

Go on a journey to find items that help to keep you healthy...

Food from each of the major food groups:

Grains:_____

Protein:_____

Fruit:_____

Vegetables:_____

Dairy:_____

Toothbrush

Water

Soap

Pillow

Toothpaste

Hairbrush/comb

Clock

Sunscreen

Sneakers

Bike Helmet

Seatbelt

Smoke detector

Dental floss

Book

Paper

Examples of a good breakfast:

Miss Windy added some items that might not seem like an item for a healthy mind, body and soul...

Why did Miss Windy add

- Clock
- Paper
- Pillow
- Book

Be sure to sign up for Show & Tell on Friday's at 2 pm and tell her what you think. See www.manliuslibrary.org event calendar to register or email Miss Windy your thoughts. wcardarelli@manliuslibrary.org