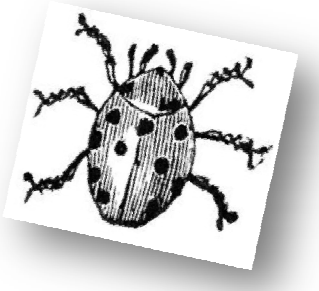

Writing Bug

Name: _____

Good and Good For You

Lots of healthy foods are delicious. Why is it so important for us to eat them?

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Try These Ideas:

- What are some of your favorite foods? Are they healthy?
- Think about how you feel after a junk food meal, compared to a healthy one.
- Can some "bad" foods be prepared differently to make them healthy?

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