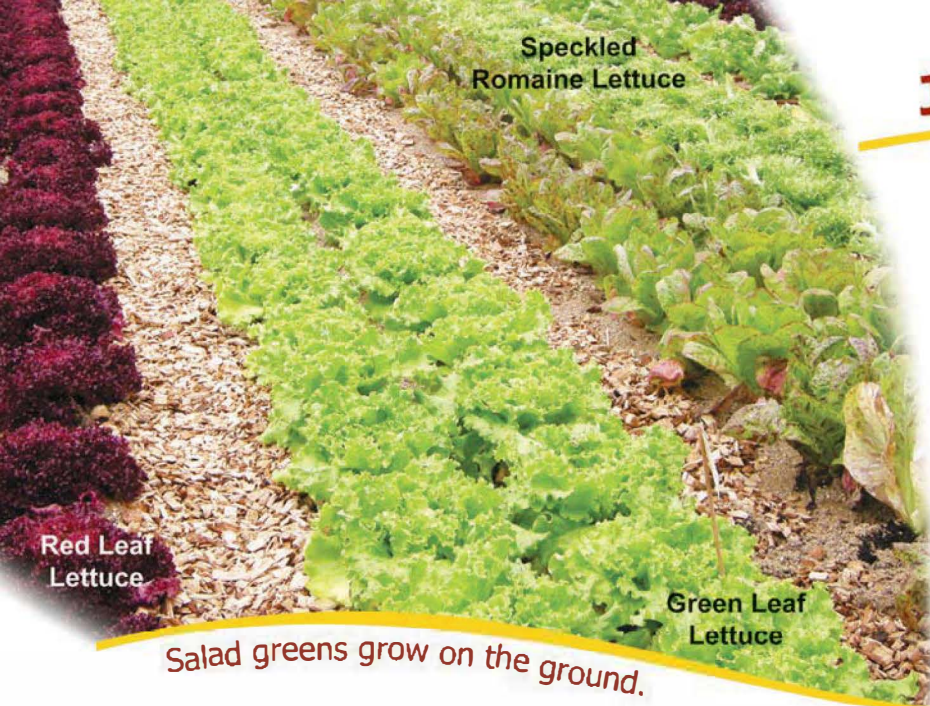


## January ■ Salad Greens

Salad greens are vegetables.

Salad greens have vitamin A.

Vitamin A helps keep your eyes healthy.



- Watch this video to learn about a farmer who grows spinach!

<http://bit.ly/1NCzqD8>

- What is your favorite salad green?  
Draw a picture of your favorite salad green below.



### Spinach Cranberry Salad

<https://goo.gl/KnMbk9>



# We Love Water!

You have more of a chance of getting cavities if you drink sugary drinks. Drink water instead of sugary drinks. Water is good for your health.

Draw a circle around the drinks that do not have added sugar. Draw an "X" on the drinks that have added sugar.



Instead of \_\_\_\_\_

I will try to drink \_\_\_\_\_

more \_\_\_\_\_