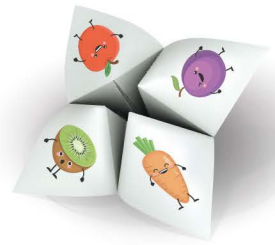




	<p>2</p>	<p>2</p>	<p>ORANGE</p>
<p>1</p>	<p><b>GO!</b></p> <p>Low-fat milk gives you nutrients like protein, vitamins and minerals with no added sugar.</p>	<p><b>GO!</b></p> <p>Fresh fruit has zero hidden sugar and 100% natural energy. It's important to eat every day.</p>	<p>3</p>
	<p><b>GO!</b></p> <p>Oatmeal gives your body energy to grow and move. Add fresh fruit for sweetness.</p>	<p><b>GO!</b></p> <p>Dried fruit like raisins are snacks that give you natural energy, vitamins and minerals.</p>	<p>4</p>
<p>OATMEAL</p>	<p>3</p>	<p>1</p>	<p>RAISINS</p>

**GO FOOD Fortune Teller Instructions:**

- Step 1:** Pick a GO food. Spell its name while you open/close the fortune teller with each letter.
- Step 2:** Pick a number and count the berries. Open/close the fortune teller with each number you count.
- Step 3:** Pick another number. Open/close the fortune teller with each number you count.
- Step 4:** Pick and open a flap. Learn something about GO foods. Go home and share what you've learned.



<p>100% JUICE</p>	<p>2</p>	<p>WHOLE MILK</p>	<p>2</p>
<p>GRAHAM CRACKERS</p>	<p>3</p>	<p>100% JUICE</p>	<p>3</p>
<p>GRANOLA</p>	<p>4</p>	<p>WHOLE MILK</p>	<p>4</p>
<p>GRAHAM CRACKERS</p>	<p>1</p>	<p>100% JUICE</p>	<p>1</p>

**SLOW FOOD Fortune Teller Instructions:**

- Step 1:** Pick a SLOW food. Spell its name while you open/close the fortune teller with each letter.
- Step 2:** Pick a number and count the crackers. Open/close the fortune teller with each number you count.
- Step 3:** Pick another number. Open/close the fortune teller with each number you count.
- Step 4:** Pick and open a flap. Learn something about SLOW foods. Go home and share what you've learned.



<p><b>WHOA!</b> Flavored milk looks fun and gives you nutrition. But, Lil Sugar is there! Watch out for a lot of added sugar!</p>		<p><b>WHOA!</b> Soda is a treat but Lil Sugar added lots of sugar and artificial stuff you body doesn't need.</p>	
	<p><b>WHOA!</b> Don't let Lil Sugar trick you! Sugar Cereals should only be eaten once in a while.</p>		<p><b>WHOA!</b> Cookies don't give you what you really need to stay healthy. Enjoy as a tasty treat once in a while.</p>

**WHOA FOOD Fortune Teller Instructions:**

- Step 1:** Pick a WHOA food. Spell its name while you open/close the fortune teller with each letter.
- Step 2:** Pick a number and count the cookies. Open/close the fortune teller with each number you count.
- Step 3:** Pick another number. Open/close the fortune teller with each number you count.
- Step 4:** Pick and open a flap. Learn something about WHOA foods. Go home and share what you've learned.