A young girl with brown hair, wearing a light blue shirt, is smiling. She is holding a stack of six chocolate chip cookies in her left hand and a single red and yellow apple in her right hand. The background is a plain, light color. At the top of the image, there is a horizontal bar with five colored segments: blue, purple, green, red, and yellow.

**Food  
Is Fuel**

**Which is  
the better  
fuel choice?**

# Think About Your Food

Which is the better fuel choice?



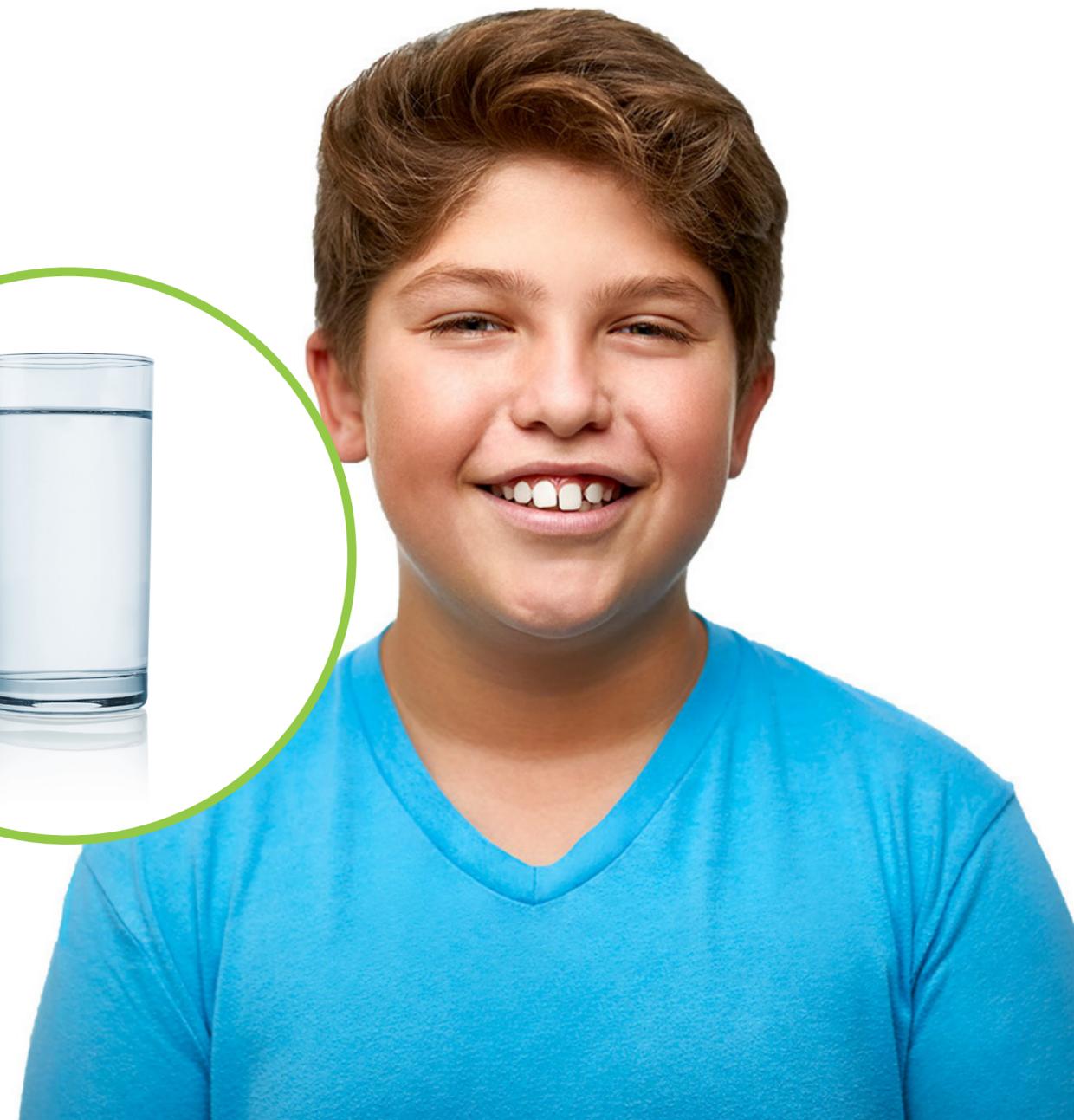
# Think About Your Food

A banana is better fuel than a lollipop.



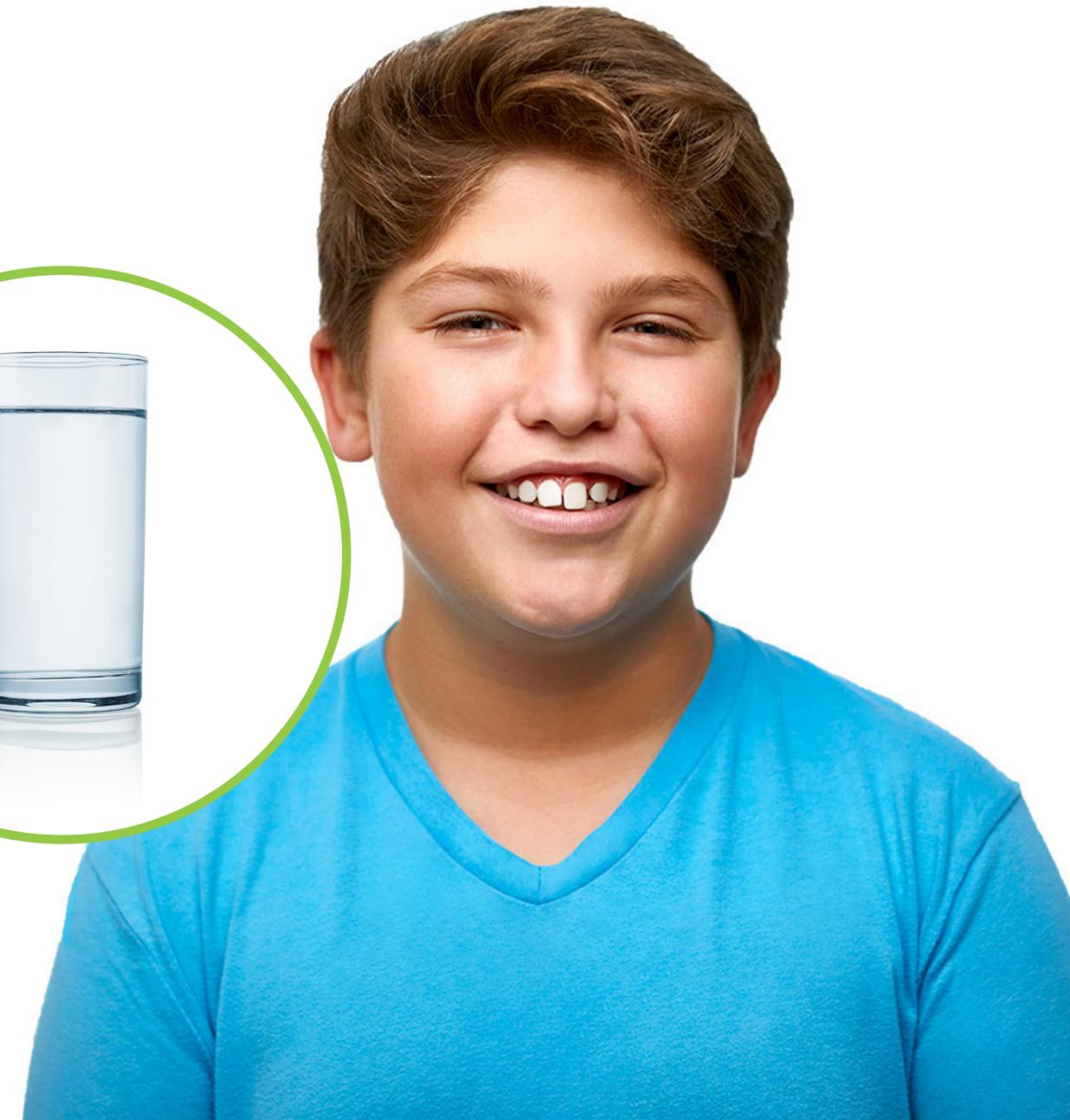
# Think About Your Food

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!

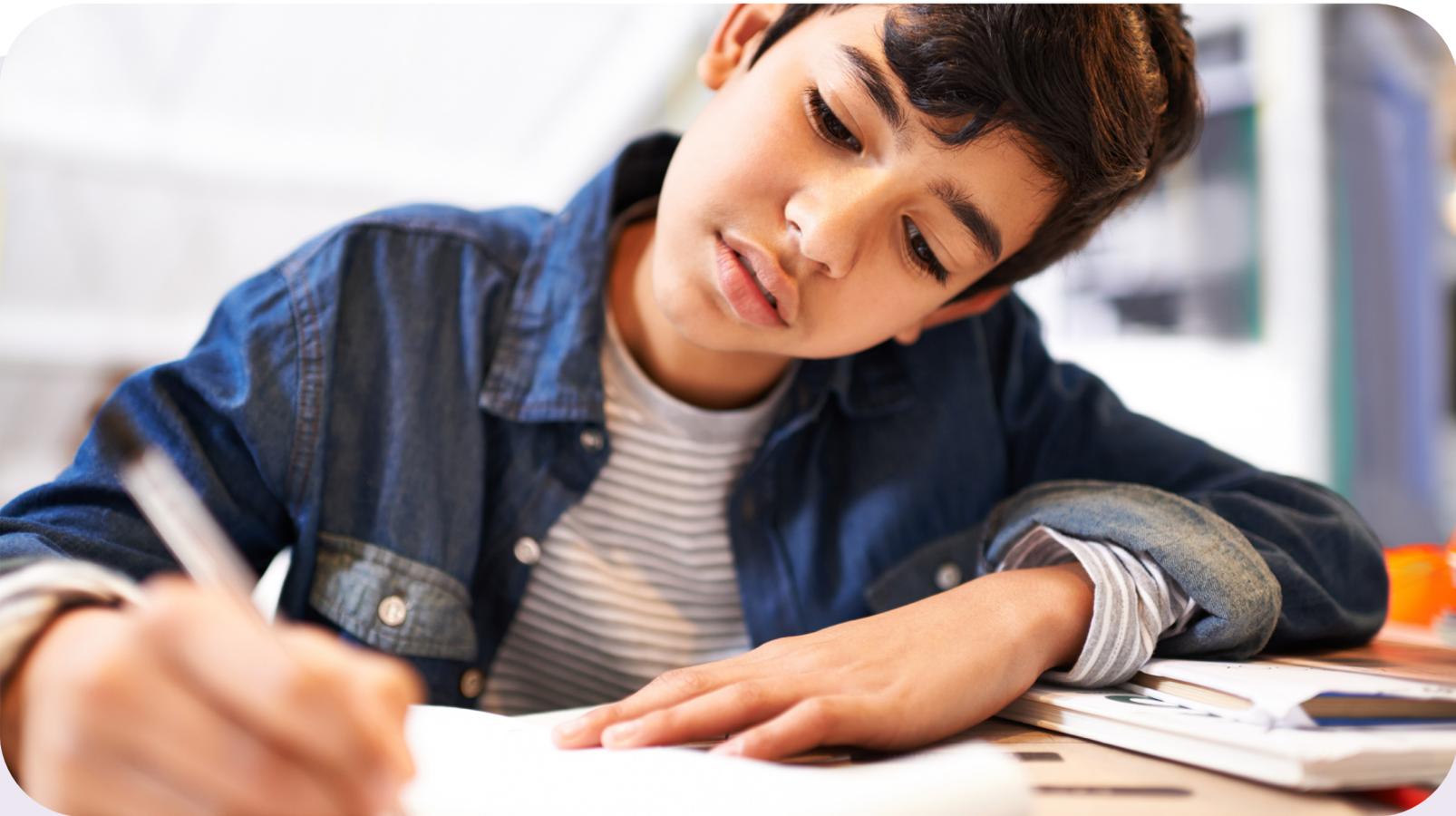
- Eat lots of fruits and vegetables.
- Make water or milk your drink of choice.



HOW DO YOU THINK YOUR FOOD?

# Think Your Food

Color and complete the I Spy activity to identify nutritious foods.



Name \_\_\_\_\_

## I Spy a Healthy Picnic

Food is fuel for your body and brain! Look at the image of the family picnic below. How many of the healthy foods listed at the bottom can you find?

4 mushrooms    5 strawberries    2 tomatoes    3 cherries    2 sandwiches

©2022 Sanford Health. All rights reserved. fit.sanfordhealth.org

*fit*<sup>TM</sup>

SANFORD®