

Maggie's Health Tips



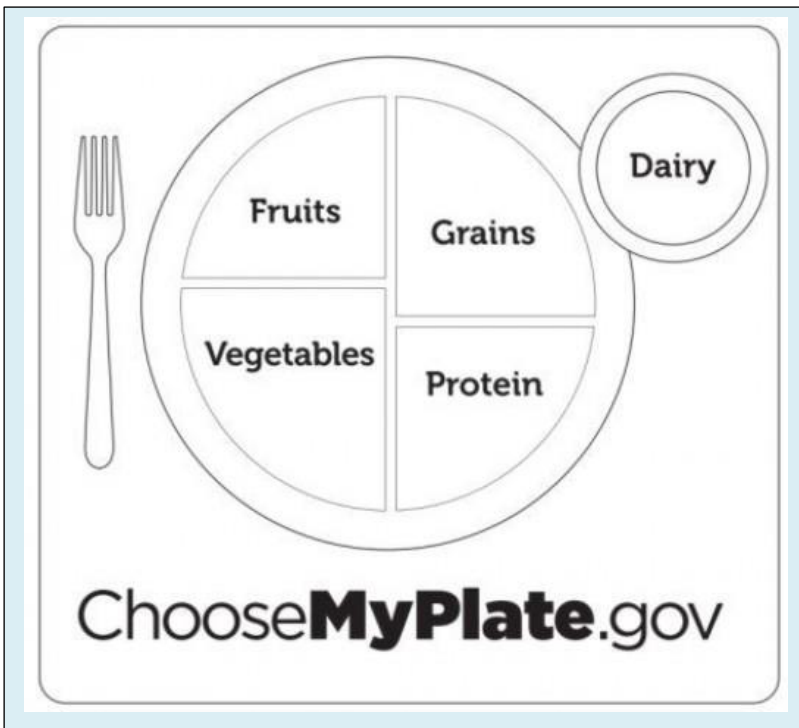
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Food is Fuel!

Does your family have a car? Do you go to the gas station sometimes to fill the car with fuel? Have you noticed that there are different kinds of fuel? The kind of fuel you buy depends on the kind of fuel the engine runs on. Your body runs on the fuel it gets from what you eat. If it doesn't get the right kind of fuel, then it doesn't work very well or, like your car, it could break down. What fuel does your body need? It needs protein, carbohydrates, fat, vitamins, minerals and water.



Age Level - Pre-K/K
Directions: Draw a line to connect the picture to the correct letter.
Some letters may be used twice.



A



P



P



W



B



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To talk to an interpreter, call 1-866-912-6285 (TTY/TDD 1-877-725-7753).

Magnolia Health provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (18 point font or larger print, audio, accessible electronic formats, other formats).

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Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Magnolia Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-912-6285 (TTY/TDD 1-877-725-7753).