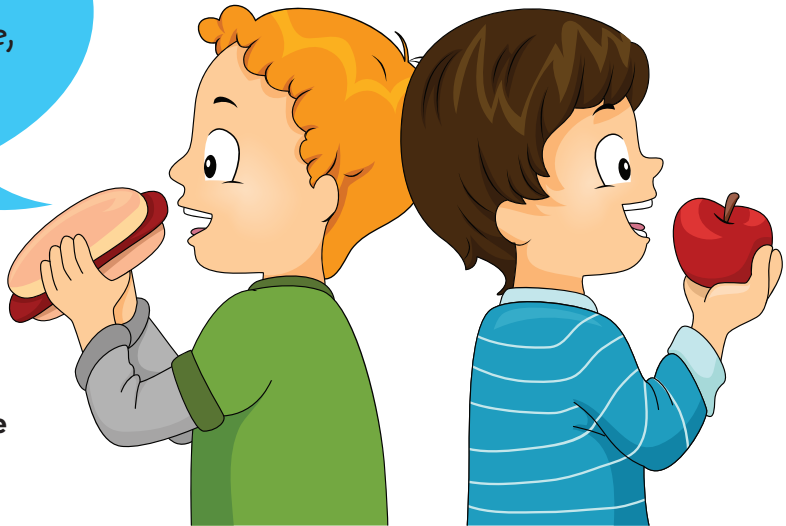


## What **you** can do

Which of the following is an 'always' food? Potato chips, french fries, lettuce, cupcakes, gummy bears.

### ANSWER:

Lettuce is an always food, the rest are sometimes foods!



## What **you** can do



Which activity is best for making your fitness a priority? Scrolling through YouTube, watching Netflix, playing an online game, playing baseball.

### ANSWER:

Playing baseball is the best activity out of those choices to make your fitness a priority.

Your friend has been eating a lot of sometimes foods, and everytime you ask to play outside with them they say 'no.' Is your friend making the healthiest decisions? What are some things you could say to encourage them to make healthier choices? What can you do to help them?