



Match the Food with the Body Part It Helps Develop.

Milk Helps Bones Grow Strong (Calcium)  
Water Helps Digestion  
Oranges Give Strong Teeth & Gums (Vitamin C)  
Bananas are Important for the Nervous System (Potassium)  
Meat helps muscles to grow strong (Protein)  
Carrots are good for your eyes (Vitamin A)



IT'S WHAT'S FOR DINNER.®