



Eating for a Stronger, Healthier You

the answer.

- a. Fruits and vegetables
- b. Grains (pasta, rice, bread)
- c. Protein (meat, beans)
- d. Dairy
- e. None of the above.

4. How many servings of vegetables should you have each day? Please the answer.

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

5. that best describes each listed activity

a. Try a new fruit	No way I will do this!	I might do this	I will probably do this	I will definitely do this!
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b.

