

## **Grapes**

Grapes grow in clusters of 6 to 300 and can be crimson, black, dark blue, yellow, green, or pink.

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## **Popcorn**

Air-popped popcorn is naturally high in fiber, low in calories and fat, contains no sodium, and is sugar free.

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## **Carrots**

They are often chopped, boiled, fried, steamed, or cooked in soups and stews. They are also used as baby and pet foods.

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# **A Grilled Chicken Sandwich**

The chicken can travel up to  
9 miles an hour.

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## **Veggie Pizza**

Approximately 3 billion pizzas are sold in the US each year.

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## **A Water Bottle**

Strive for 5! Drink 5 glasses of water a day!

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## **A Dog**

Walking or playing with a pet is a great way for you to be active.

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## **An Apple**

Winter apples are picked in late autumn and stored just above freezing.

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## **Milk Carton**

When choosing milk try to drink nonfat, low fat, skim, or soy milk with calcium.

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## **Drinking Fountain**

In some regions of the US, water fountains are referred to as bubblers.

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## **A Jump Rope**

Ten minutes of jumping rope is roughly the equivalent of running an 8-minute mile.

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## **A Skateboard**

Early skateboards were shaped like flat surfboards.

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## **A Soccer Ball**

The standard ball size is size 5 and weighs between 410 and 450 grams.

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## **Weights/Dumbbells**

Muscle weighs four times as much as fat.

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## **Stairs**

By taking the stairs rather than the elevator you will burn more calories.

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