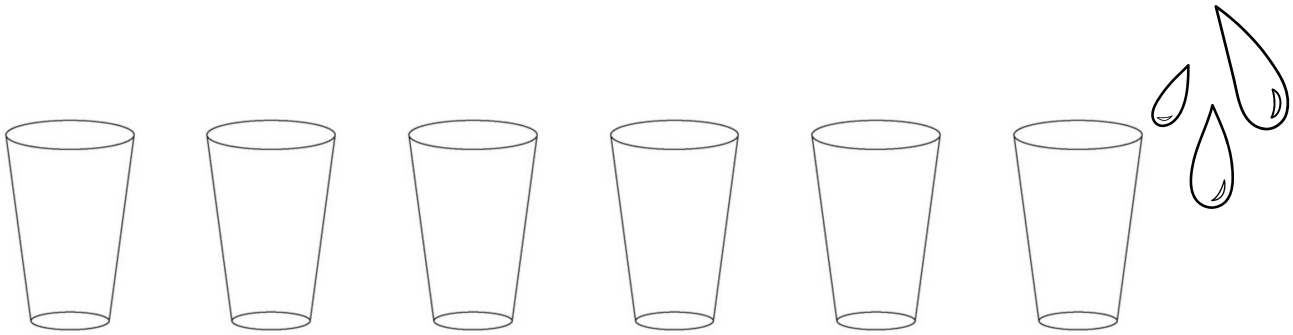
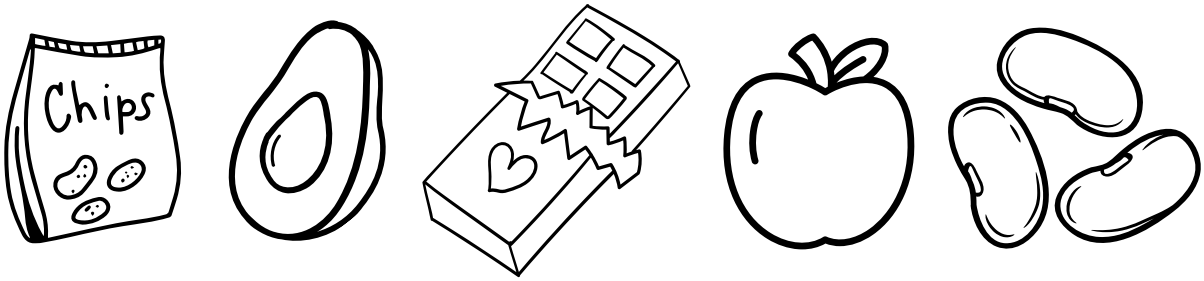
My Nutrition Name: _____

LESSON 1: WATER & SODIUM

How many cups of water do you drink each day?



Circle all the whole foods!



Use the word bank to fill in the blanks:

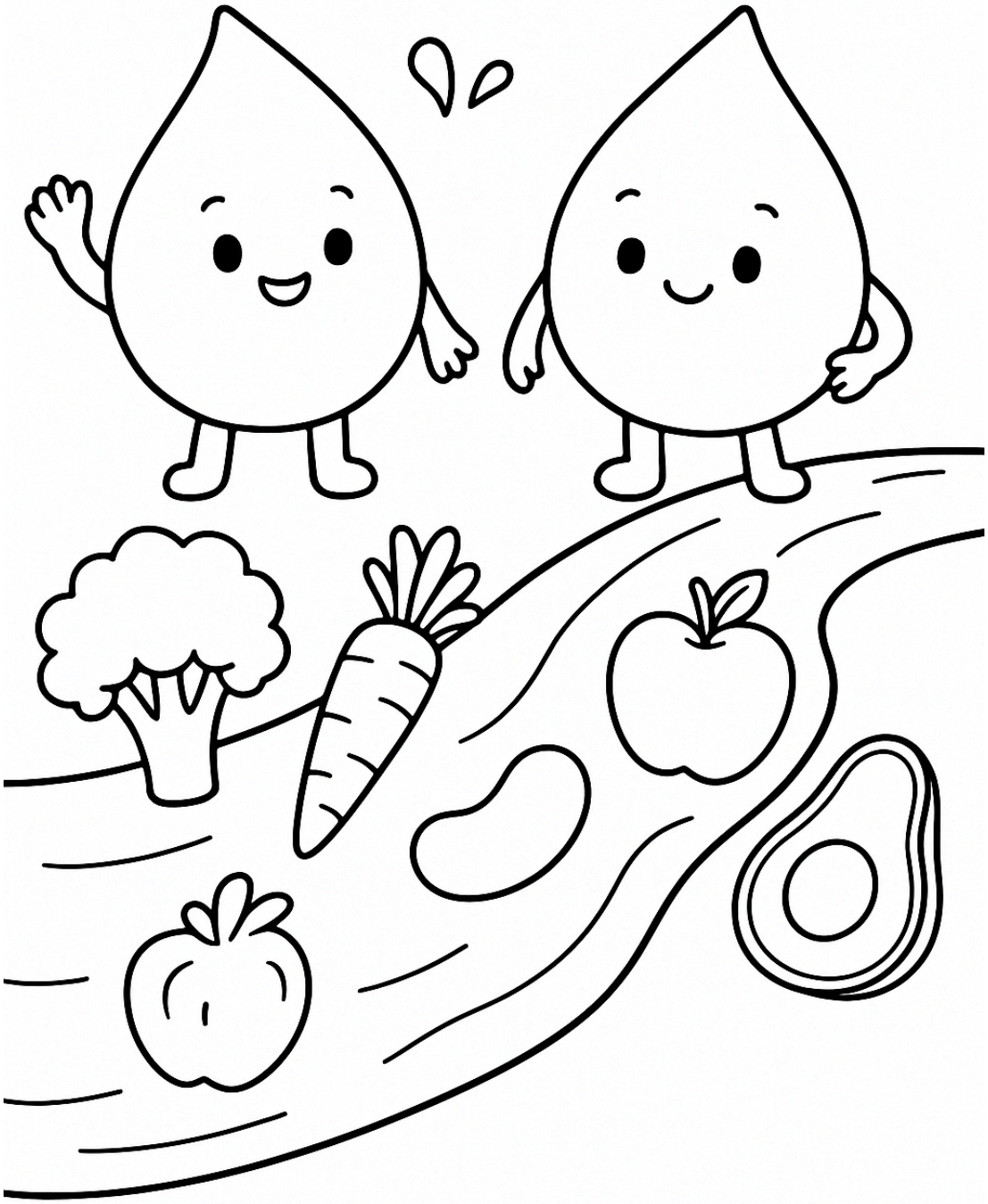
1. We should eat _____ foods like fruits and vegetables.
2. _____ means not eating too much of one thing.
3. _____ are yummy but have a lot of sodium (salt).
4. Drink plenty of _____ to stay hydrated!

Word bank:

Whole Moderation Chips Water

My Nutrition Name: _____

WATER & SODIUM



Draw your favorite whole food!