

All About Jayden

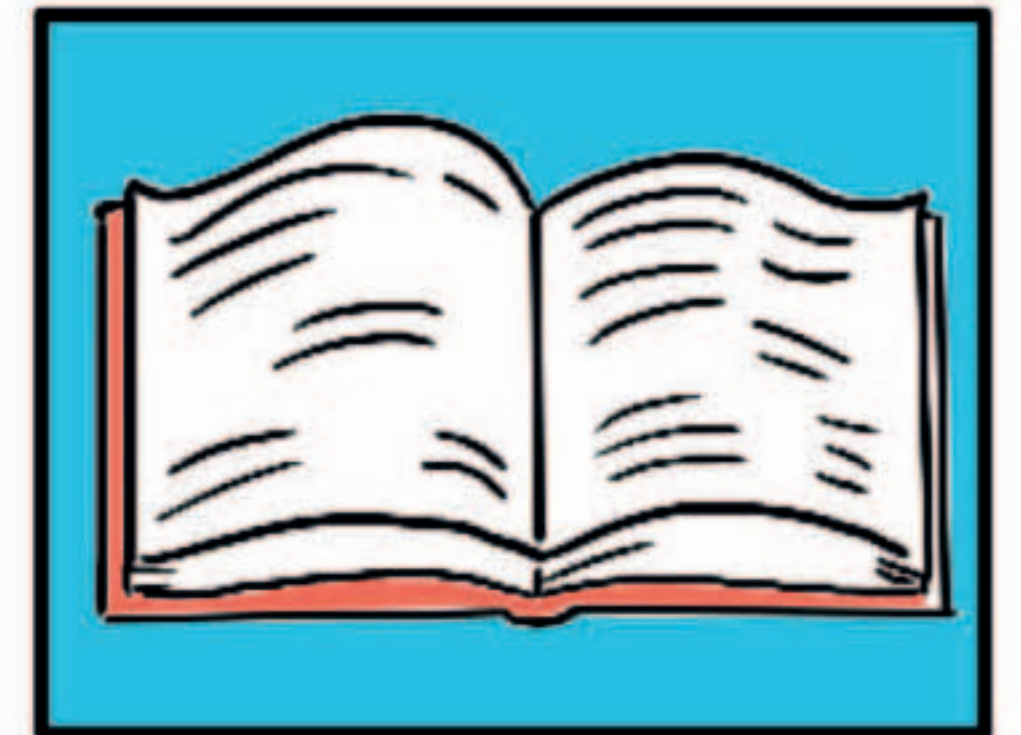
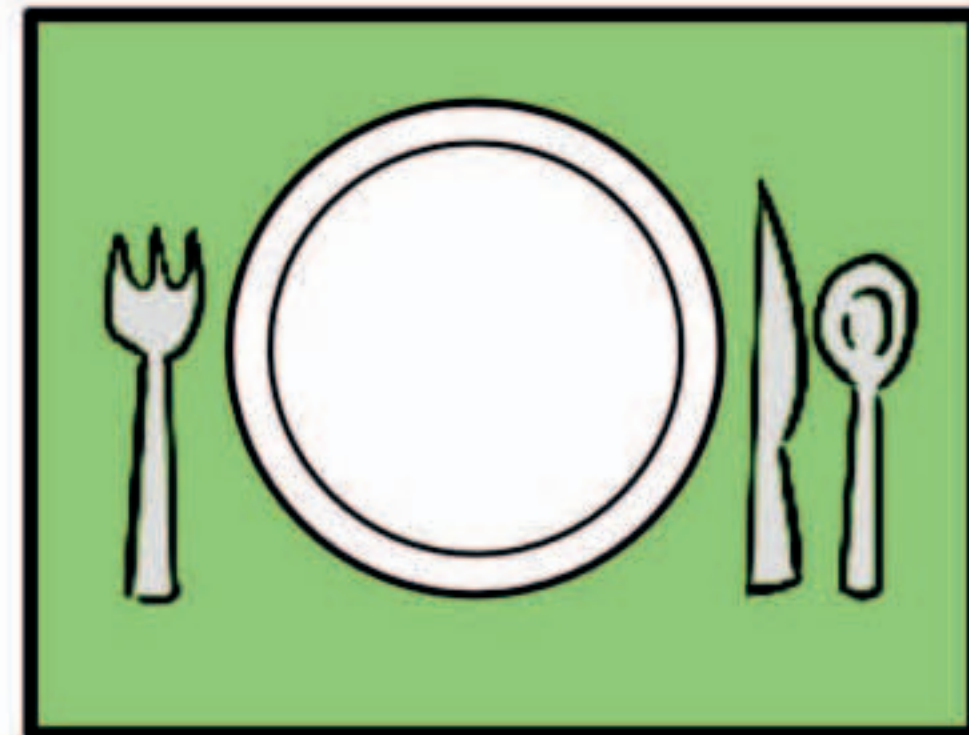
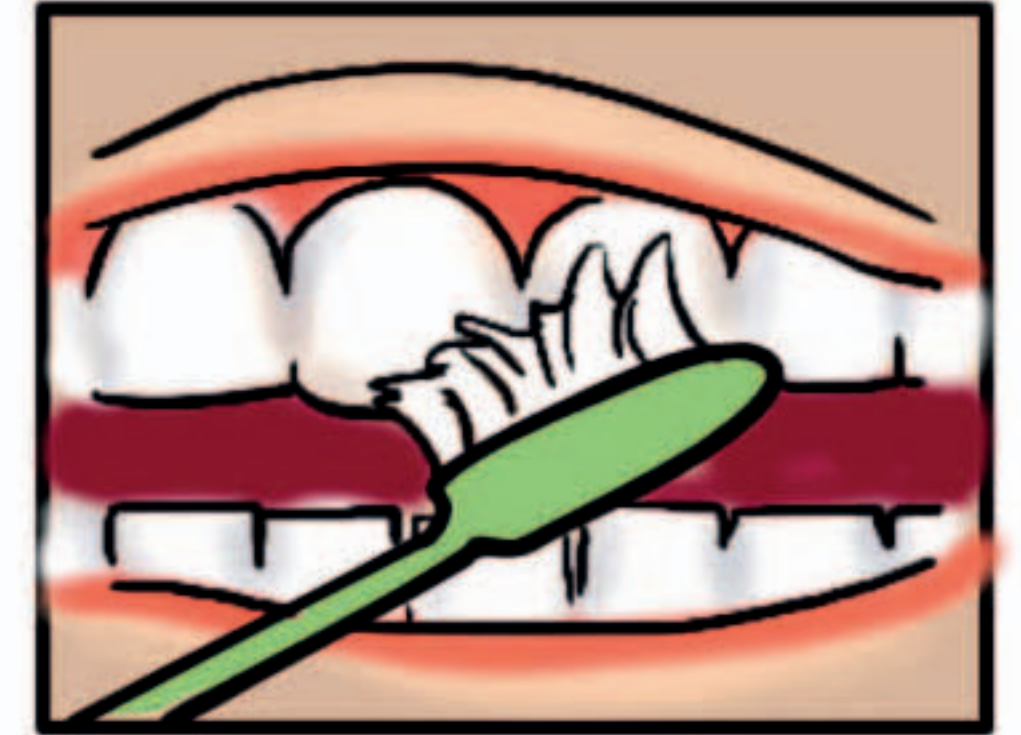
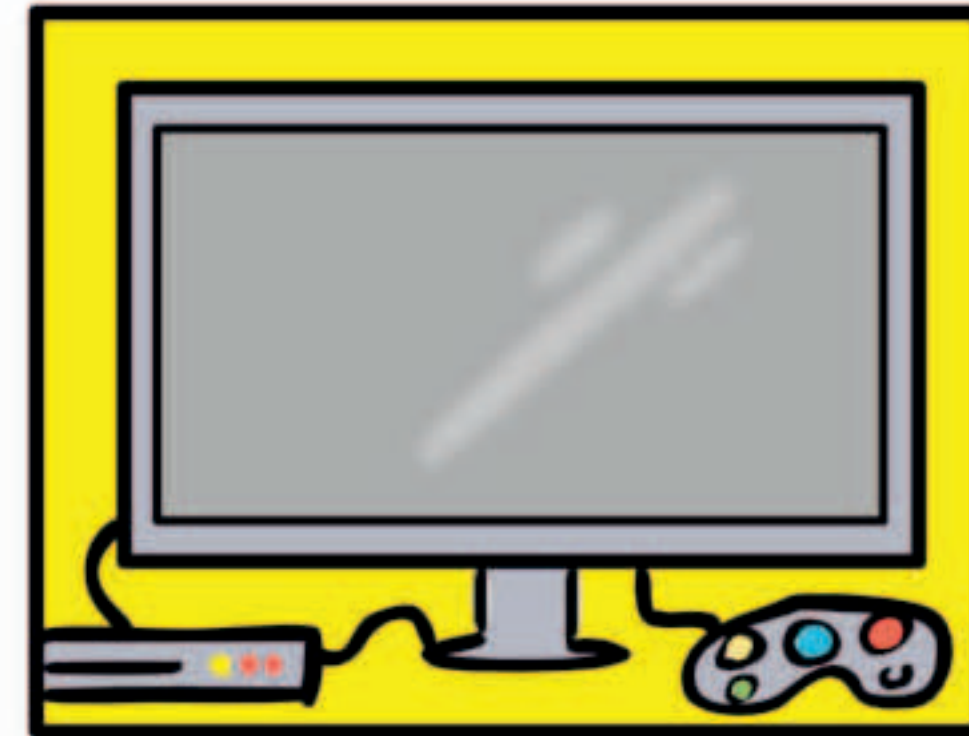


Jayden wakes up early for school and goes to his window. There are seeds down in the planter.

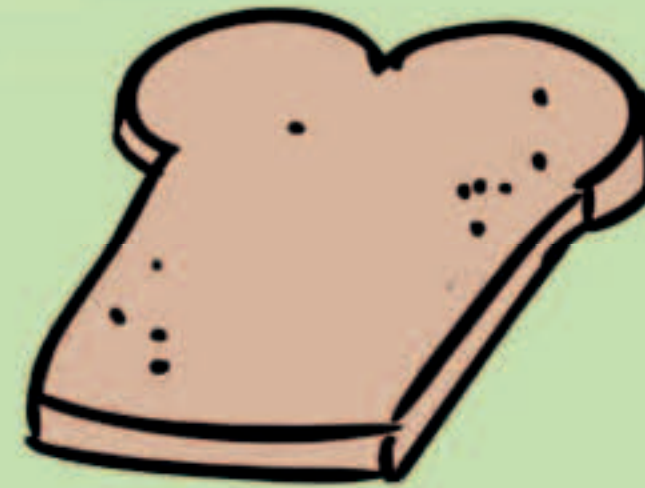
Jayden is very excited to see the seeds grow into a plant. What do you think Jayden can do to help the seeds grow?



Jayden is dressed for school.
Let's take a look at some
things Jayden can do next.
Are any of these important
things for Jayden to do in the
morning?



Jayden decides to have breakfast. Let's take a look at some foods. Which of these foods can Jayden chose for a healthy breakfast?



Put those healthy breakfast foods here on the mat.
Choose the breakfast foods that are OK for Jayden to eat anytime.



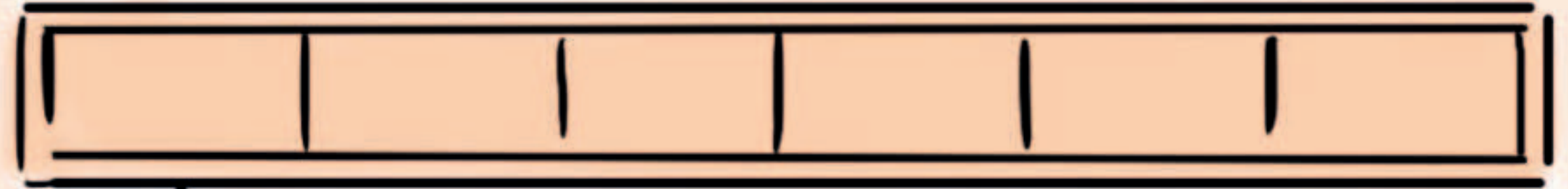
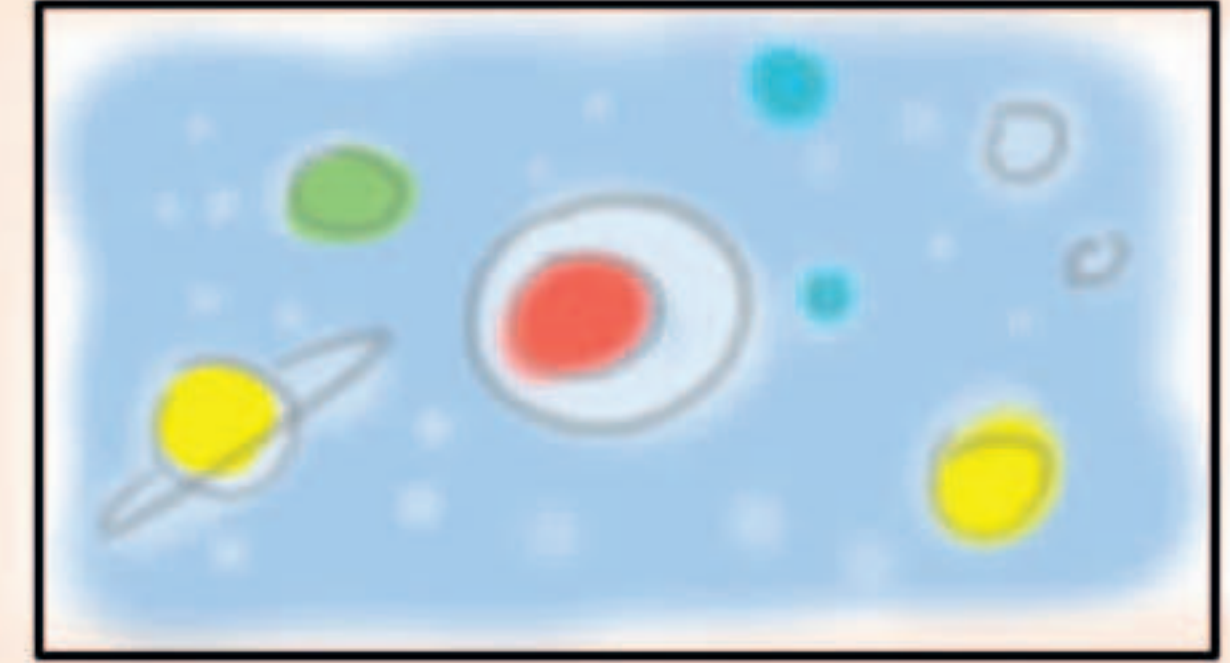
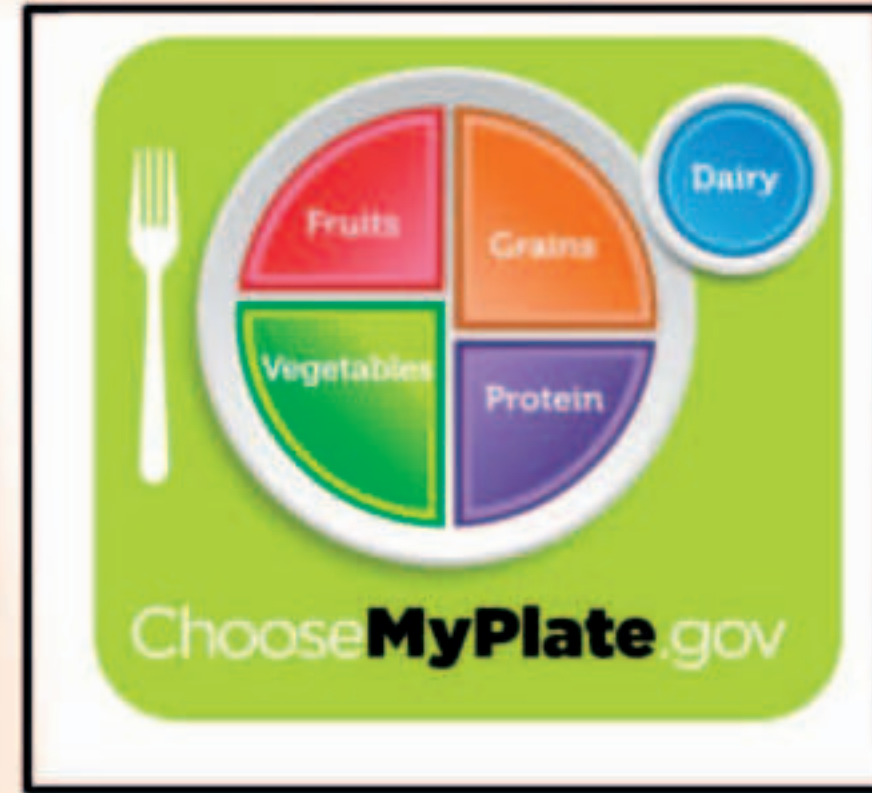
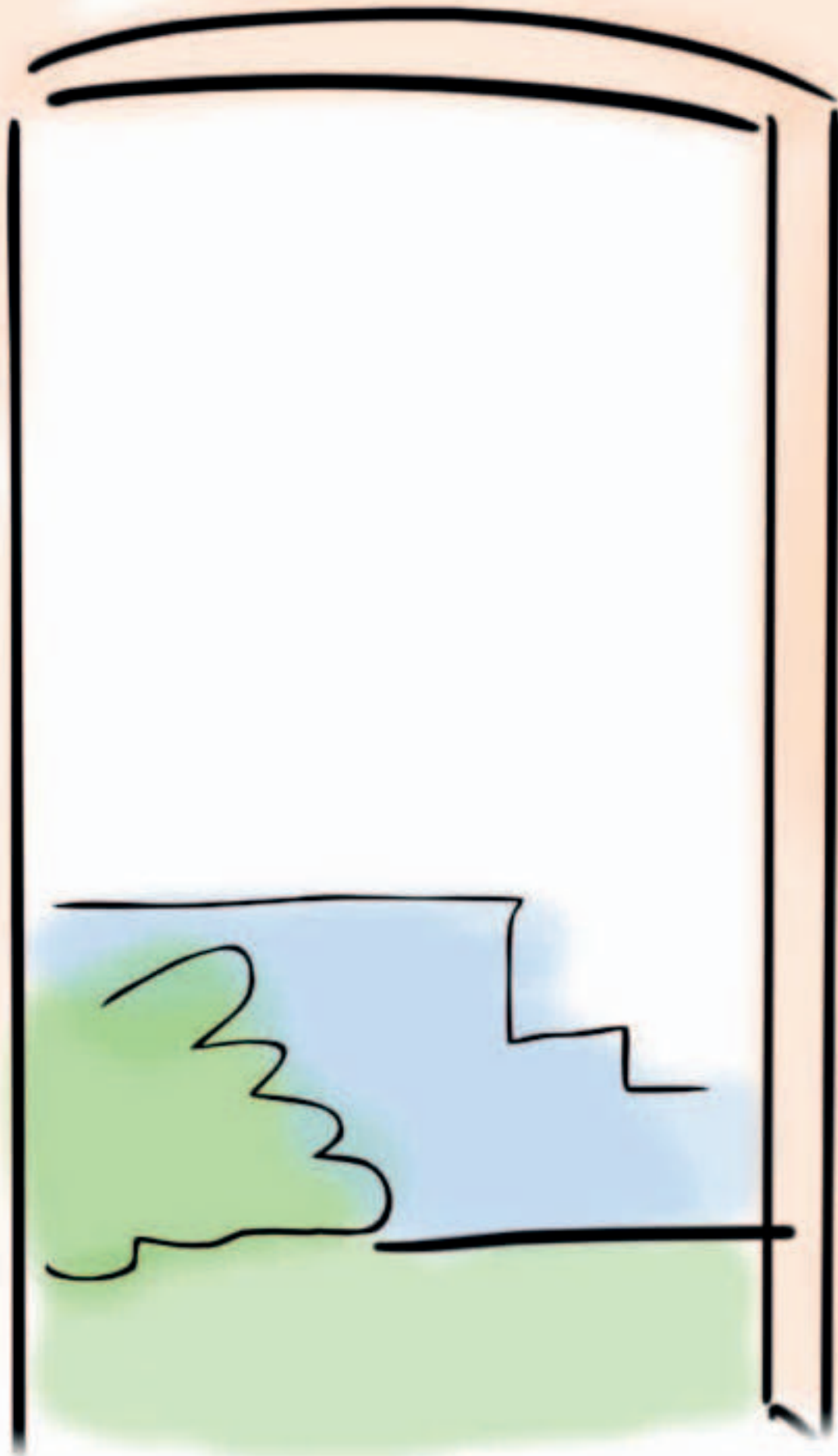
Ok, let's take a break to think. How do you think a healthy breakfast could help Jayden?



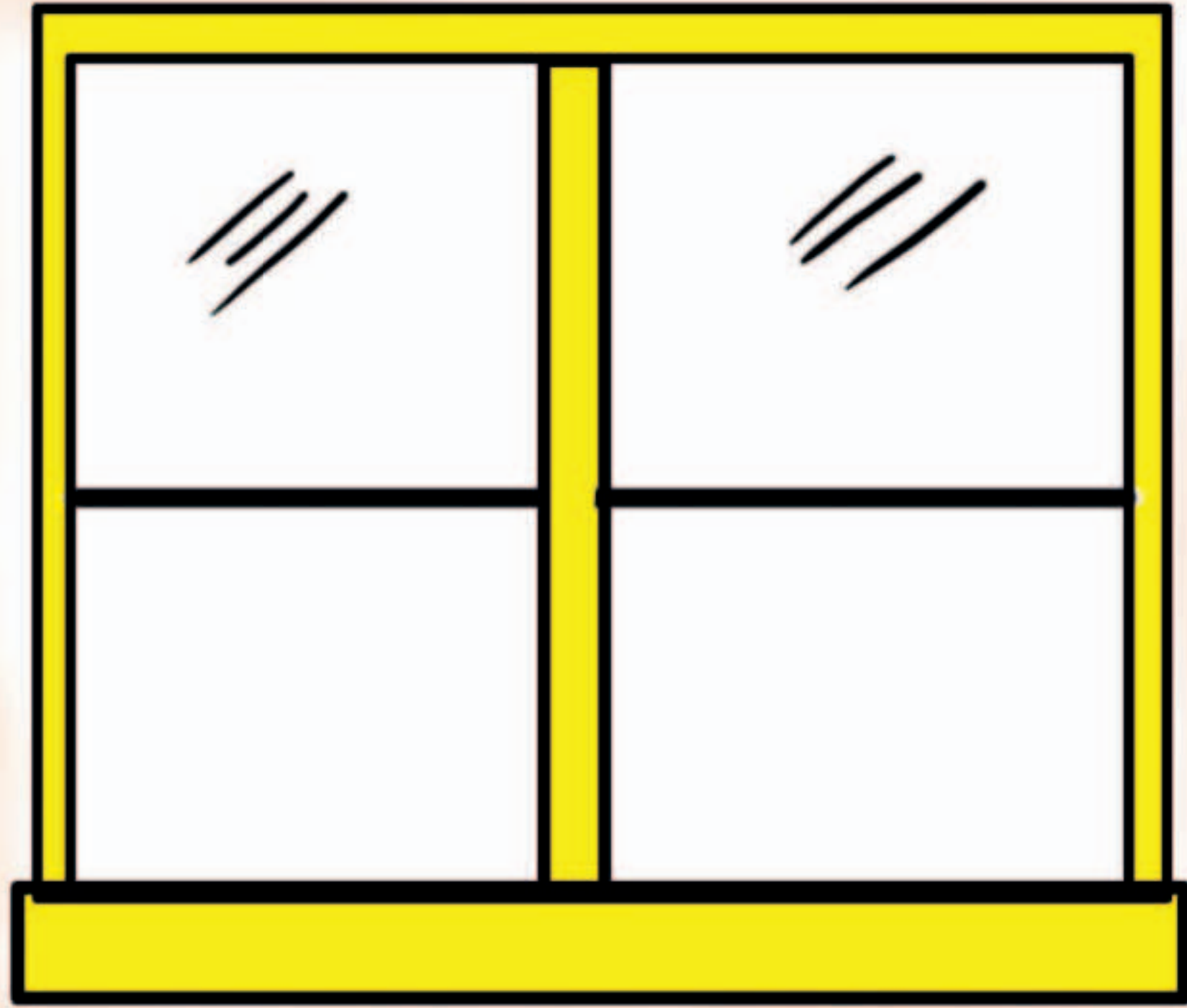
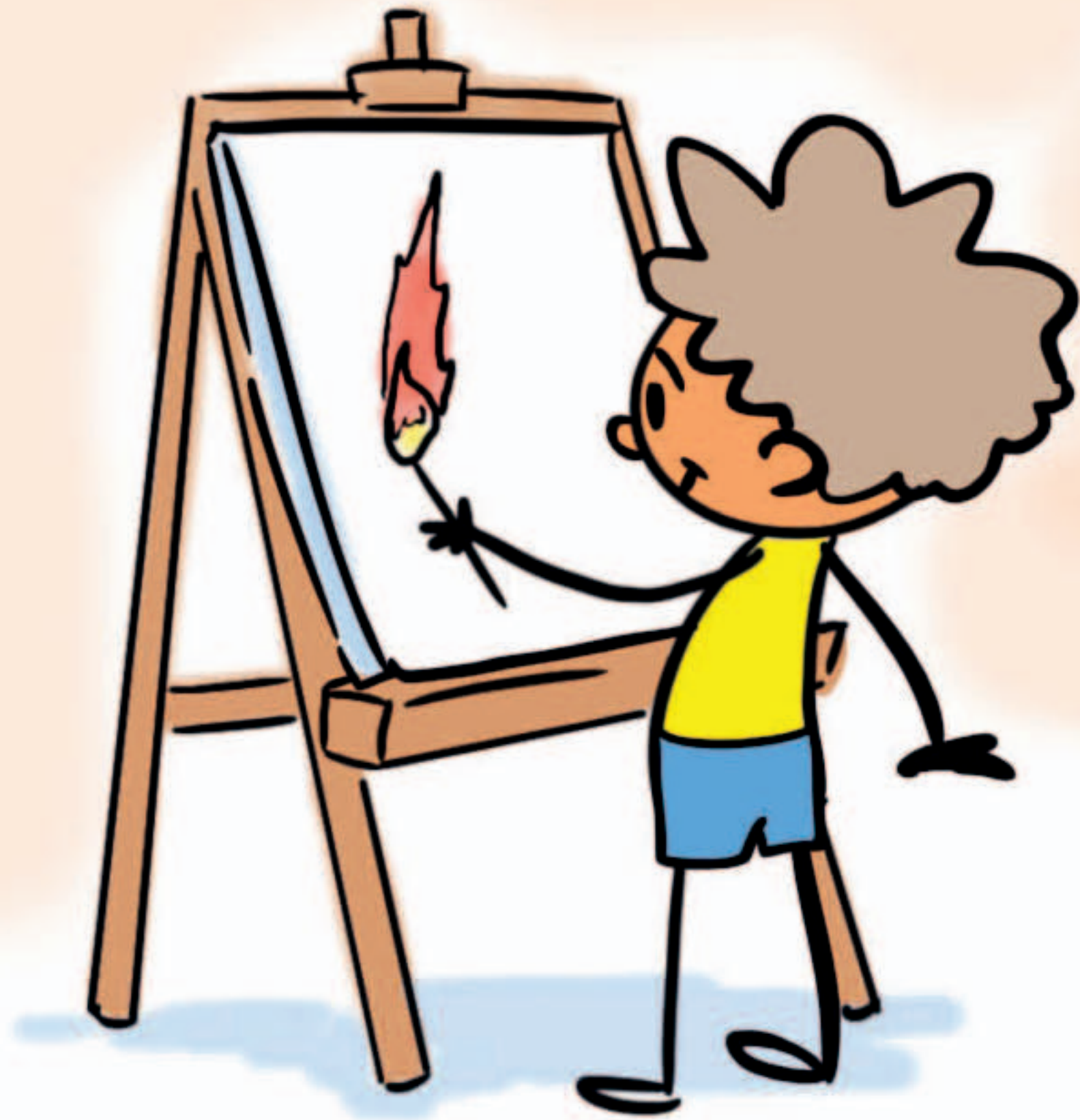


It's time to go! Jayden gets on the school bus and rides to school.

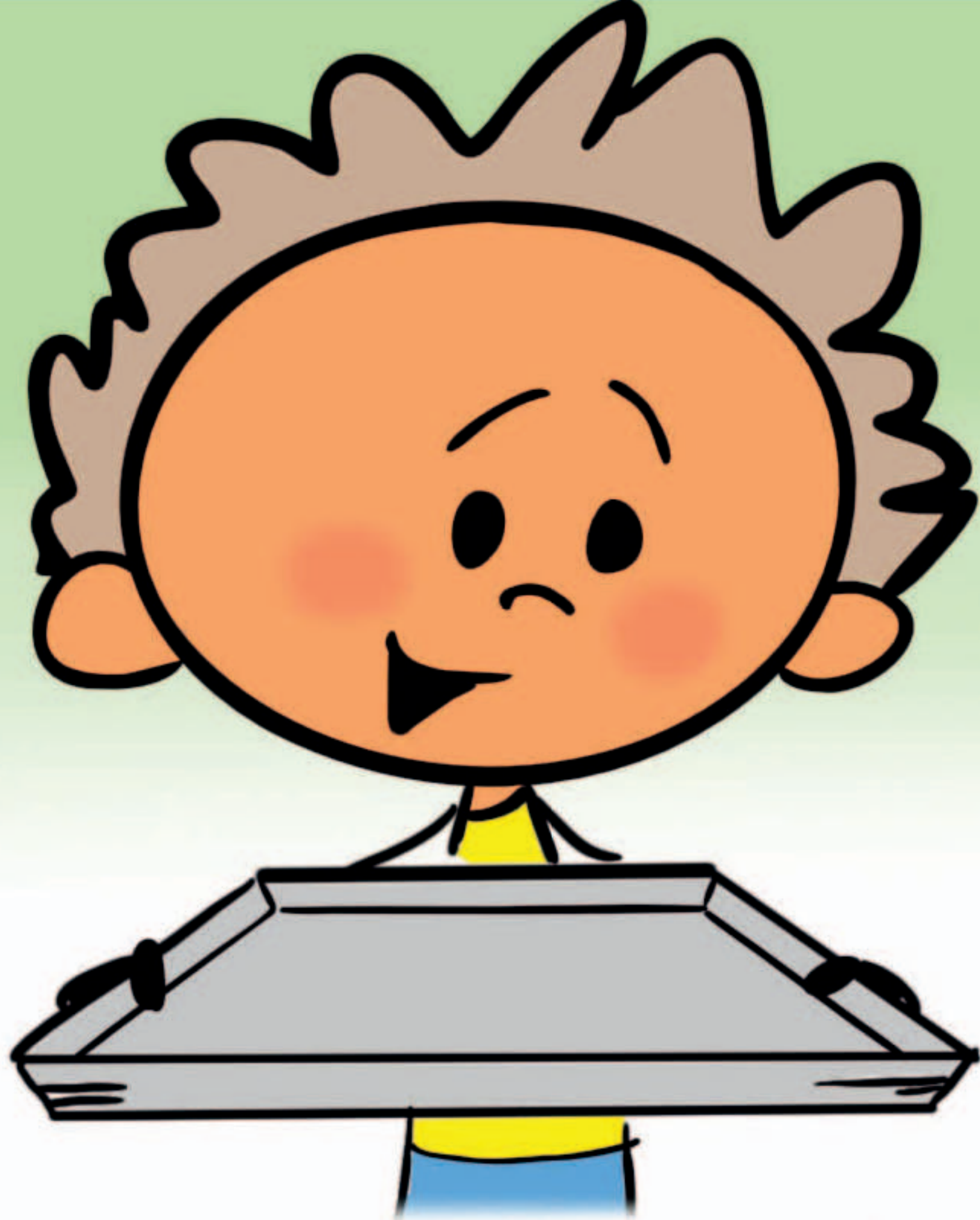
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At school, Jayden found a new poster above the cubbies. Have you seen this picture before? What do you think the poster is all about?



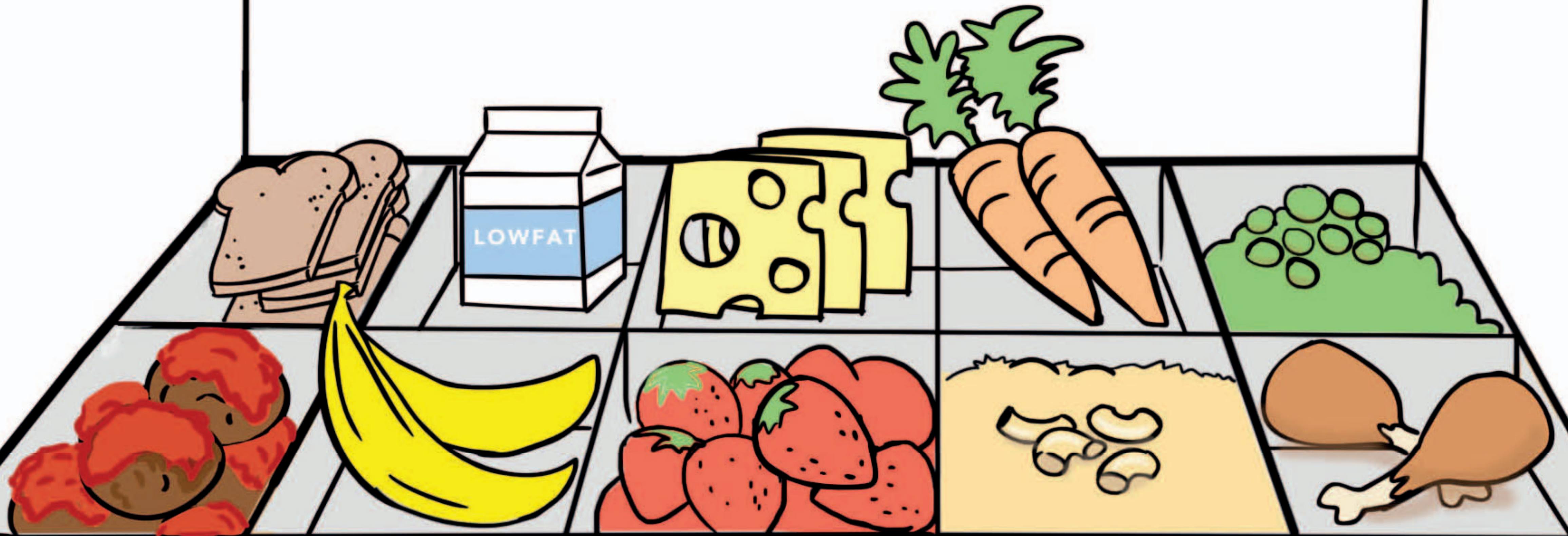
Next, Jayden went over to the art corner and painted a picture. Now, it's time for lunch.



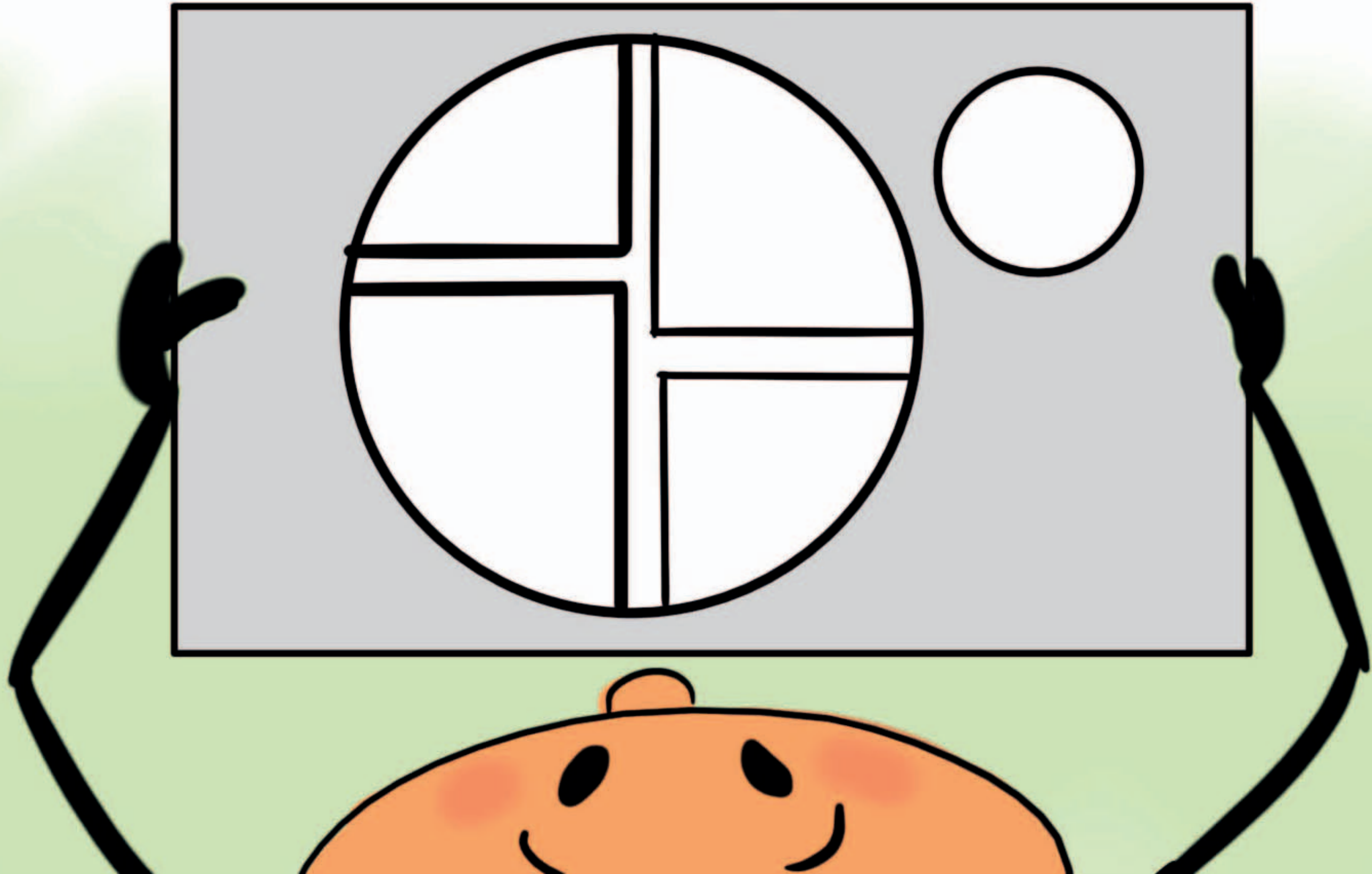
At lunchtime, Jayden wants to have a healthy meal. That means choosing foods from all of the food groups. Let's think about it. How many food groups do you think there are?

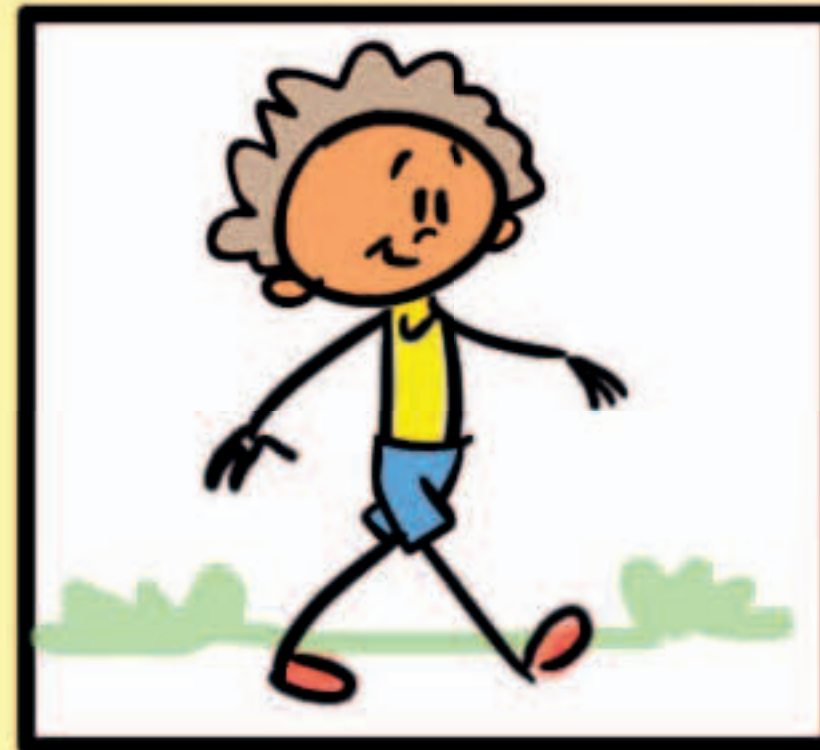
Now, let's think about all of the food groups. What are the names of the food groups?

Here are the foods Jayden can choose for lunch. And, this is the plate where the food goes. Jayden's plate has five different spaces. You can use a space to make a food group. Now, choose the foods you think Jayden should have to make a healthy meal.



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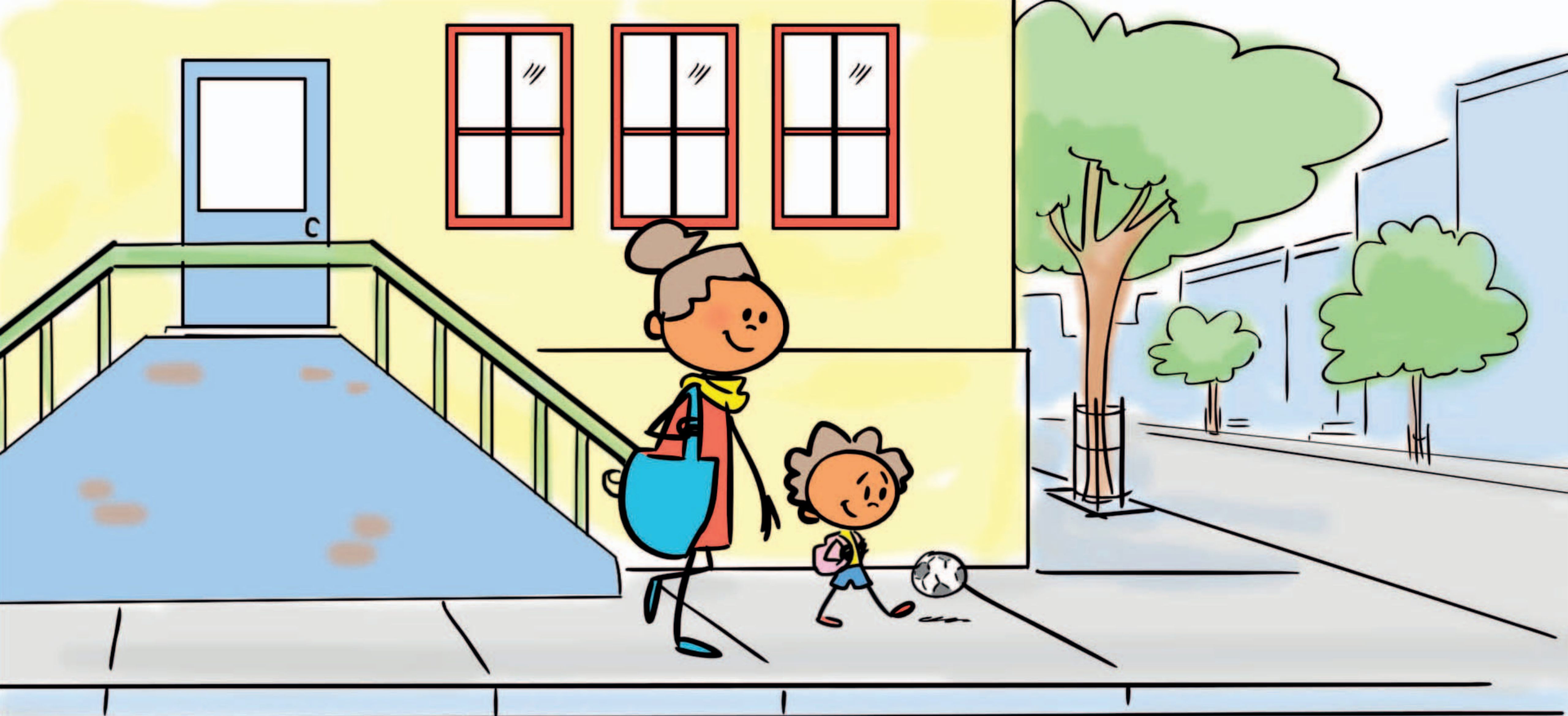




Now that Jayden has had a healthy meal, it's time for Jayden to try other ways to be healthy. Let's think about it. Do you think any of these are other things Jayden can do to stay healthy? Which ones?

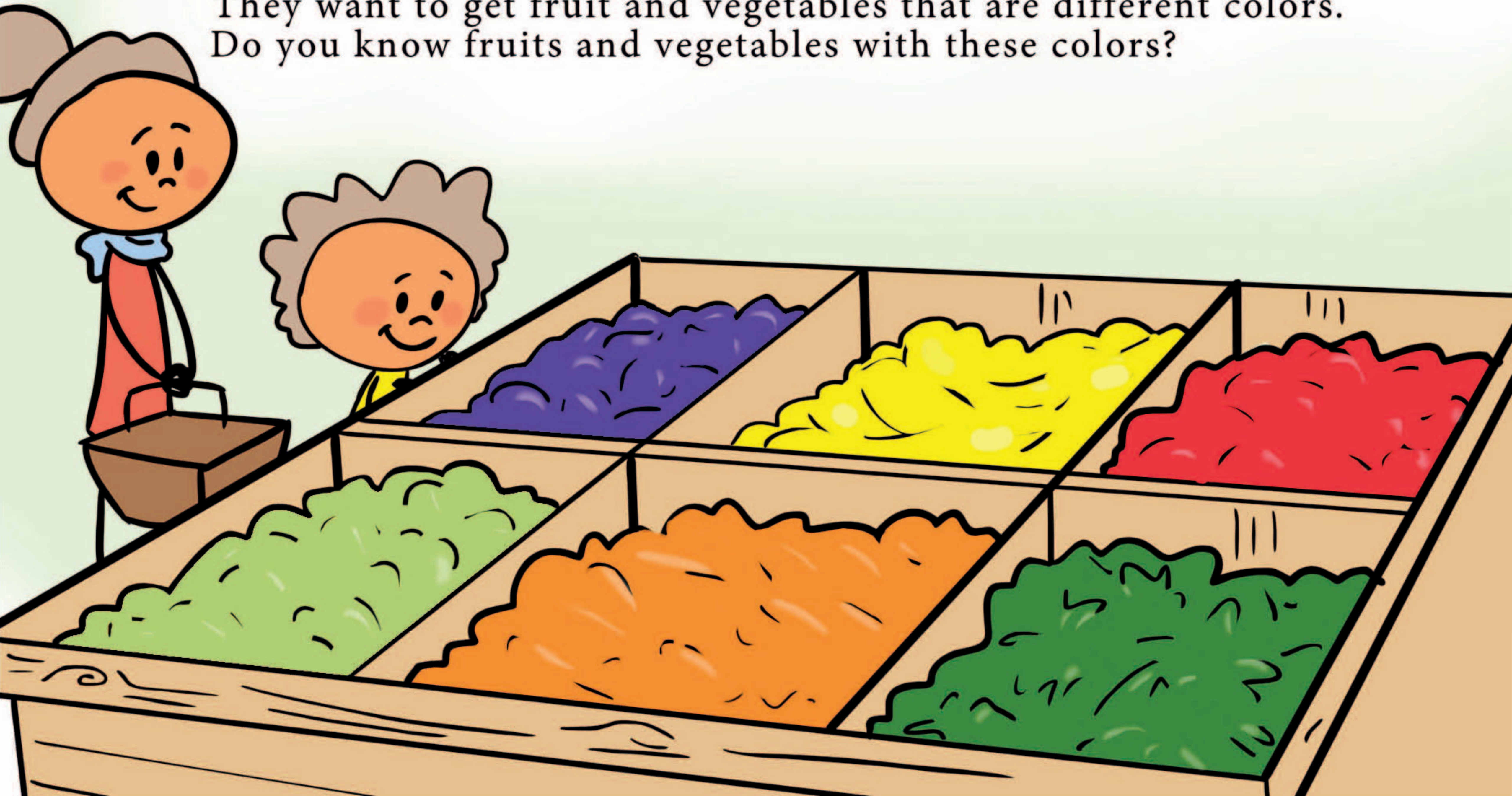


The class decides to go outside and play soccer together.

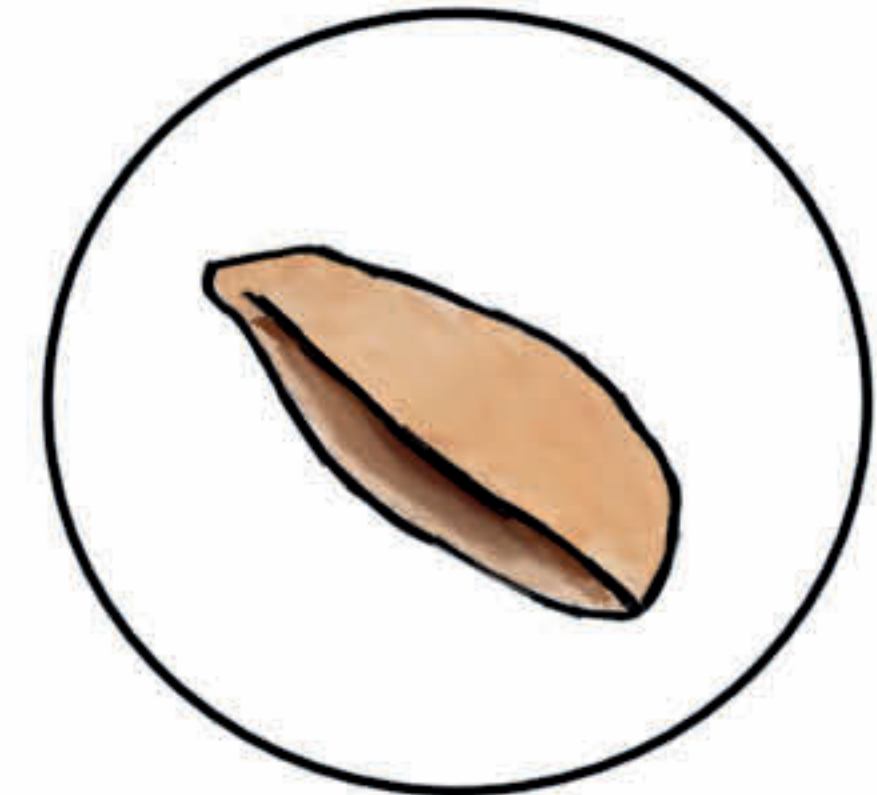
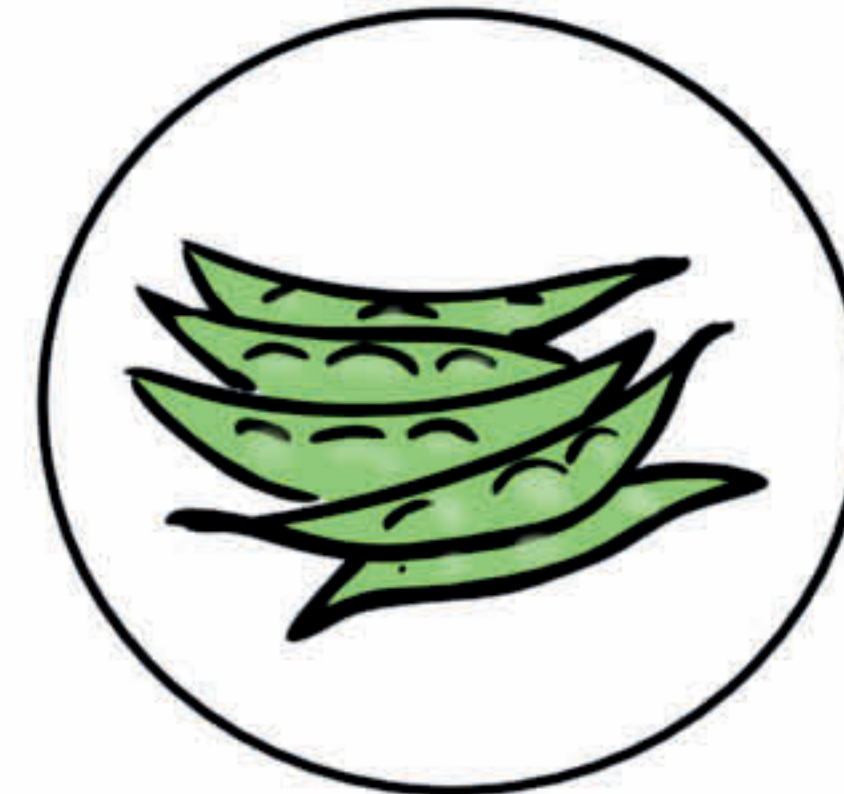
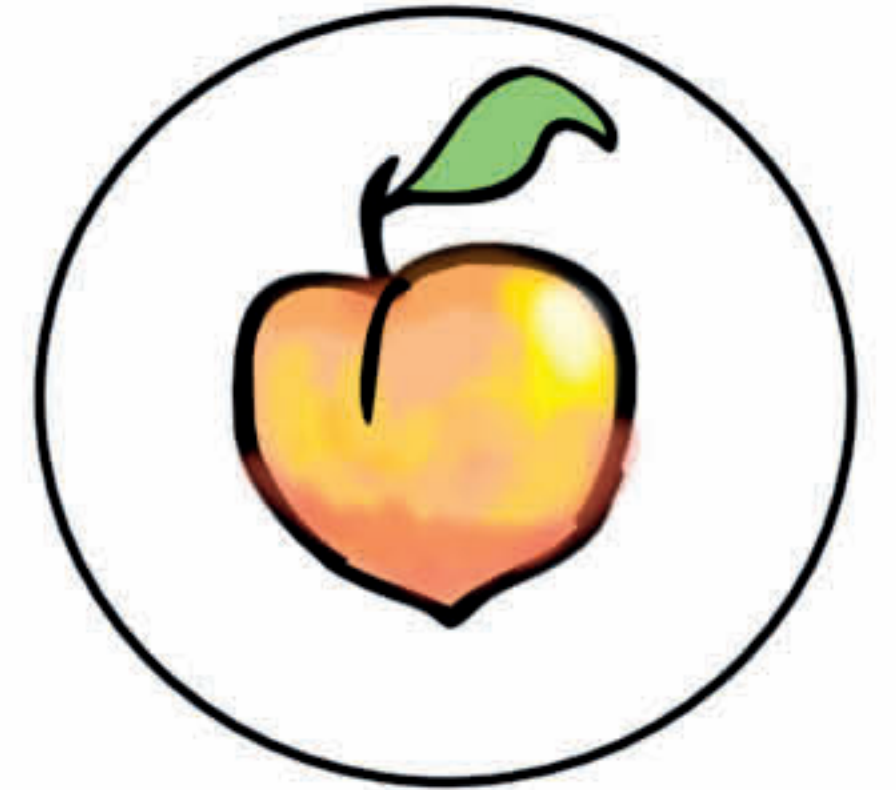
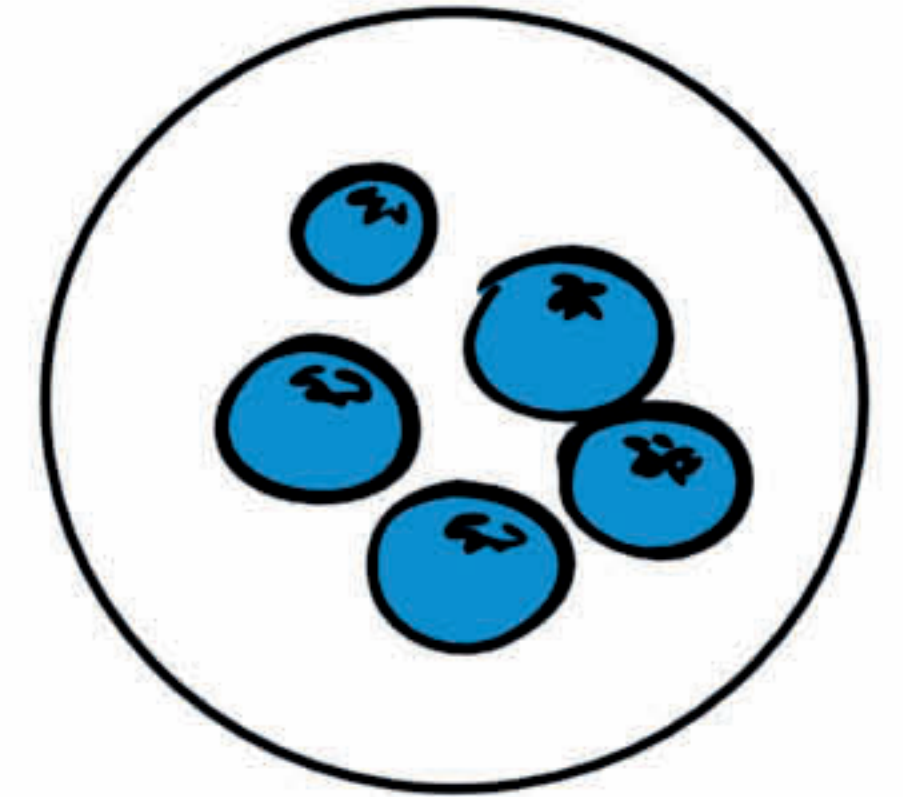


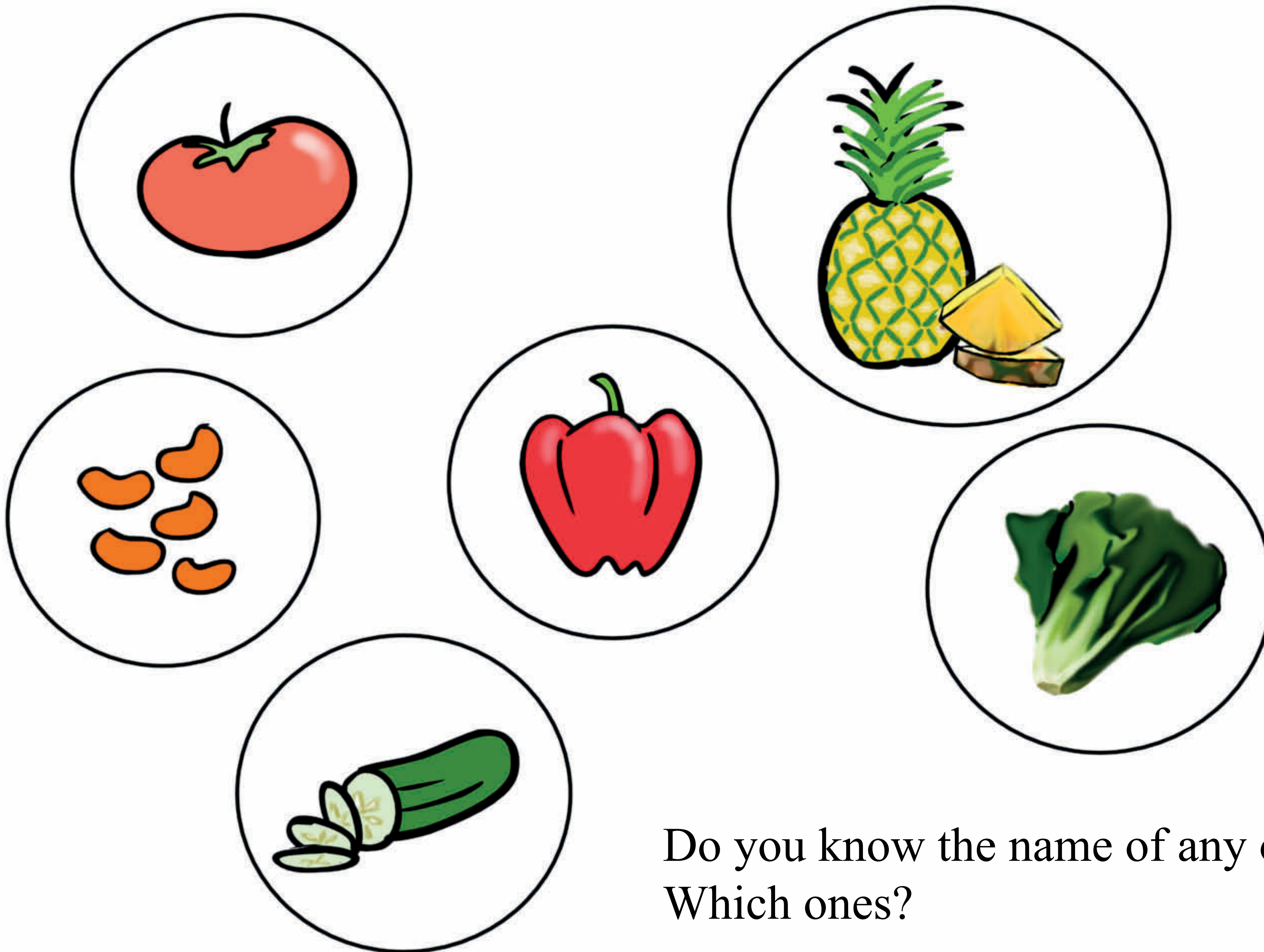
School is over. Jayden's mom needs to stop by the grocery store on the way home.

They want to get fruit and vegetables that are different colors.
Do you know fruits and vegetables with these colors?



Jayden had a wonderful healthy day because of you. Now, Jayden wants to say thank you for all of your help. Jayden has some foods to share with you.





Do you know the name of any of these foods?
Which ones?