

LET'S MAKE DINNER

WITH DUANE THE BEAR

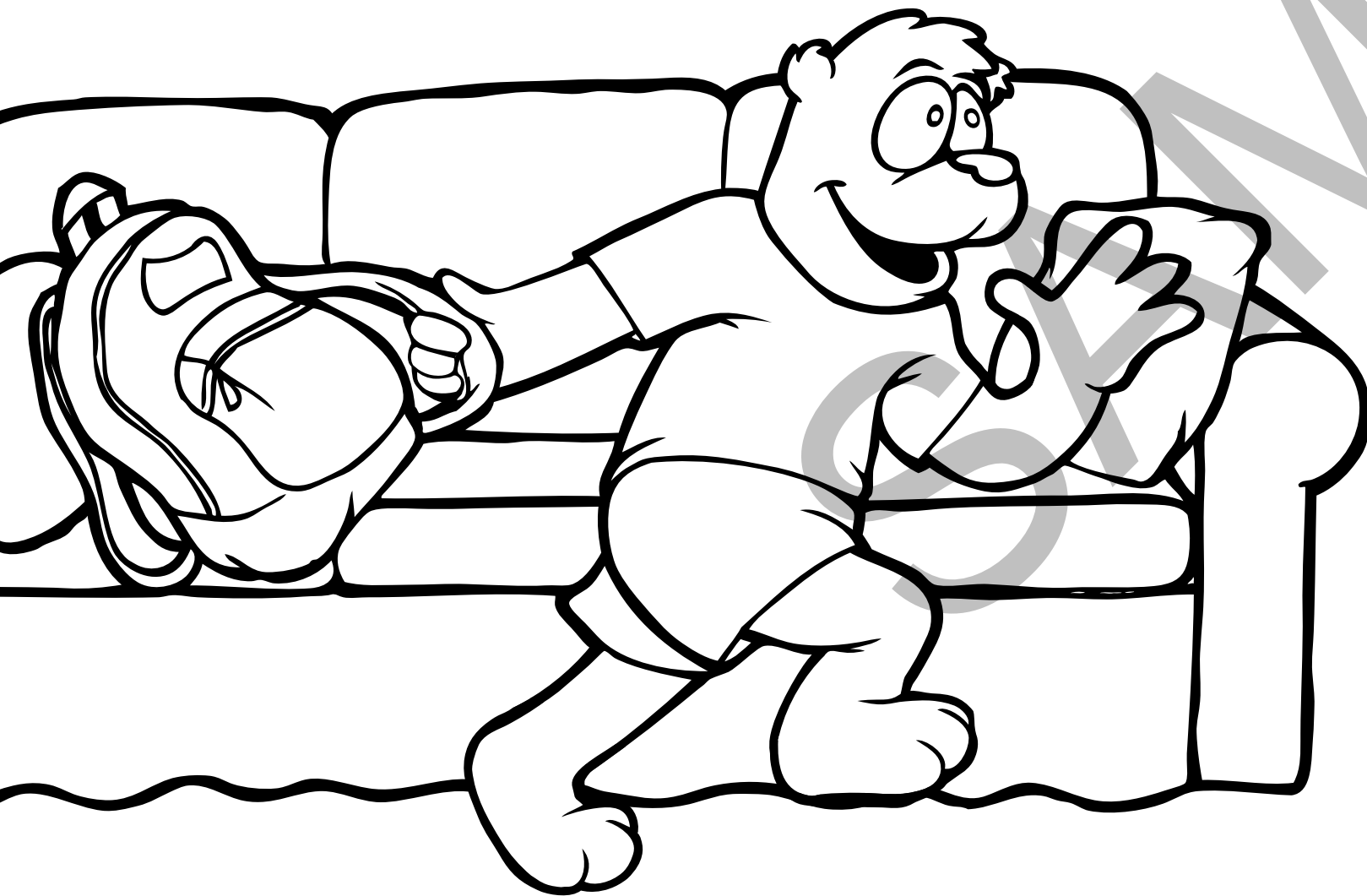


One day
Duane the
bear cub
came home
from school
and smelled
something
yummy.



Duane threw down his backpack and ran into the kitchen.

When he got there, he found his mom preparing all kinds of different foods.

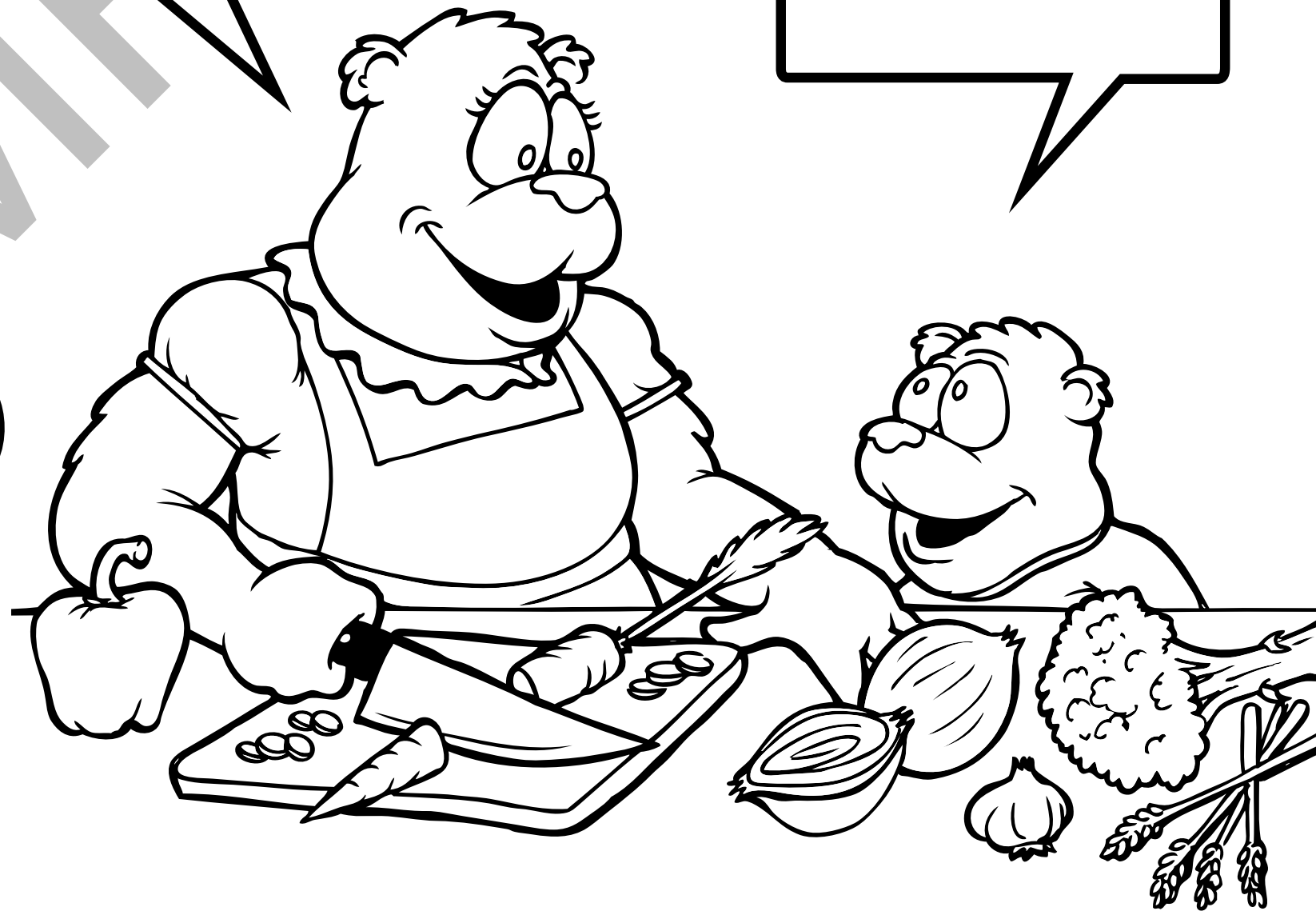


Hi Duane! Do you want to help me make dinner?

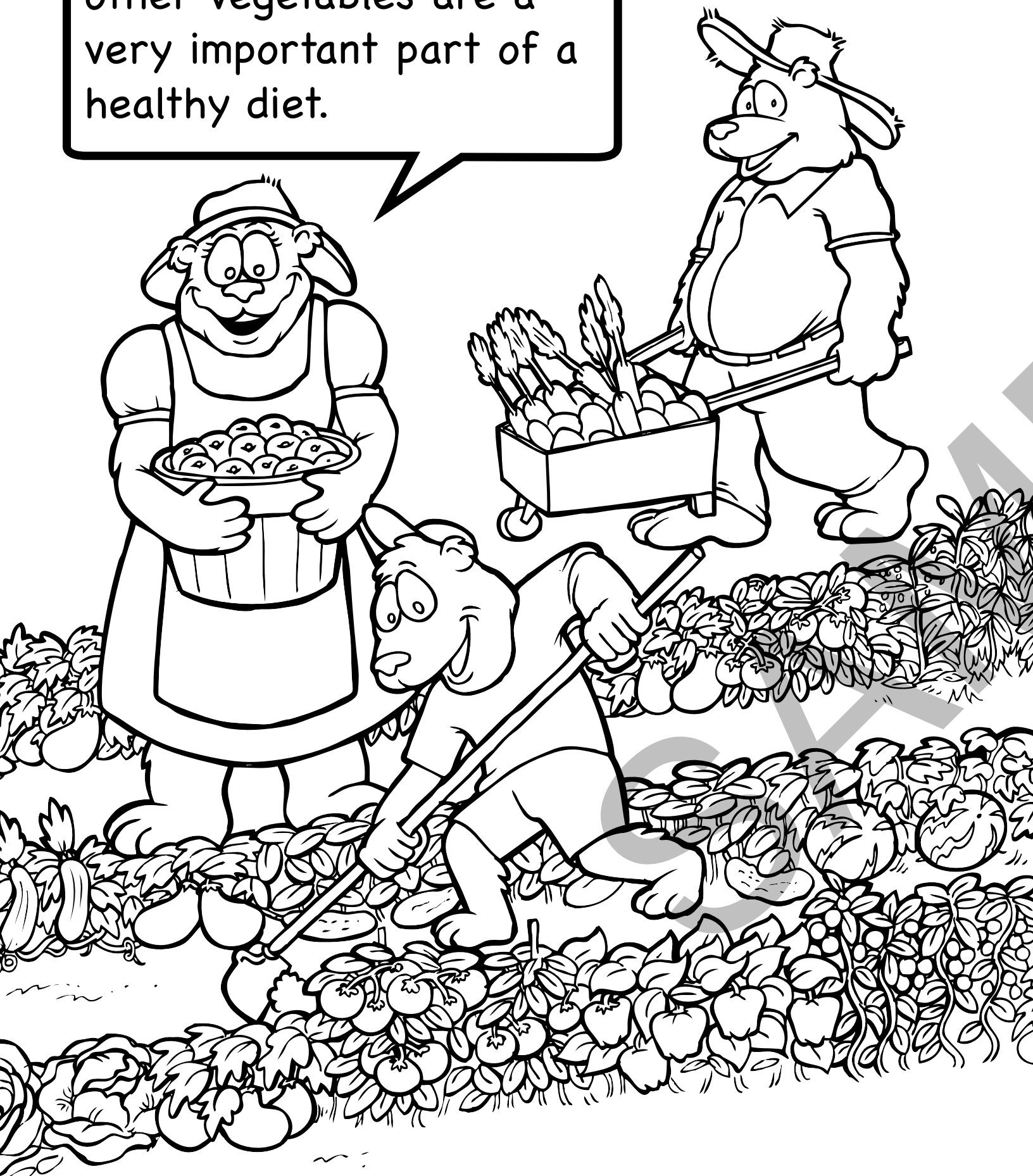
Yeah! Why do we need so many different foods?

Because different foods work together to keep you healthy and help you grow.

Really? Even carrots?



Carrots, spinach, and other vegetables are a very important part of a healthy diet.

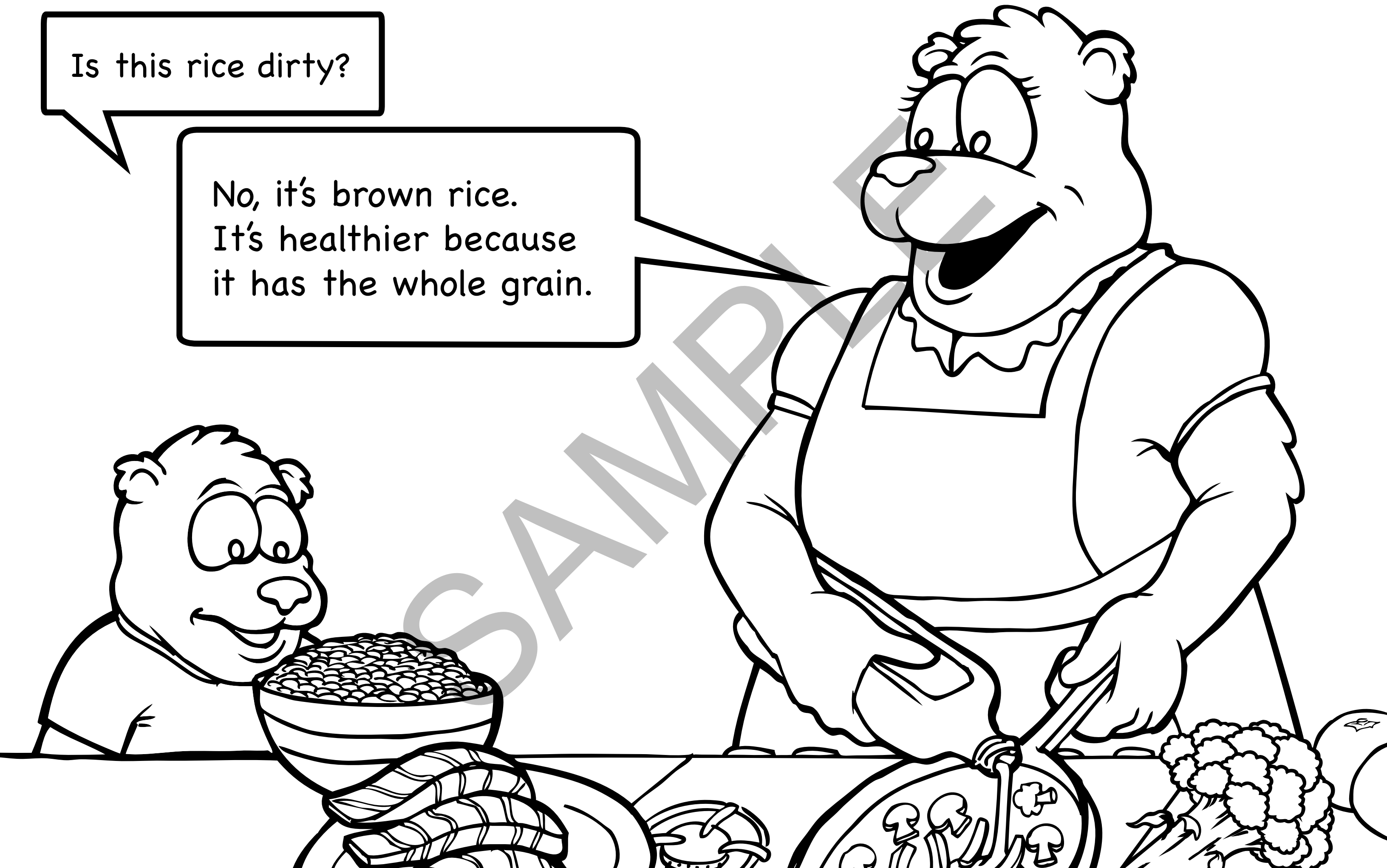


They keep your eyes healthy and help you grow up strong.



Is this rice dirty?

No, it's brown rice.
It's healthier because
it has the whole grain.



Whole grain foods like
oatmeal and whole wheat
bread are good for you, too.



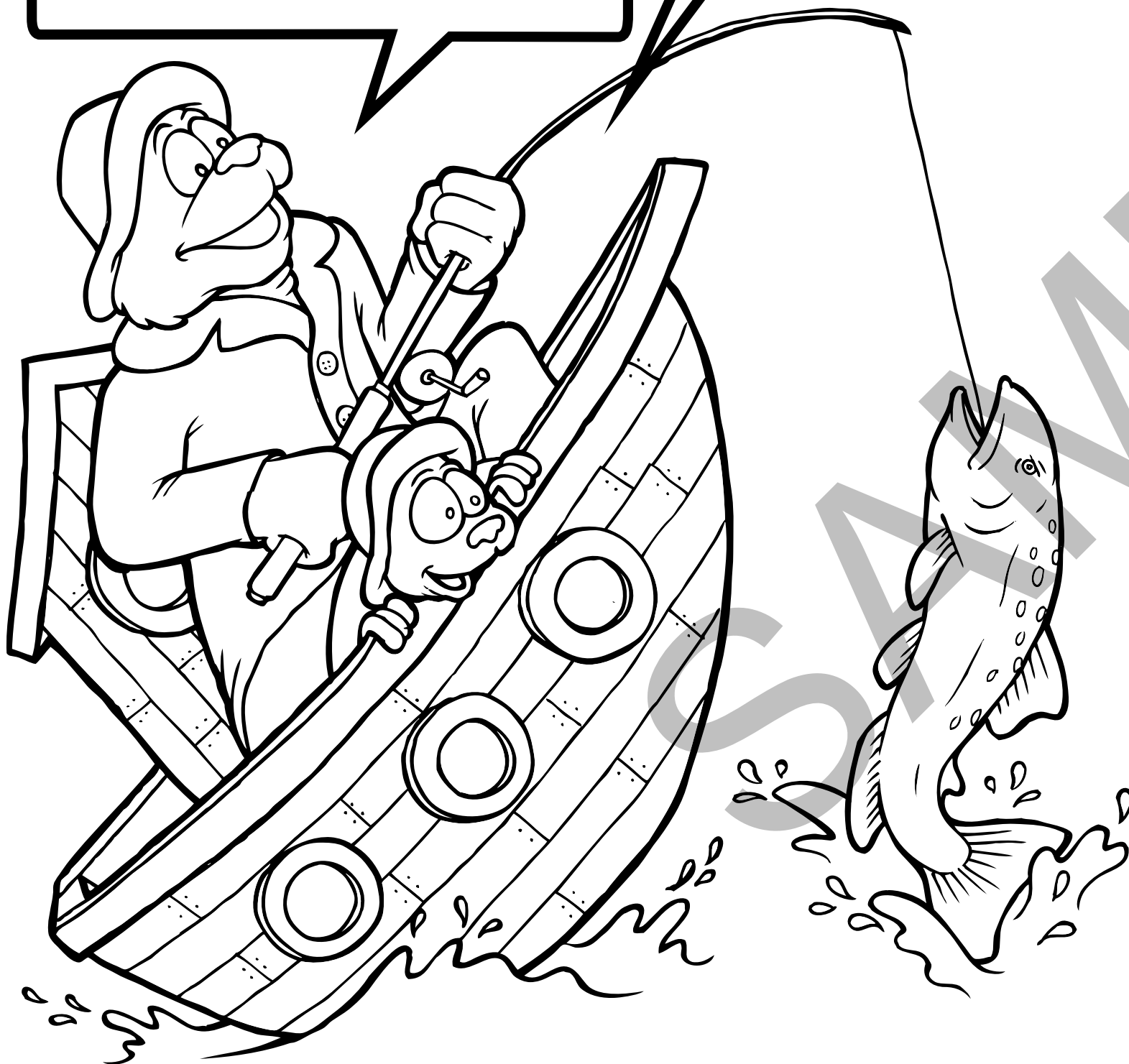
Mmmmmm... This salmon
looks extra yummy!

Did someone say salmon?
I'm as hungry as a hippo!

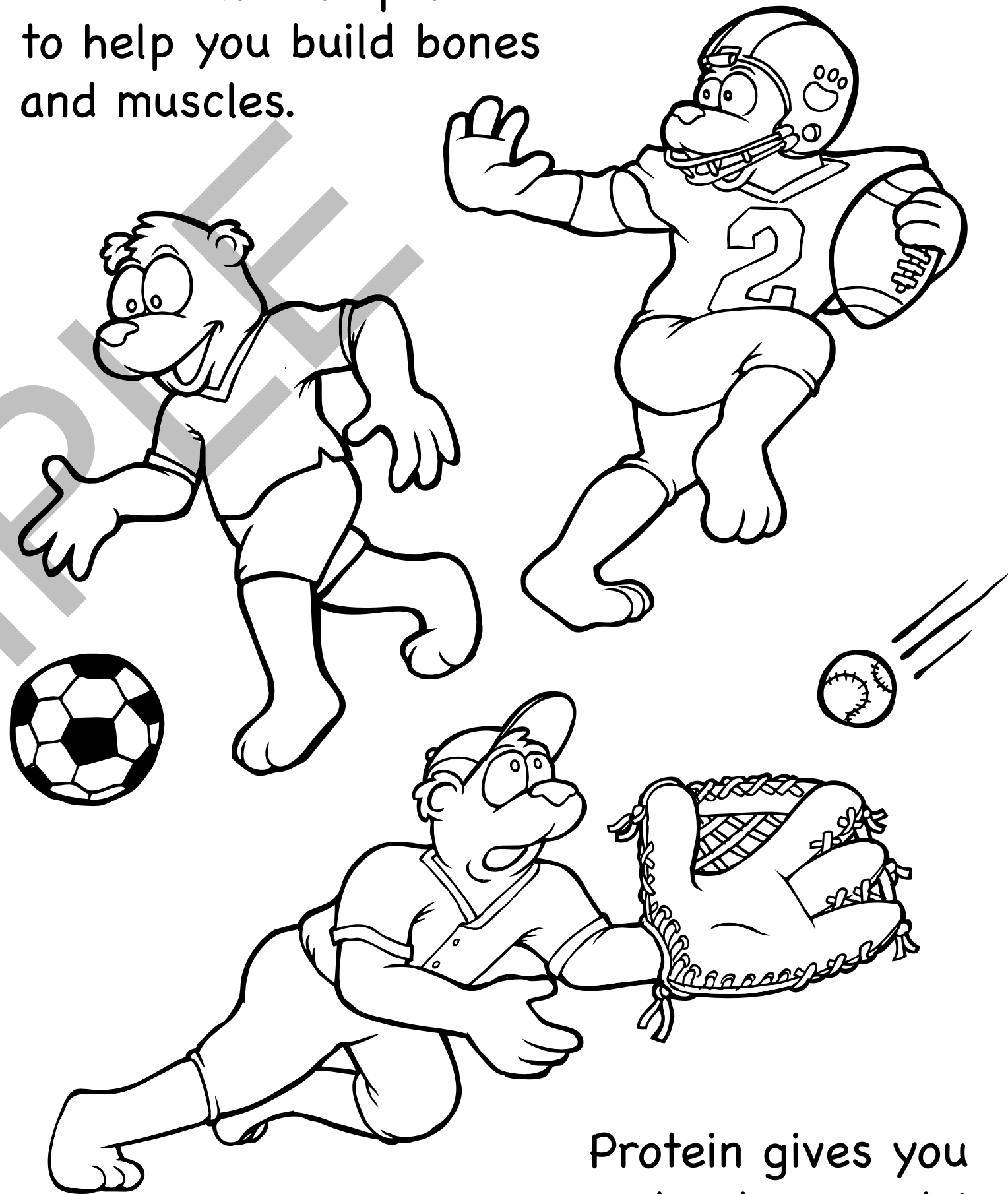


Is salmon
good for you?

You bet! It's my
favorite kind of fish!

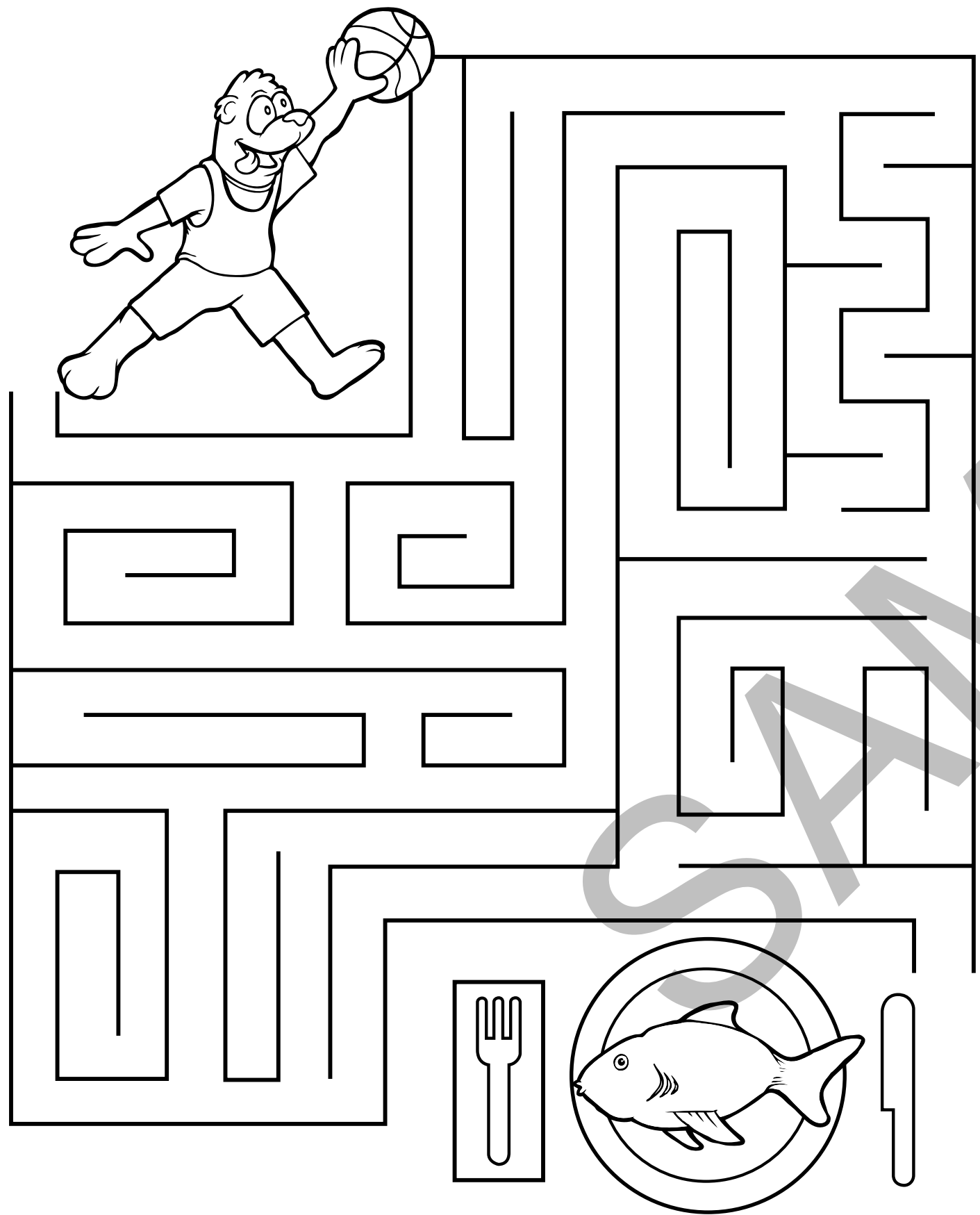


Fish has lots of protein
to help you build bones
and muscles.



Protein gives you
energy to play sports!

Can you help Duane get to the protein so he can keep playing basketball?

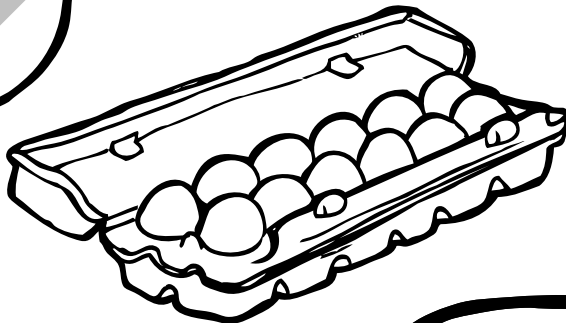


These foods have lots of protein.

CHICKEN



EGGS



NUTS



BEANS

Protein is a very important part of a healthy diet.



MEAT

Milk helps build strong bones and teeth.

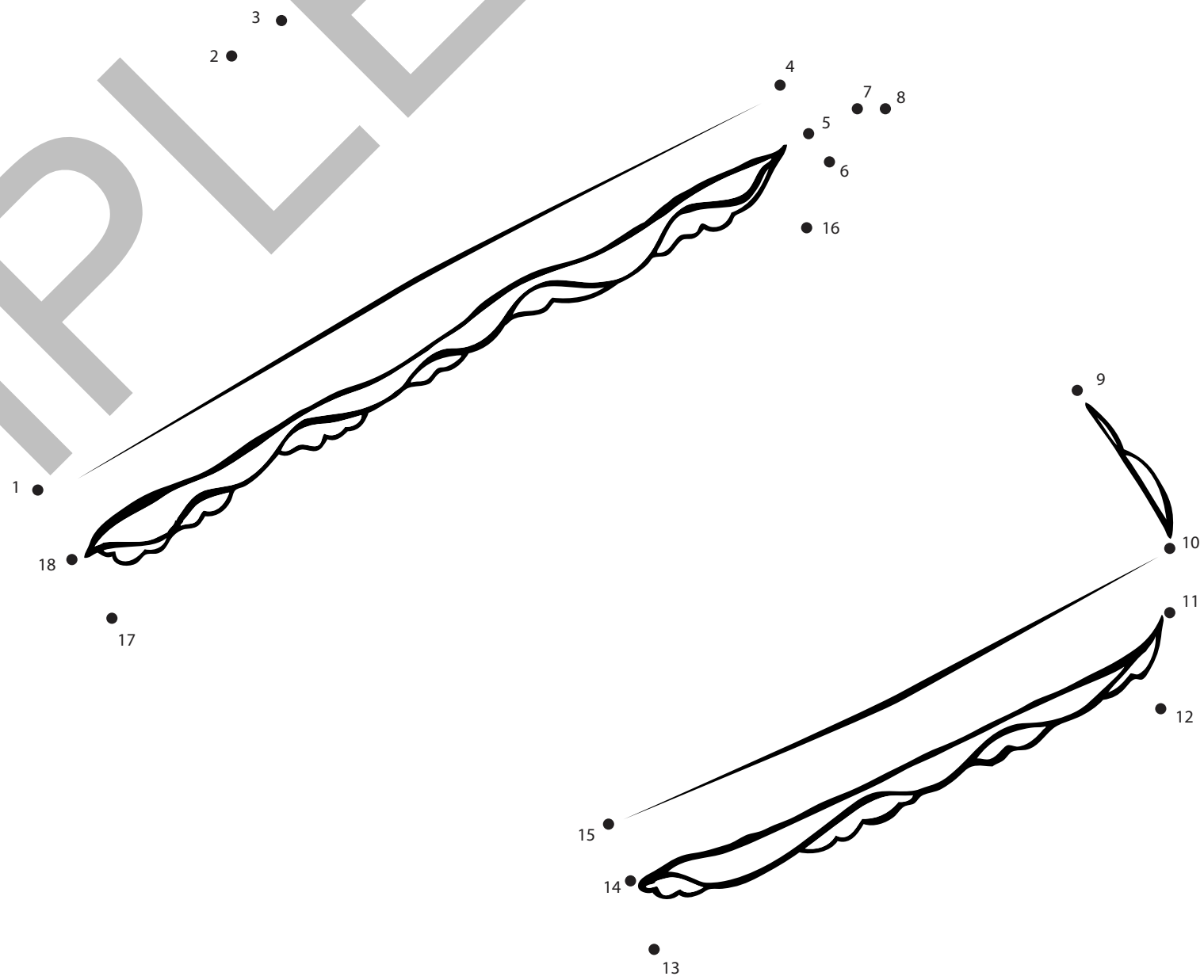
Can you
find
all 13
cartons
of milk
in this
picture?



Milk, cheese, and yogurt are dairy foods.
They are a very important part of a healthy diet.



Can you connect the dots to draw something that's good to eat with a glass of milk?



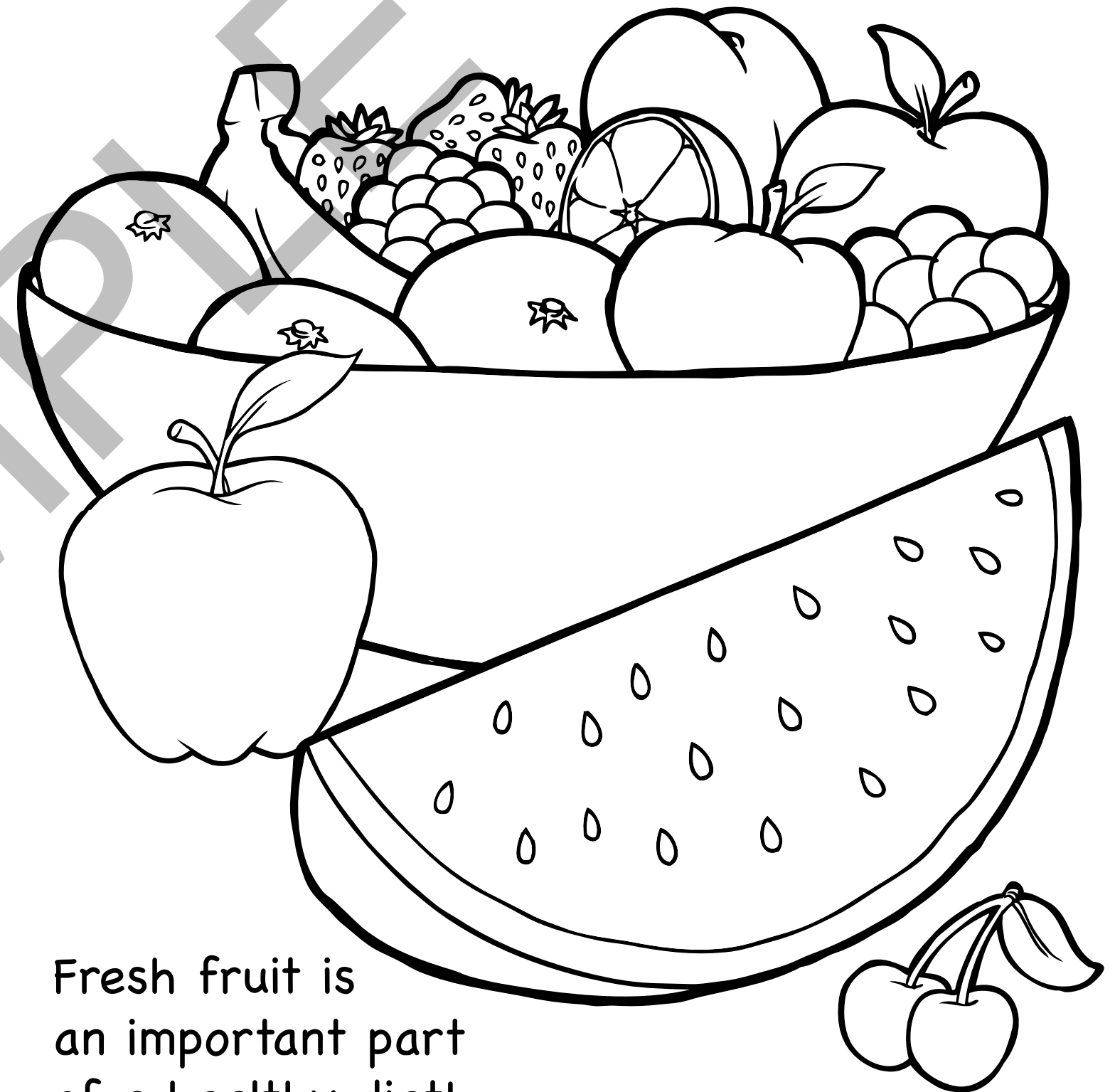
Is fruit
good for
you, too?

Yes! Do you remember
picking out fruit at
the farmer's market?



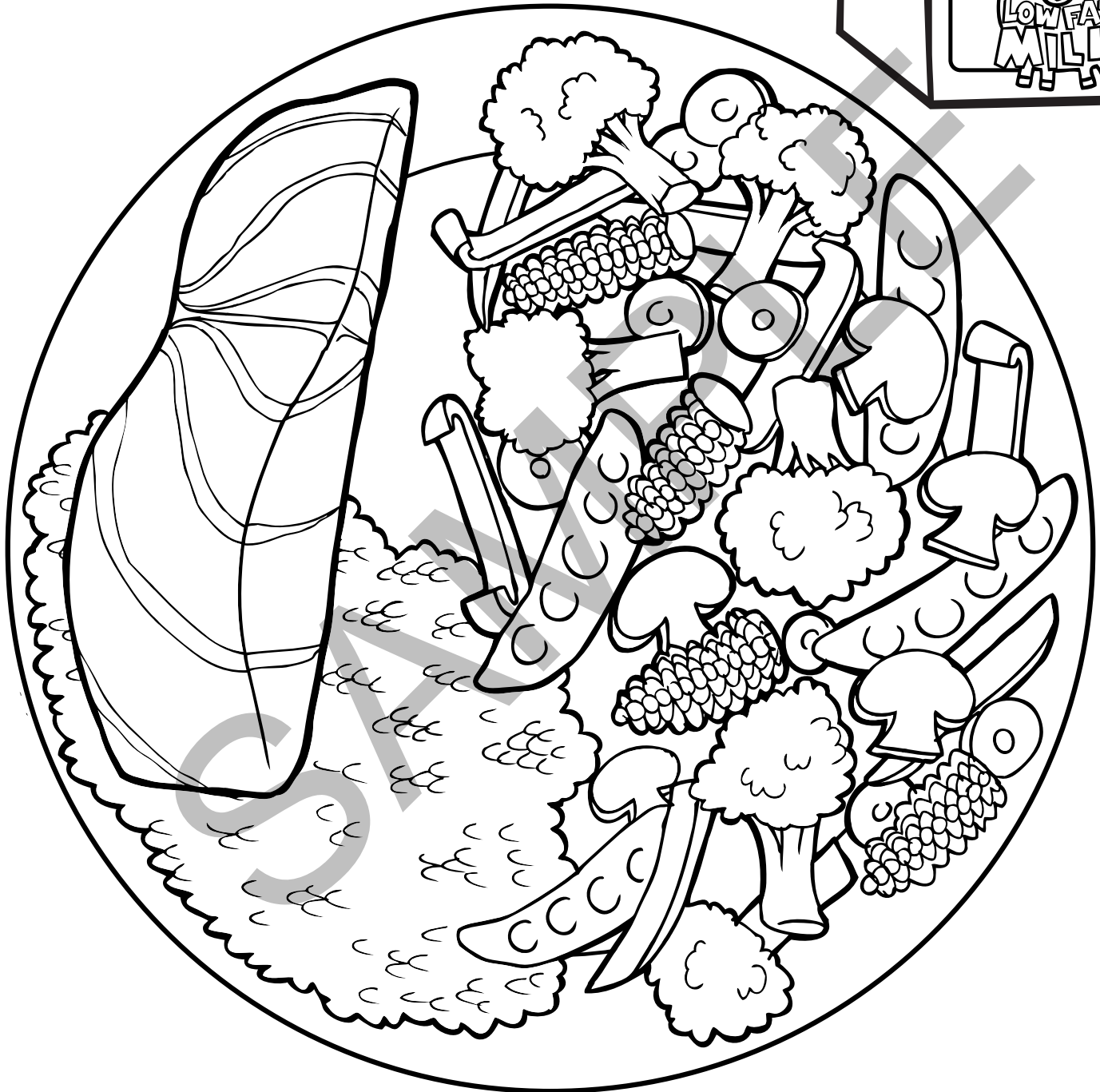
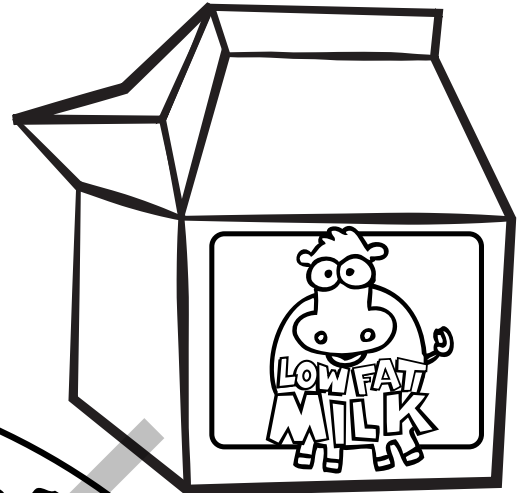
The farmers market
was fun! The apples
we got were so tasty!

Fruits give you energy and help you stay
healthy. They can also help you get better
when you're sick.

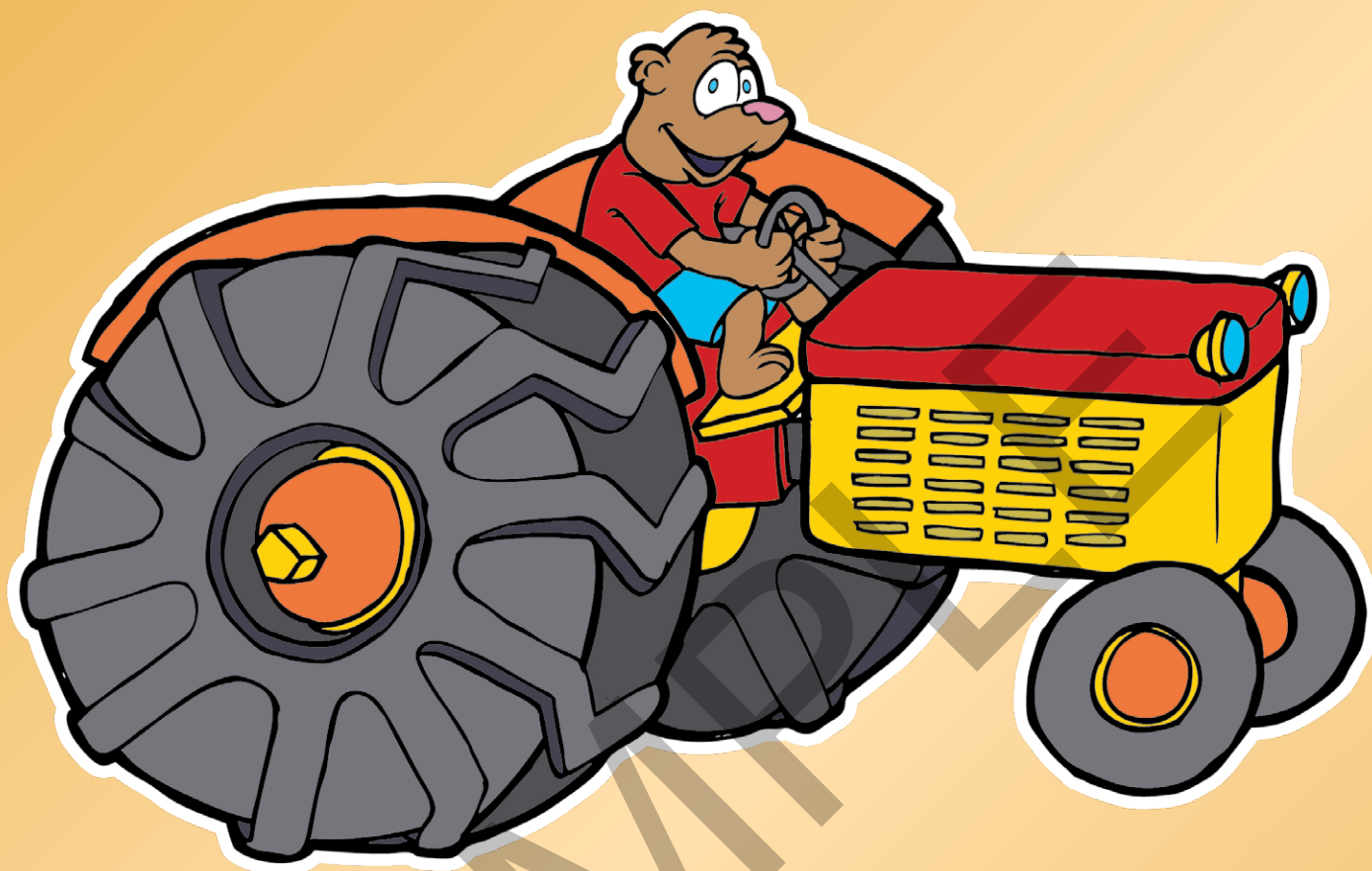


Fresh fruit is
an important part
of a healthy diet!

Our healthy and tasty
dinner is ready to eat!



Can you name the different foods
on the plate?



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