



Nutrition Challenge: Week 3, Day 5

Try a new vegetable this week. What was it? Did you like it?



- Did you know vegetables help hair, nails and skin; especially vegetables high in sulfur.
- Did you know that you can eat vegetables uncooked, steamed, baked, roasted, stir-fried, etc. You won't get bored eating vegetables.

I MET MY NUTRITION GOAL FOR WEEK 3!

Student Signature _____ Parent Signature _____

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