family health journal

Name:
These are my 5 senses:

My senses help me learn, grow, and discover new things.
These are my favorite GO foods:

I eat GO foods anytime because they help me grow and feel good!
Fabulous Fruits

My favorite fruits are:

Eating a variety of healthy foods gives my body important nutrients.
Move to the Beat

This is how I like to move:

Being active helps my heart and body stay healthy!
Energy Balance

This is my favorite GO snack and my favorite way to be active:

Eating healthy foods gives me energy to play!
I Love My Veggies!

Here is a rainbow salad:

Eating vegetables every day helps my family stay healthy!
Perfect Portions

My favorite meal includes:

A healthy meal includes fruits and vegetables, starches, and protein!
Dem Bones

These are my healthy bones:

Dancing, jumping, and being active helps my bones become stronger!
Healthy Beverages

Here I am drinking water:

Water and low-fat milk helps my body feel good!!
This is how I get ready for bed:

Getting a good night’s sleep helps me learn and play all day.
Family Meal

When I eat with my family, I like to:

Preparing family meals together is fun!

Children’s Museum of Manhattan
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