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Your Name _____

 Bread	 Hamburger	 Chicken	 Milk	 Cheese	 Carrot
 Toast	 Grapes	 Fish	 Apple	 Yogurt	 Peach
 Cornflakes	 Peanuts	 Milkshake	 Ice Cream	 Broccoli	 Lettuce
 Eggs	 Tortilla	 Swiss Cheese	 Orange Juice	 Mustard	 Soft Drink
 Pork Chop	 Cottage Cheese	 Waffles	 Bagel	 Watermelon	 Buttermilk
 Chocolate Milk	 Hot Dog	 Turkey	 Tomato	 Roll	 Cracker

Calcium for strong teeth and bones	Protein for strong muscles and growth	Vitamins A & C to see in the dark and to heal cuts	Carbohydrate for energy
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