



They help us grow.



They give us vitamins to help our skin heal if we get a cut.



They help our eyes to see.



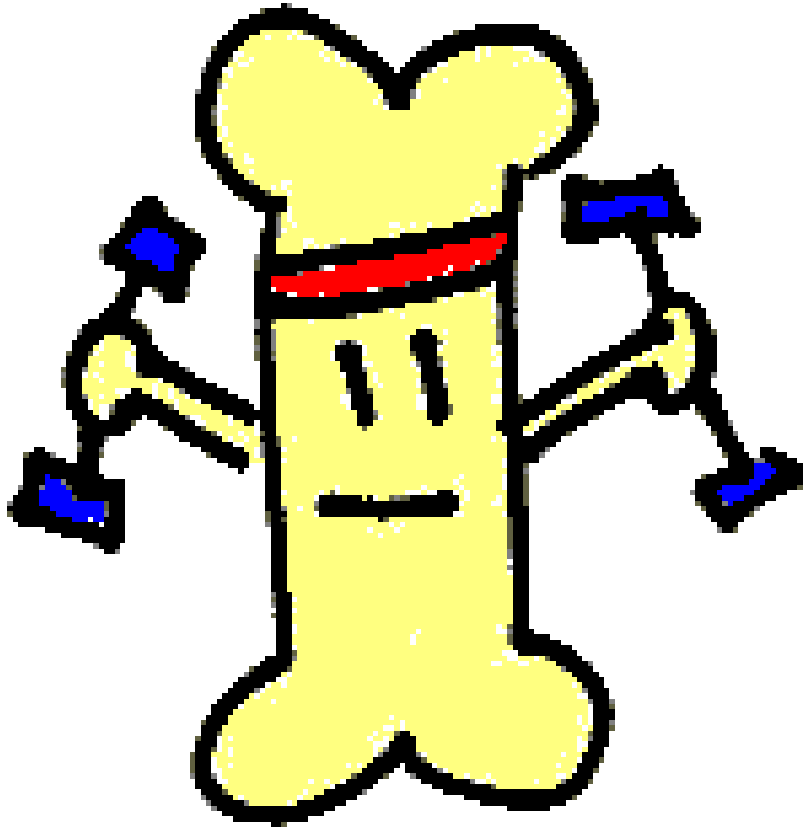
They keep our hair and skin nice.



**Fruits and vegetables protect
our bodies from getting sick.**



They have fiber that keeps our bellies feeling good.



They have calcium for strong bones and teeth.



They help keep your heart healthy.