

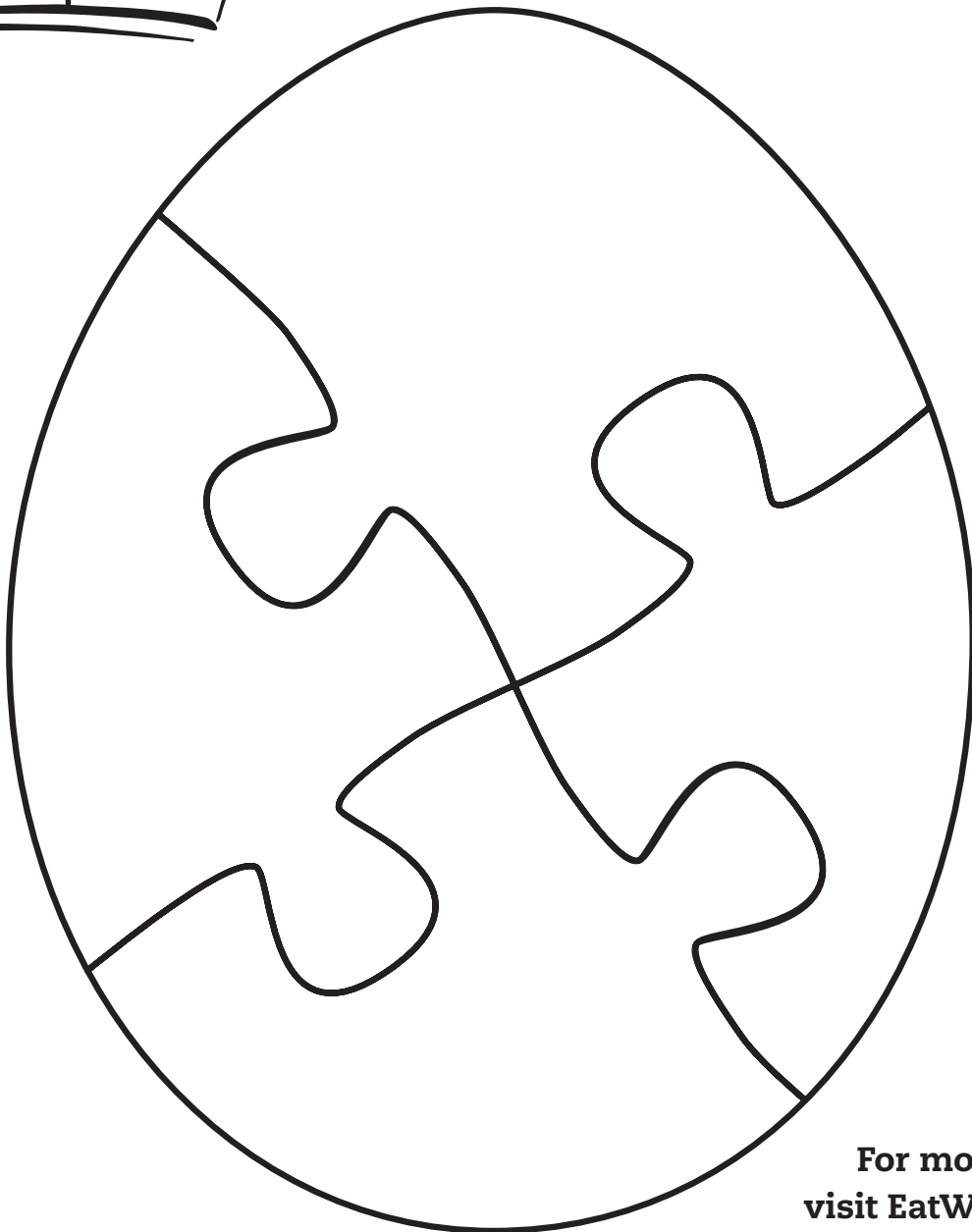


Champions for Change
Arizona Nutrition Network



Humpty Dumpty

Eggs are a good source of protein. They help you have strong muscles and bones. Cut apart the puzzle below and decorate each piece. Then put the pieces back together and see what your egg looks like.



**For more fun games,
visit EatWellBeWell.org.**



This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. AzNN 4/11.



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Pin the Feathers on the Chicken

Cut out the feathers below, color them, and play "Pin the Feathers on the Chicken" with your group. Your instructor will read the messages on each feather and discuss why eating healthy proteins is good for you.

Chicken has protein, B vitamins, and iron.

Chicken without skin is lower in saturated fat.

Chicken helps keep your body strong.

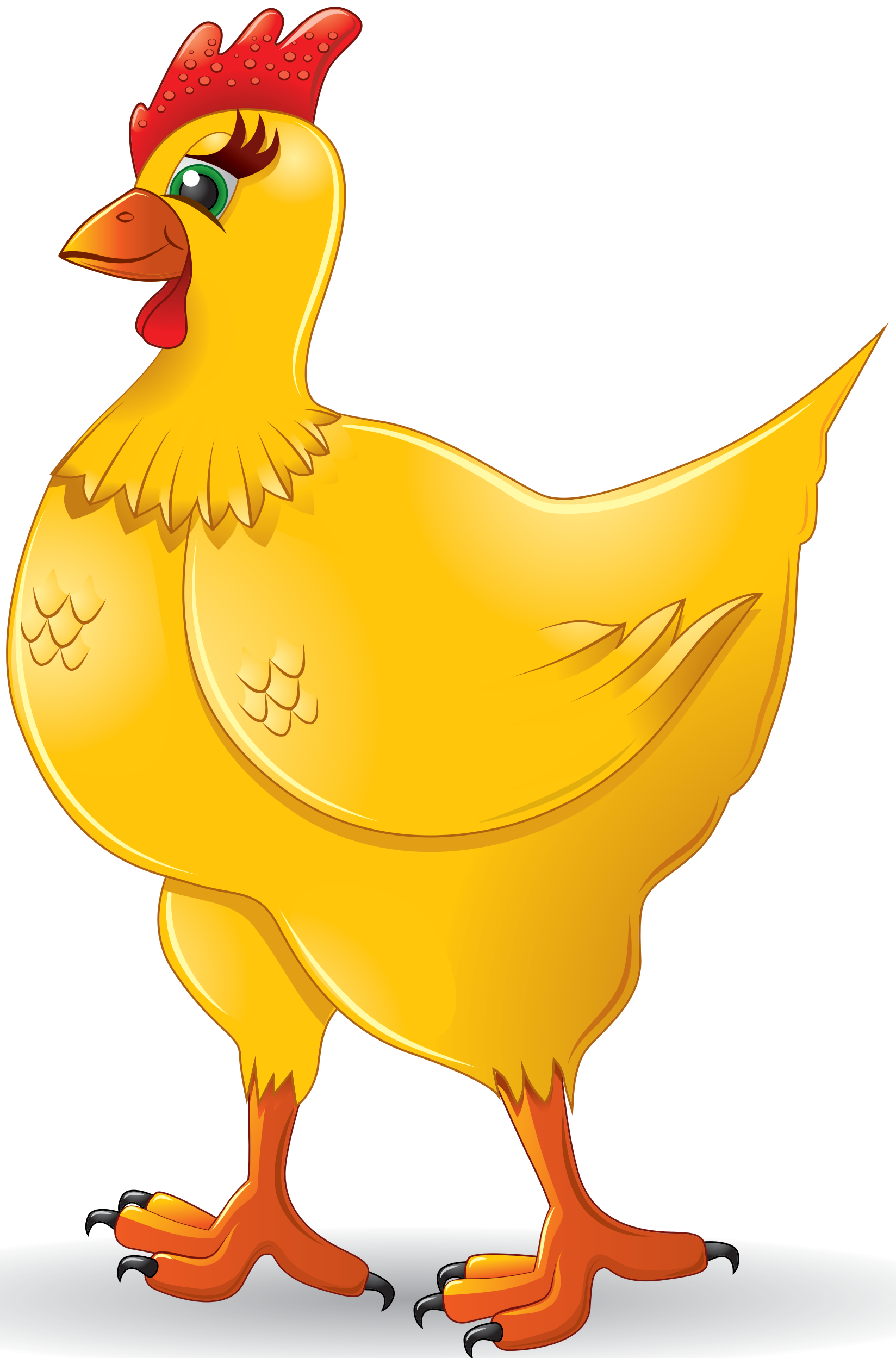
Chicken has nutrients that can help give you healthy bones and skin.

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