

LET'S MAKE DINNER

WITH DUANE THE BEAR



SAMPLE

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



Duane threw down his backpack and ran into the kitchen.

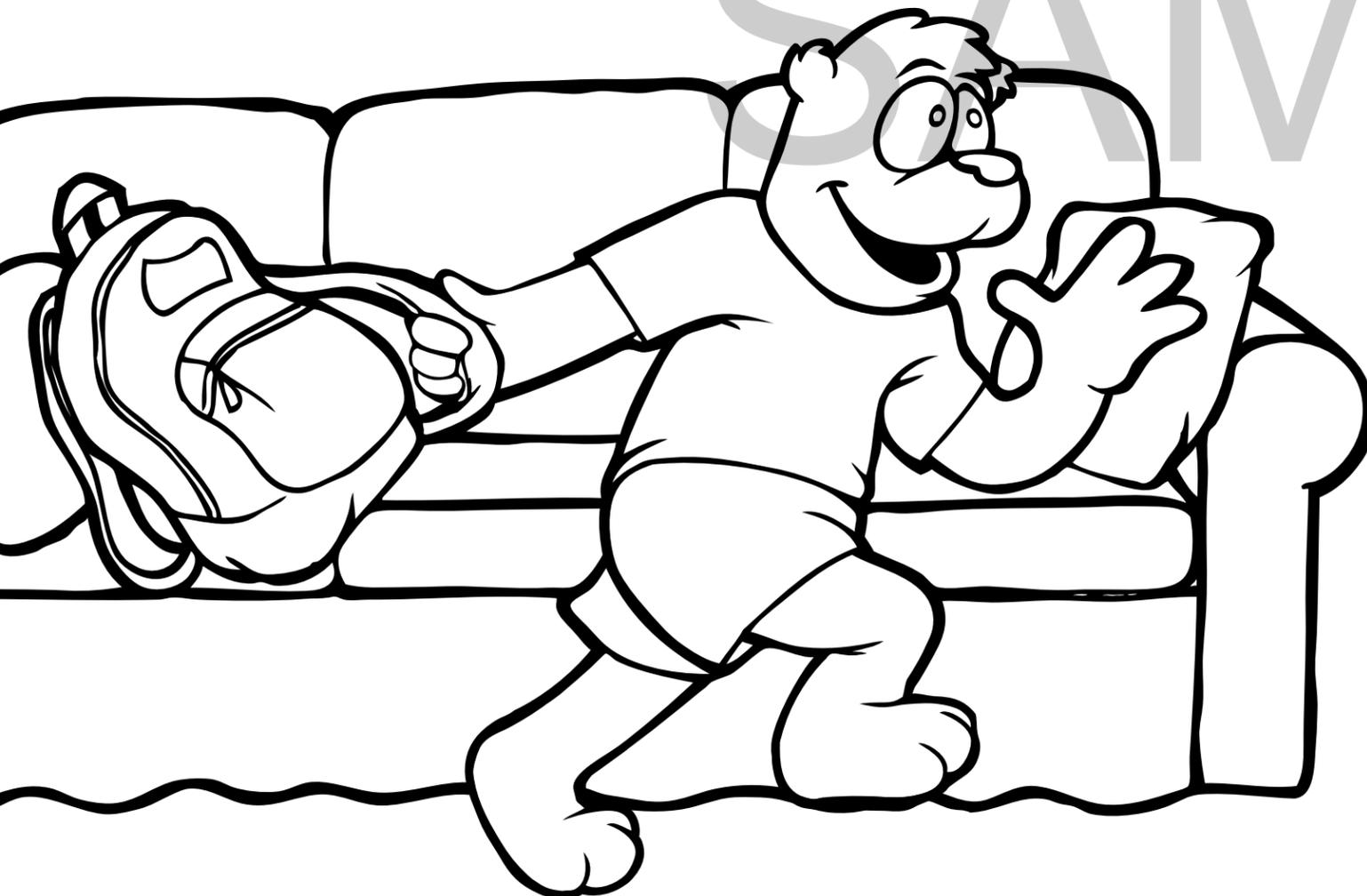
When he got there, he found his mom preparing all kinds of different foods.

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

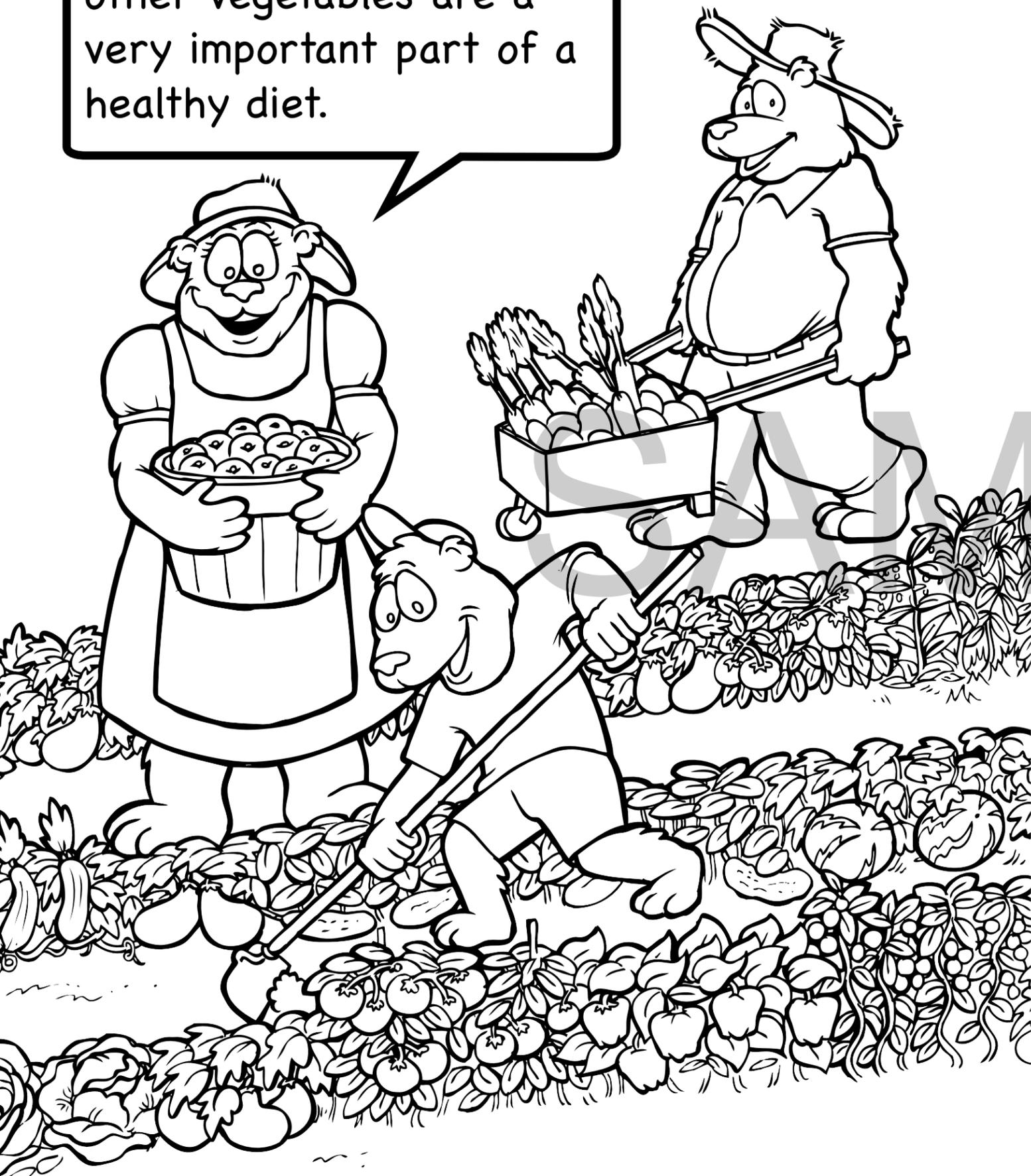
Yeah! Why do we need so many different foods?

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.



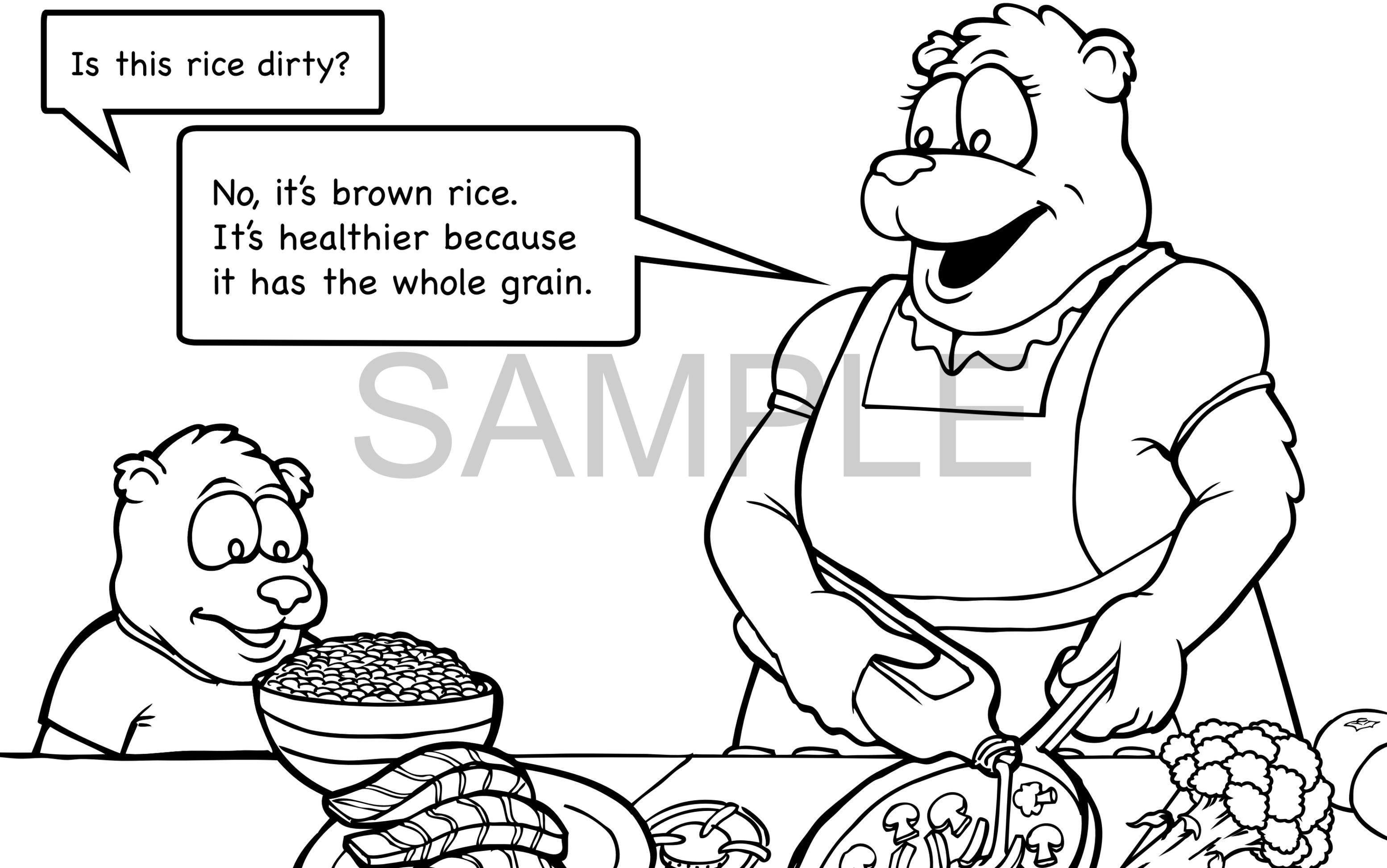
They keep your eyes healthy and help you grow up strong.



Is this rice dirty?

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

SAMPLE



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



Mmmmmm... This salmon looks extra yummy!

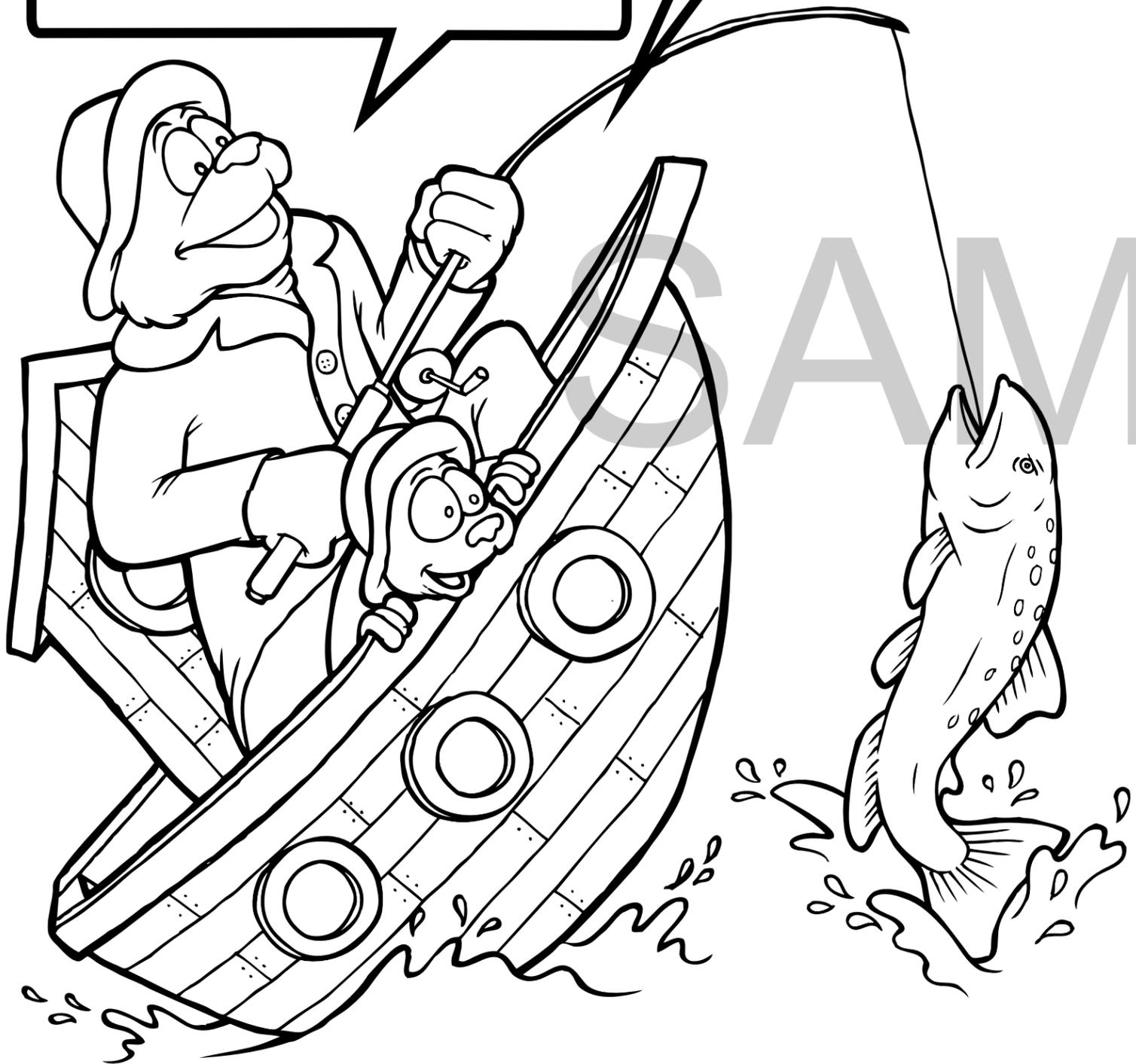


Did someone say salmon?
I'm as hungry as a hippo!

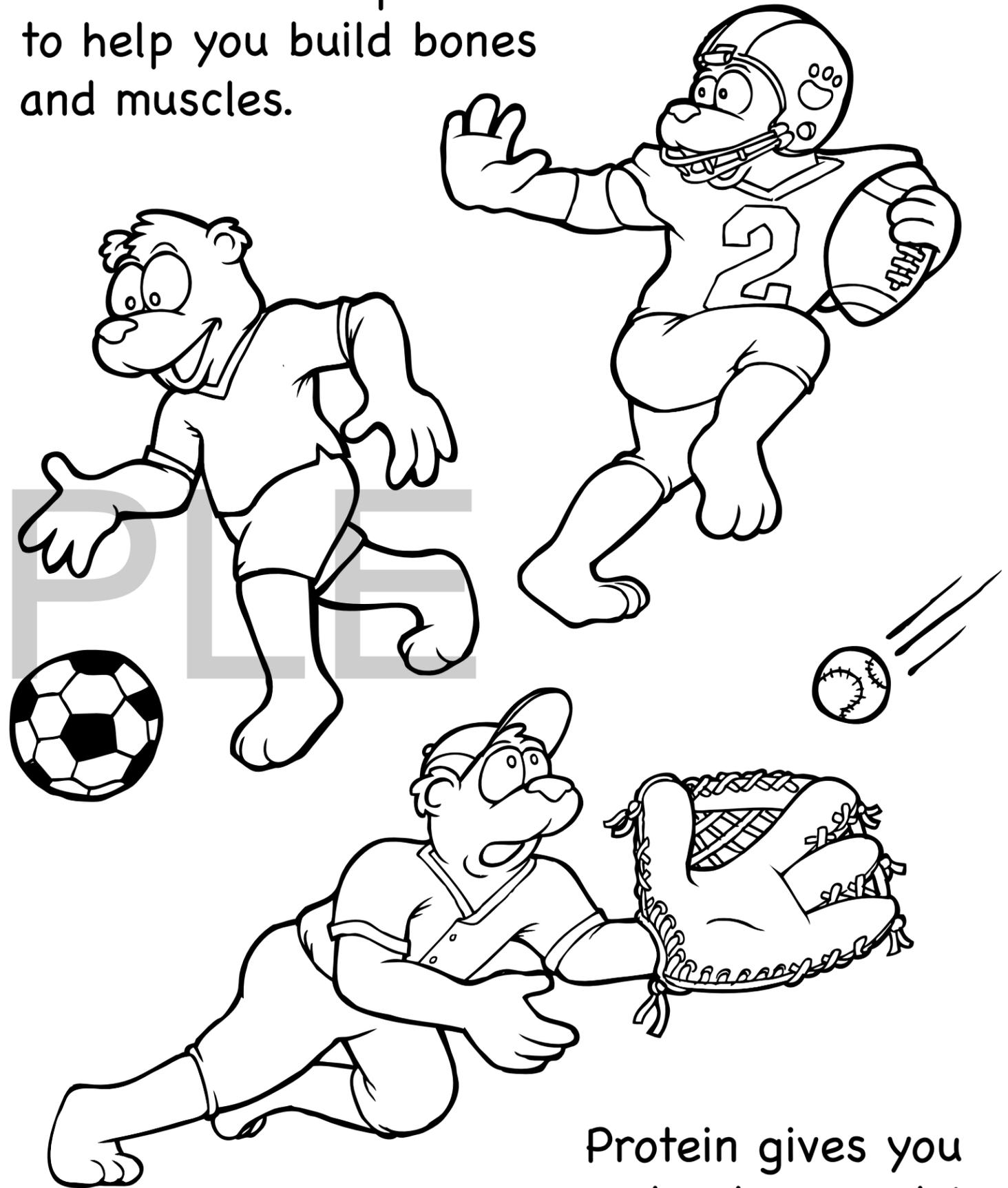


Is salmon
good for you?

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

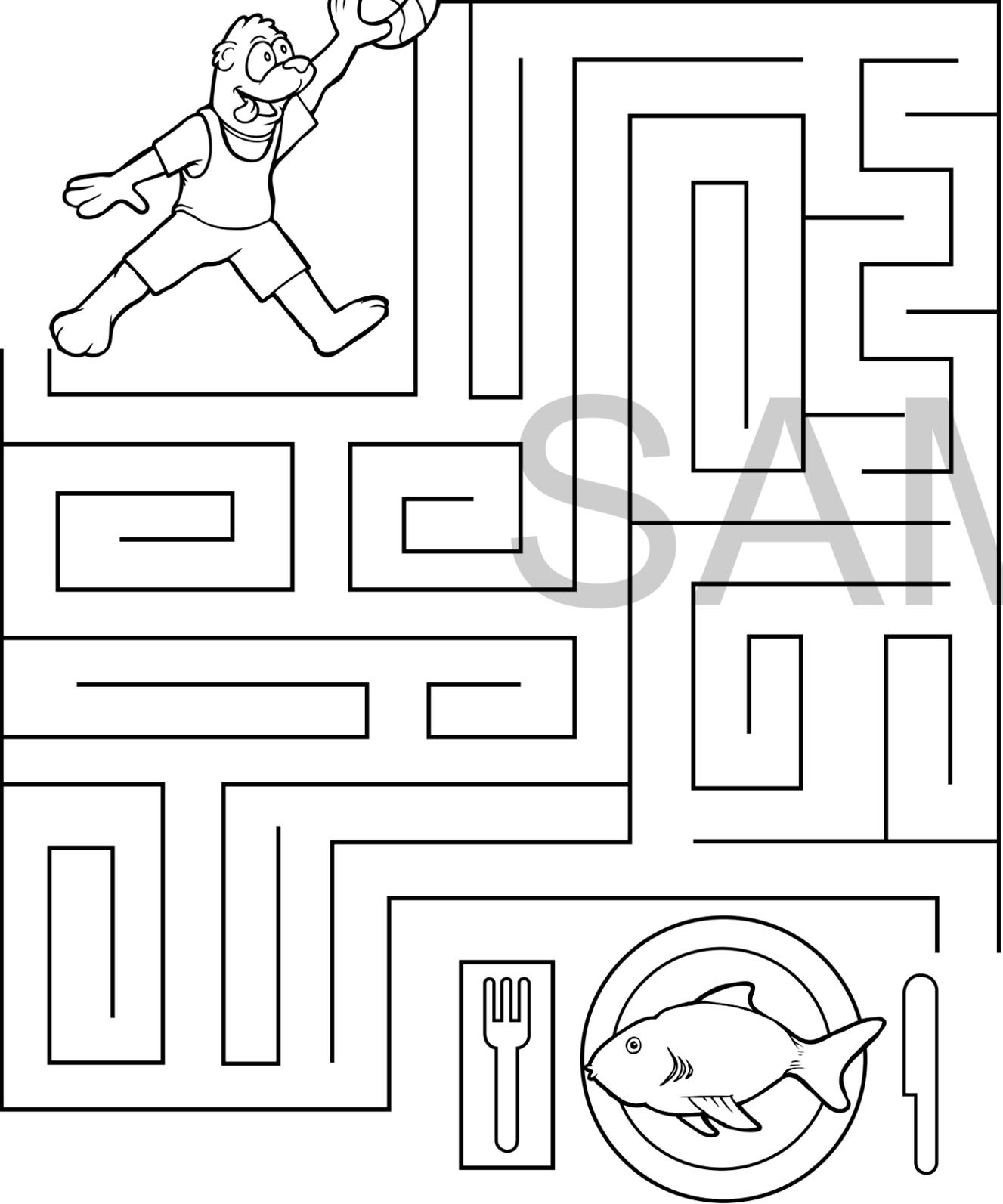


Fish has lots of protein
to help you build bones
and muscles.



Protein gives you
energy to play sports!

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

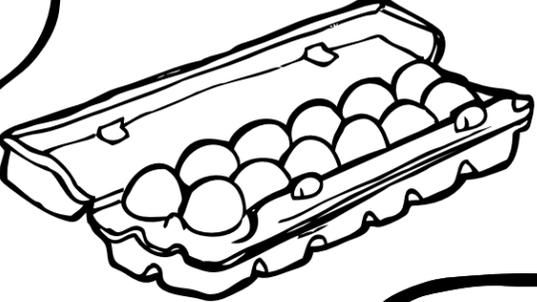


These foods have lots of protein.

CHICKEN



EGGS

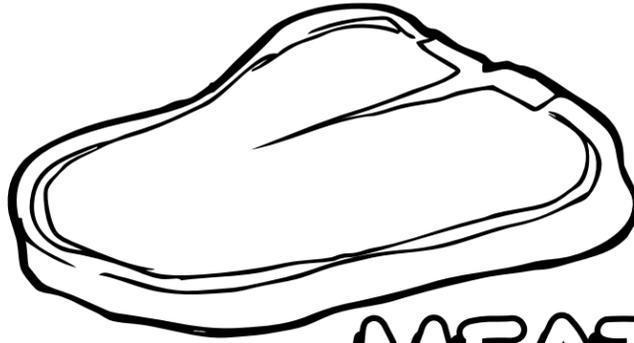


NUTS



BEANS

Protein is a very important part of a healthy diet.



MEAT

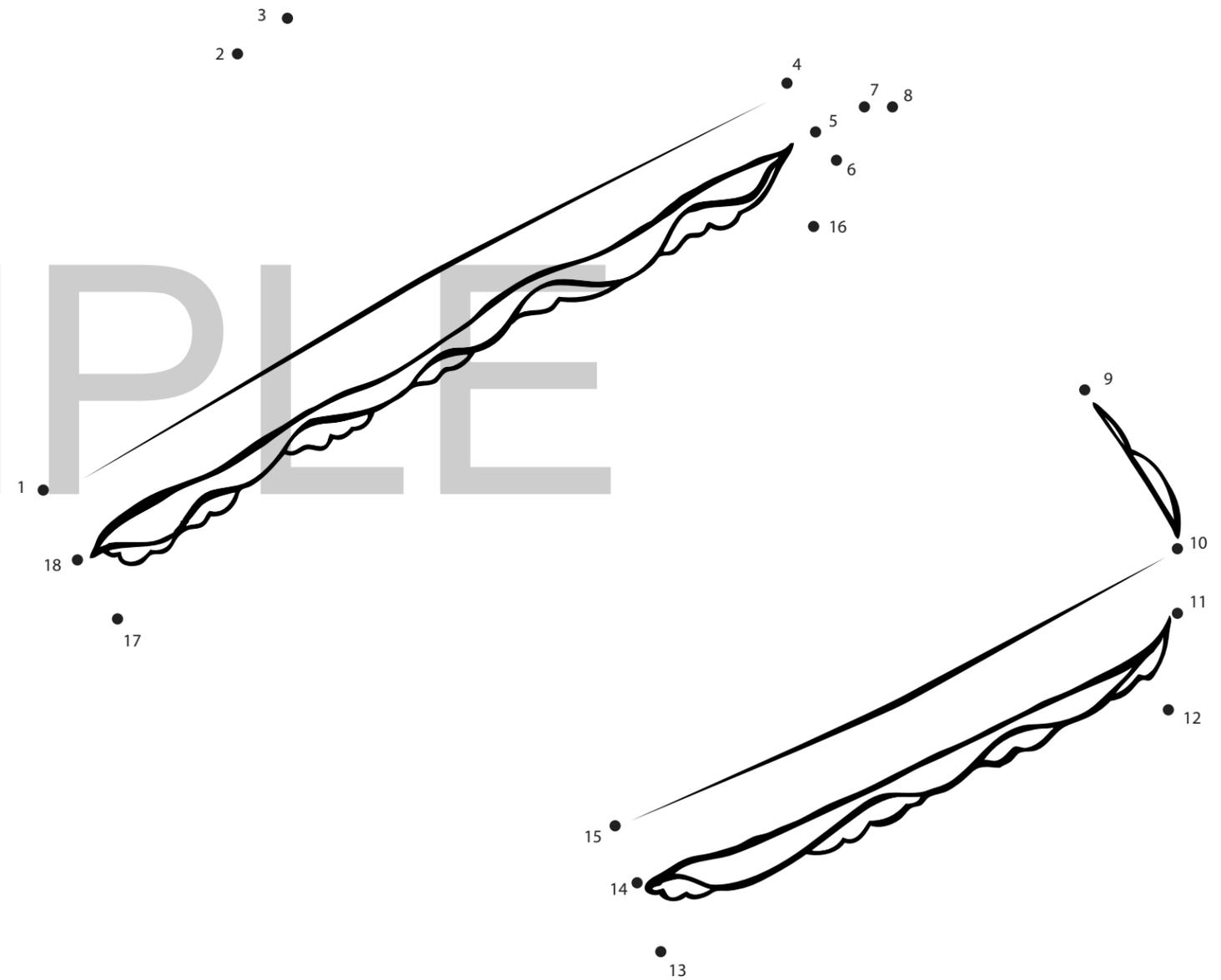
Milk helps build strong bones and teeth.

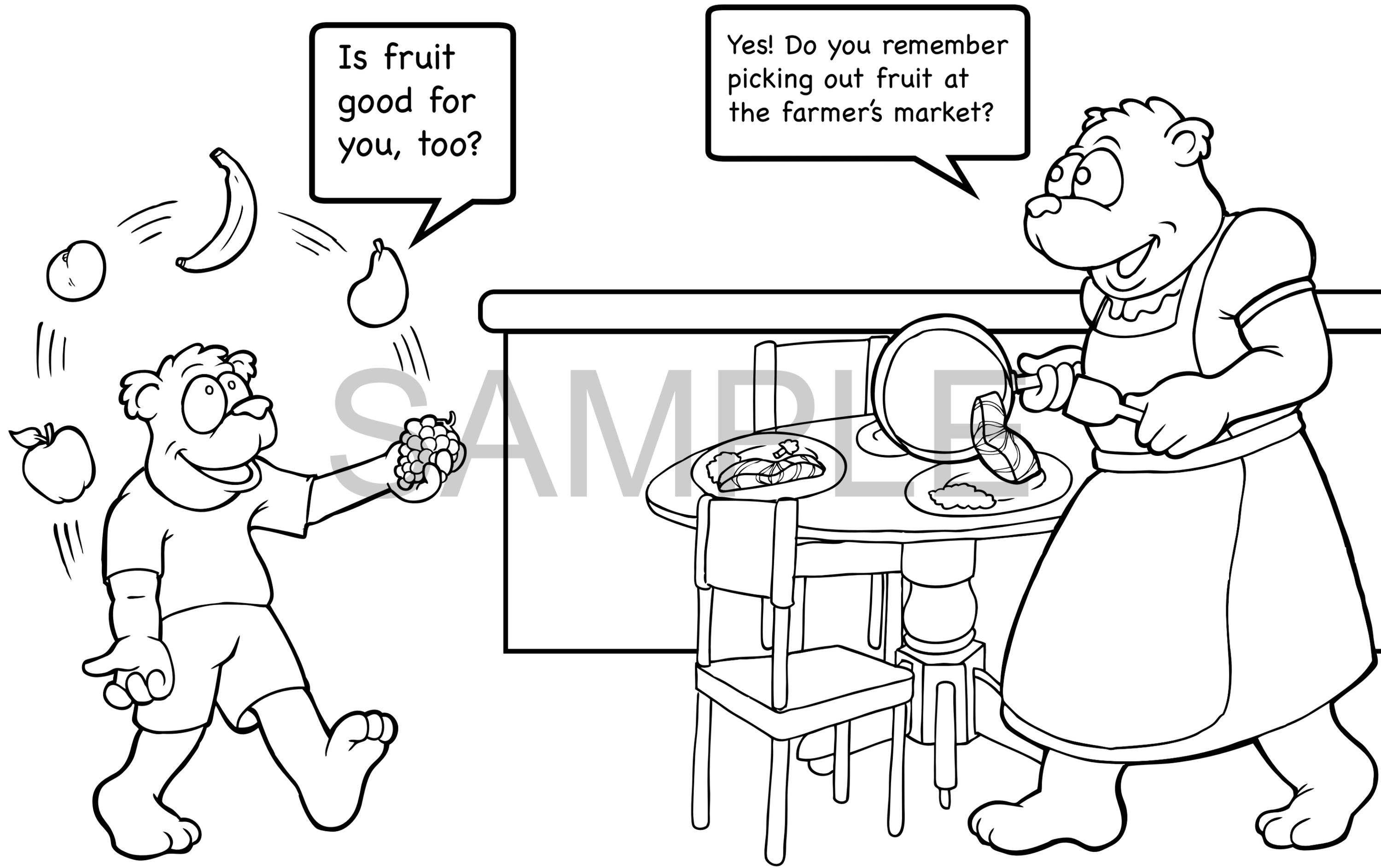


Can you find all 13 cartons of milk in this picture?

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?





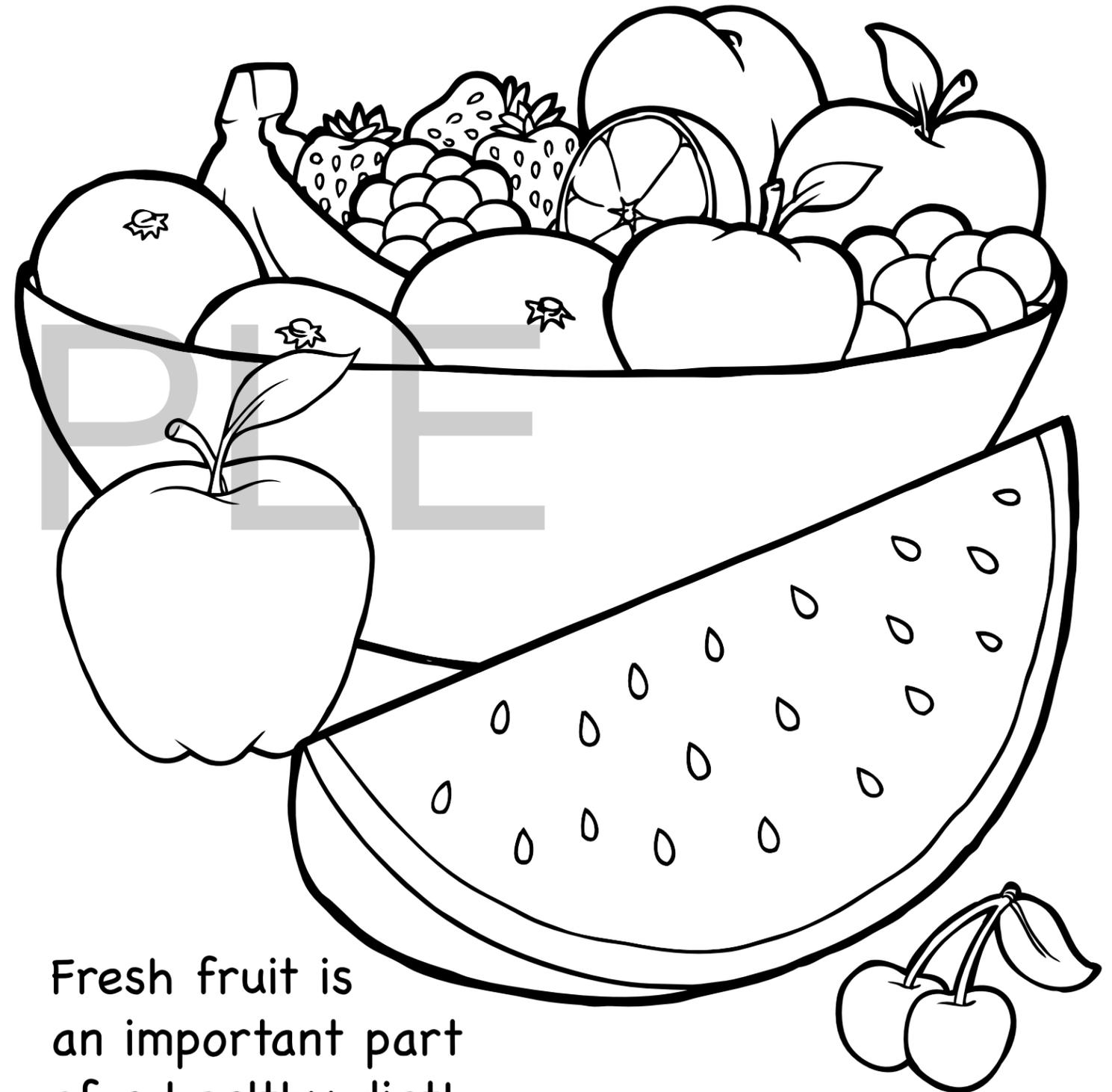
Is fruit good for you, too?

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

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

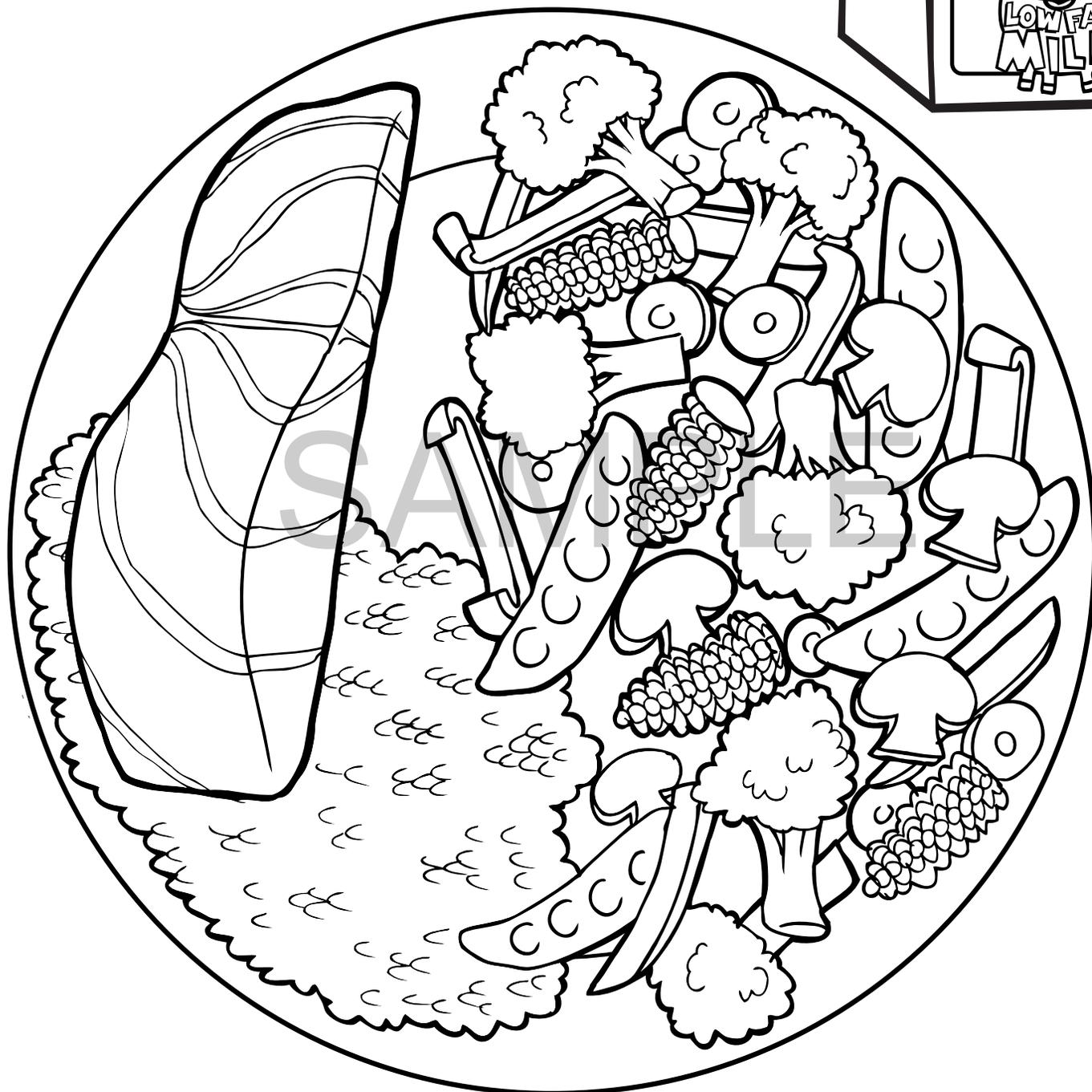
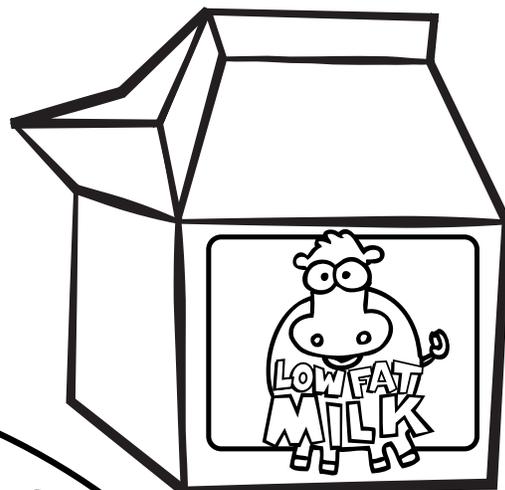


Fruits give you energy and help you stay healthy. They can also help you get better when you're sick.



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?

SAMPLE



For information about The Education & Outreach Company Materials
go to www.educationandoutreach.com

Notice: The Education & Outreach Company materials are produced by The Education & Outreach Company. Neither The Education & Outreach Company nor any person acting on behalf of The Education & Outreach Company makes any warranty, expressed or implied, with respect to the use of any information disclosed in this booklet, or assumes any liability with respect to the use of, or for damages resulting from the use of, any information contained in this booklet. The recommendations, statistics and information provided are strictly for the purposes of informing the user.

©2026 The Education & Outreach Company. All rights reserved.
www.educationandoutreach.com