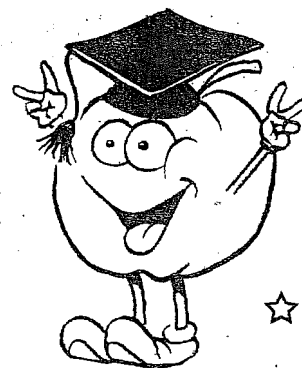


Eat Smart... Eat More Fruits And Veggies



Most people need to eat more fruits and vegetables each day. Here are some ways to do that.



Fill in the missing letters with an **a** or an **e**.

1. Have fruit with breakfast c__re__l.

2. Have a vegetable salad for lunch or dinn__r.

3. Have fruit for d__ss__rt.

4. Ask your parents to cut up fruits and vegetables for sn__cks.

5. Try veg__t__ble soups.

6. Add veggies to s__ndwich__s.
These can include lettuces, tomatoes, onions, sprouts, and more. Be creative!

7. Surprise your taste buds. Try n__w fruits and vegetables.

