

Wellness

CAMPUS

MODULE 2 GLOW FOODS



GLOW FOODS

Glow foods contain many **vitamins** and **minerals** that our bodies need to make our skin, eyes and hair healthy.

These vitamins and minerals also help our bodies to prevent sickness, like colds and cough.



GLOW FOODS

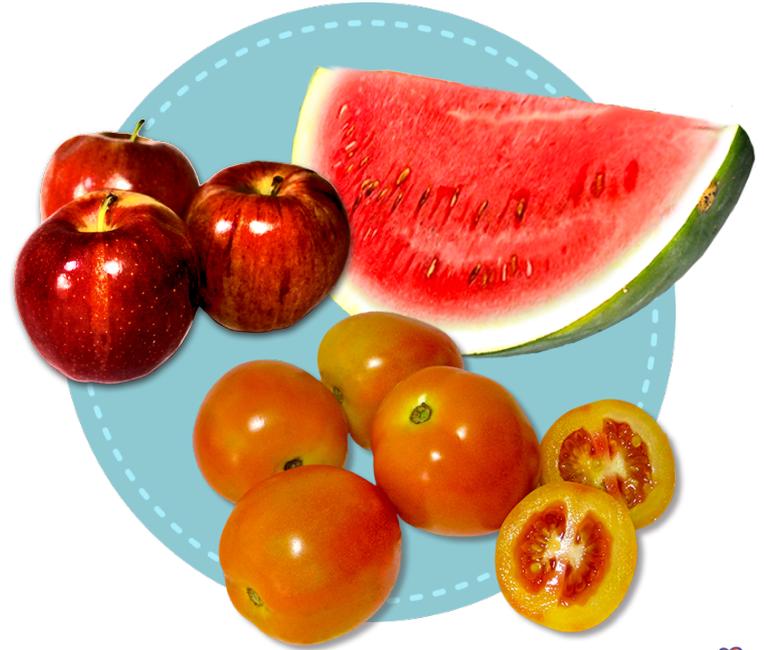
We should make our plate as colorful as possible by eating many different colors of fruits and vegetables.

The more colors we have on our plate, the more vitamins and minerals we get.



GLOW FOODS

RED fruits and
vegetables
are good for the
_____.



GLOW FOODS

RED fruits and
vegetables
are good for the
heart.



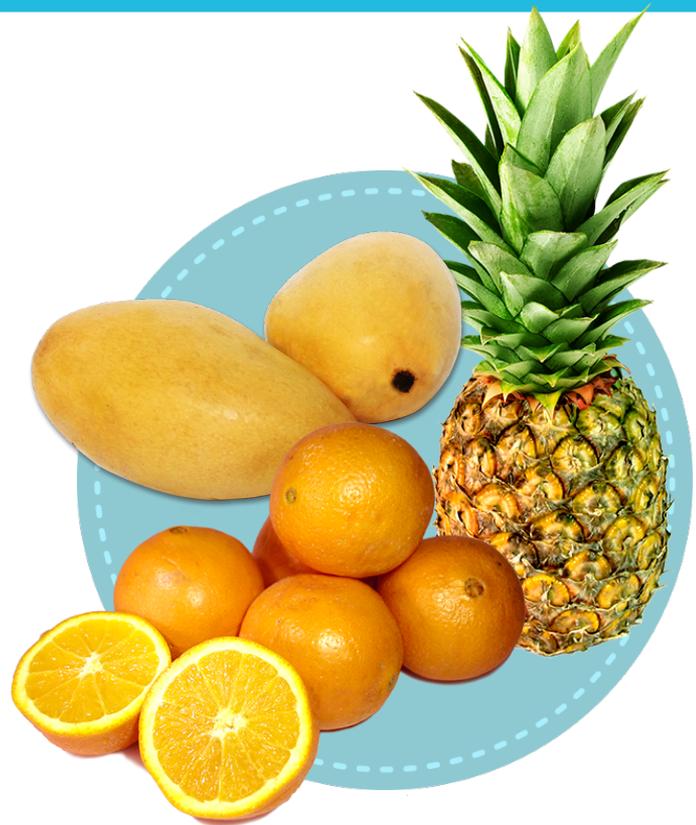
GLOW FOODS

_____ and _____
fruits help prevent
sickness.



GLOW FOODS

YELLOW and ORANGE
fruits help prevent
sickness.



GLOW FOODS

YELLOW and ORANGE
vegetables give us
healthy skin and _____
_____.



GLOW FOODS

YELLOW and ORANGE
vegetables give us
healthy skin and good
eyesight.



GLOW FOODS

GREEN vegetables
help keep us _____.



GLOW FOODS

GREEN vegetables
help keep us alert.



GLOW FOODS

**PURPLE and BLUE fruits
and vegetables
also help _____ .**



GLOW FOODS

**PURPLE and BLUE fruits
and vegetables
also help prevent sickness.**

