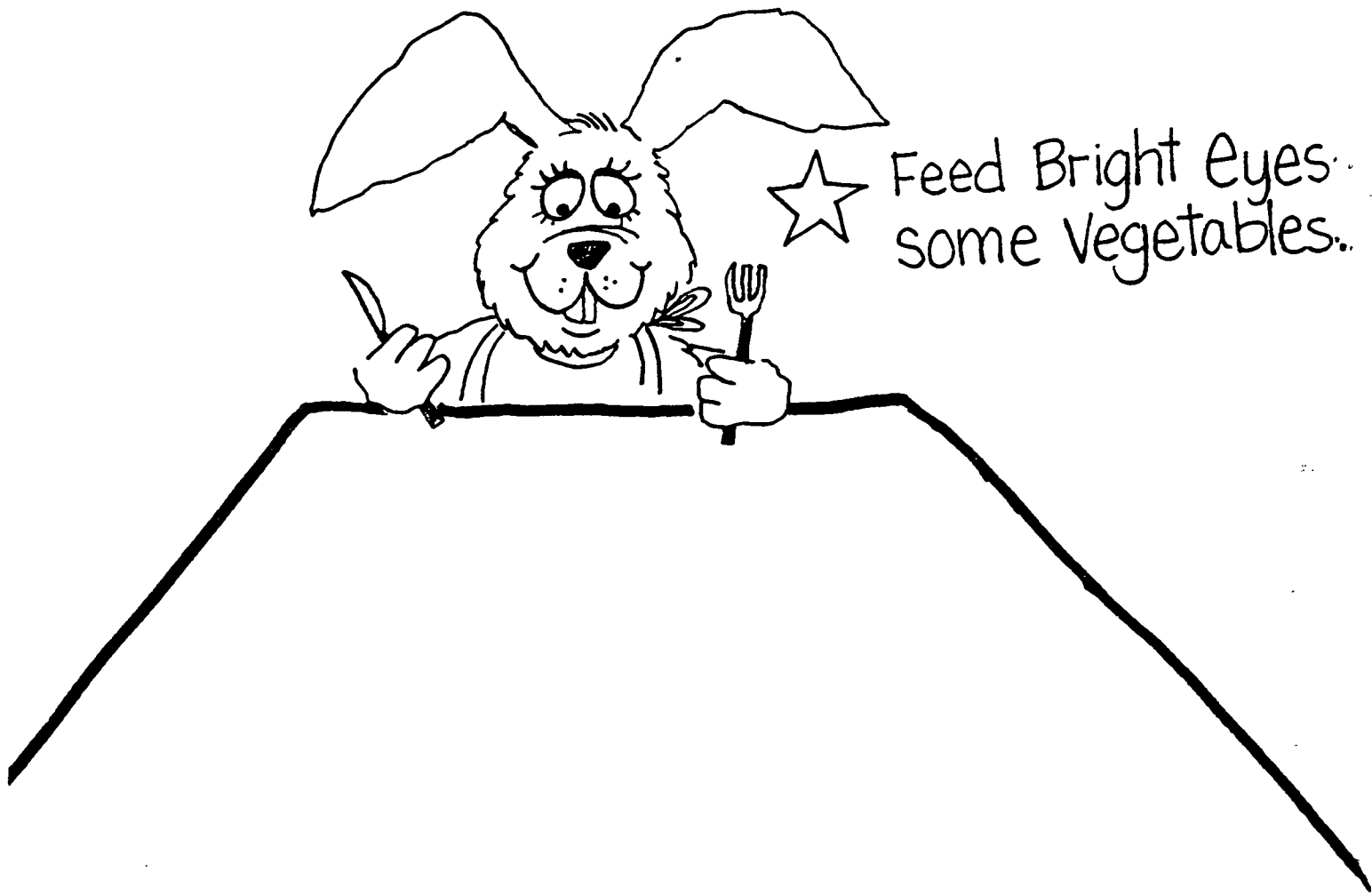
★ Bright Eyes likes these milk foods.
Connect the dots and color.





Bright Eyes
LOVES Vegetables!



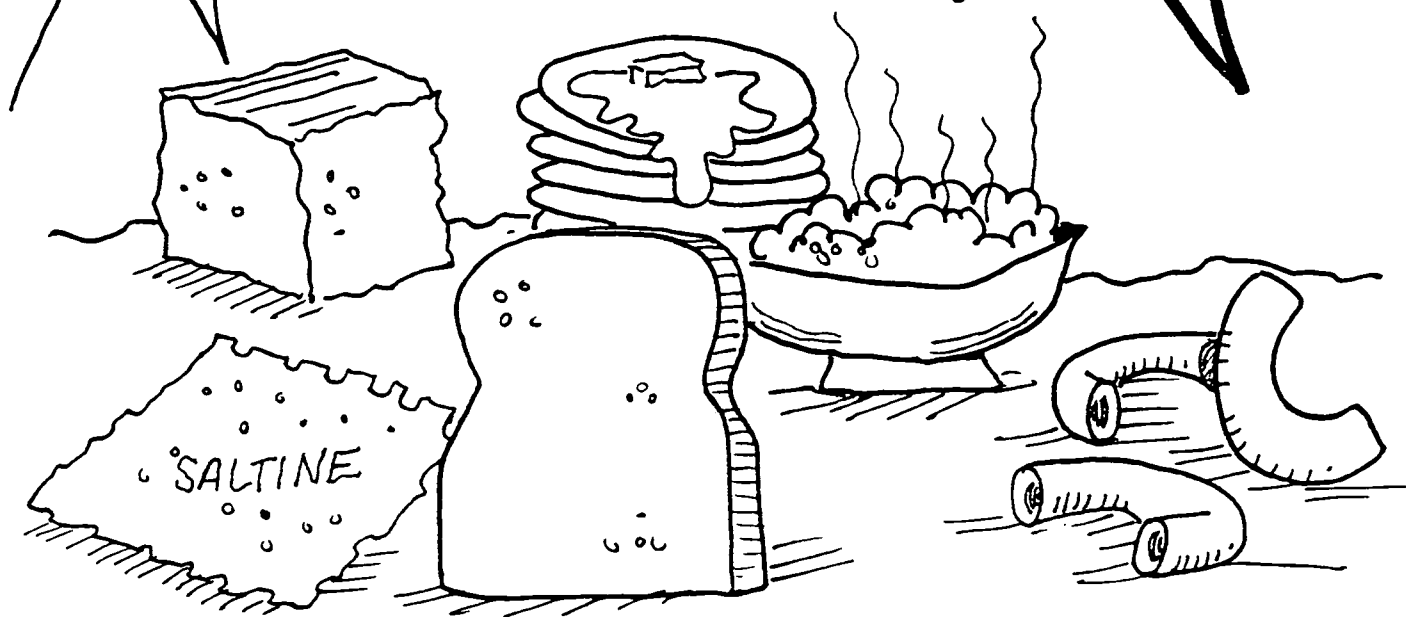


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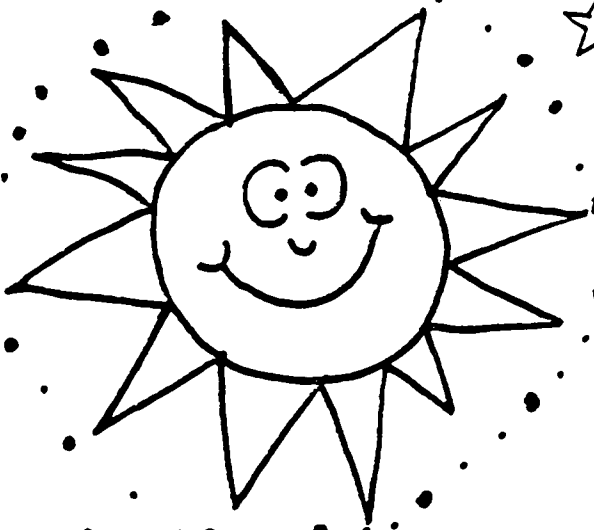
☆ Breads and Cereals give Bright Eyes...



ENERGY



☆ Fix Bright Eyes a good
Breakfast!



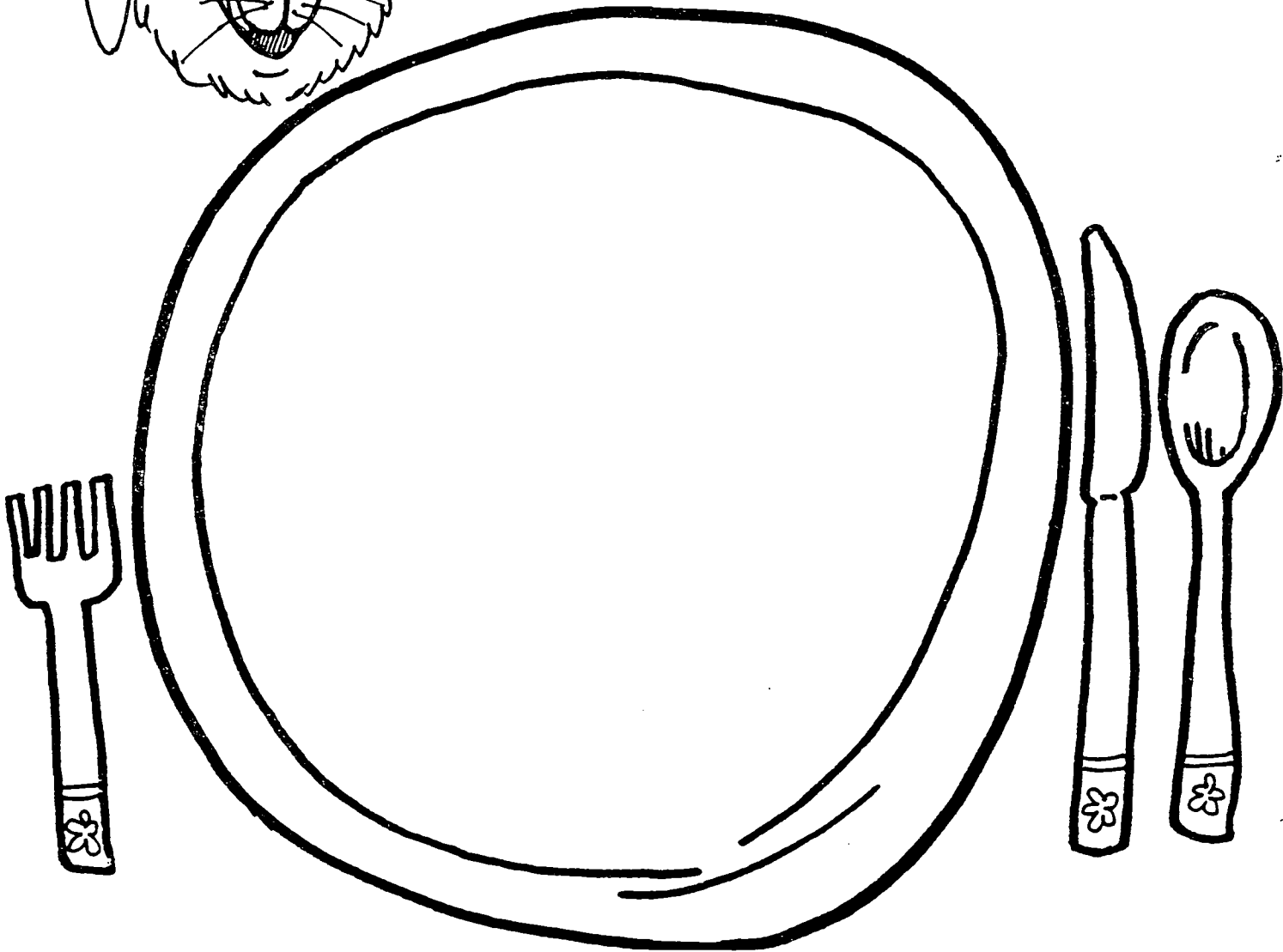
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☆ Bright Eyes Loves...

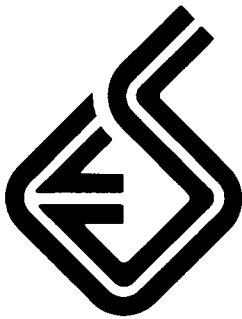




★ Fix a good dinner
for Bright Eyes.



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Bright Eyes and the good Food Gang was revised by Janice Broome, Oregon State University Extension Agent, Lane County, Bill Boldt, Extension 4-H/EFNEP Youth Specialist, OSU, and Margaret Lewis, Extension Nutrition Specialist, OSU.

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