

POWER UP!

Want to get to the next level at school and play?
Stay physically active and eat more fruit and veggies.

PLAYER 1



x5



x5



x5



<http://teamnutrition.usda.gov>



United States Department of Agriculture



YOU CONTROL YOU

Your body is an amazing machine, but it's up to you to fuel it up with lots of healthy foods.



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<http://teammnutrition.usda.gov>



YOU CONTROL YOU

Your body is an amazing machine, but it's up to you to fuel it by making healthy choices.



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