



Together we can prevent diabetes!

Eagle Adventure, Lesson 1

This week we learned how important it is to move our bodies, play hard and eat healthy foods. Eating fruits and vegetables and being active helps keep our bodies in balance. Balance is the key to staying healthy and strong.

Ask an adult in your home to help you do this page. Draw or write activities and foods that are more healthy. Remember to return this Nestwork in your folder, and you will get an Eagle Sticker.

INSTEAD OF THIS

I WILL TRY THIS



Cupcake



Candy Bar



Watching TV



Playing Video Games

This week I will do these healthy activities with a friend or family member: _____

My family and I will try this fruit for a snack: _____

My family and I will try this vegetable for a snack: _____

Parent or Guardian Signature: _____

