

RECIPE  
**FOR A  
HEALTHY KID**

Start with a  
tummy full of  
**healthy food**



**What is your kid's favorite  
healthy meal/snack?**

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RECIPE  
**FOR A  
HEALTHY KID**

Stir in a cup  
of **physical  
activity**



**What gets your kid  
moving?**

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**RECIPE  
FOR A  
HEALTHY KID**

Add a  
tablespoon  
of laughter



**What is your kid's  
favorite joke?**

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**RECIPE  
FOR A  
HEALTHY KID**

Mix in  
a pinch of  
curiosity



**What are your kids  
curious about?**

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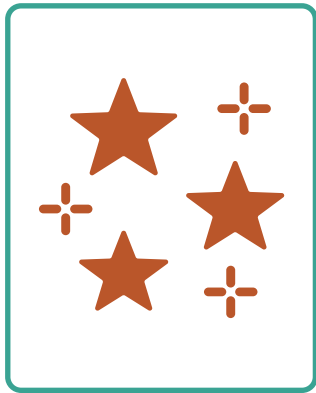
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RECIPE  
**FOR A  
HEALTHY KID**

Sprinkle  
with a dash  
of **fun!**



**What does family fun look  
like at your house?**

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