

My Healthful Living Booklet



by _____

©2012 Alliance to Feed the Future, www.alliancetofeedthefuture.org. Text and design by The Education Center, Inc.*
The development of this curriculum is made possible, in part, by a grant from Farm Credit.

I will eat less _____, and
(sometimes food)

I will eat more _____.
(food to encourage)

1

Instead of _____,
(inactivity)

I will _____.
(activity)

2

Some ways that I can stay active indoors...

3

Some ways that I can stay active outdoors...

4