① Choose healthy foods from the 5 food groups every day!
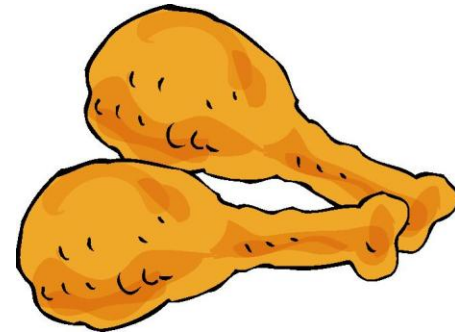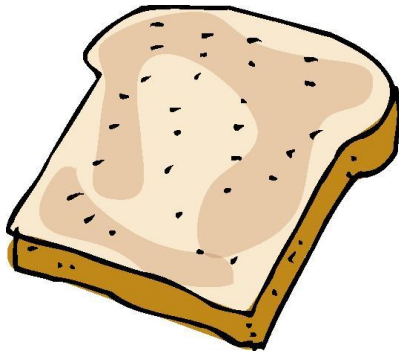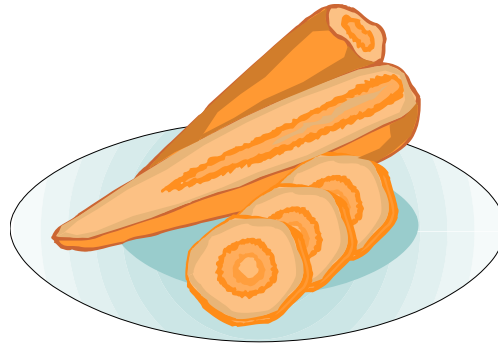
Dairy Group

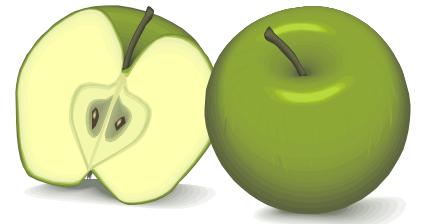Protein Group

Grain Group

Vegetable Group

Fruit Group

2 **Be active every day!**

60 minutes of activity every day
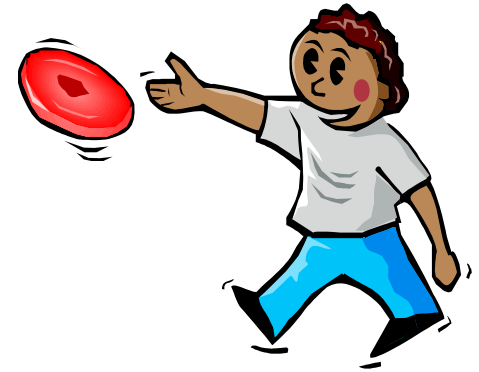
③ Keep hands and food clean!

FIGHT BAC!
BAC
Keep Food Safe From Bacteria ™

Soap

4 Brush your teeth twice each day!

5 Kids ages 5 to 12 need 10 to 11 hours of sleep each night.

6 Drink plenty of water every day!