

Yl\_Sul\_Word

Picture

Definition

**carbohydrate**



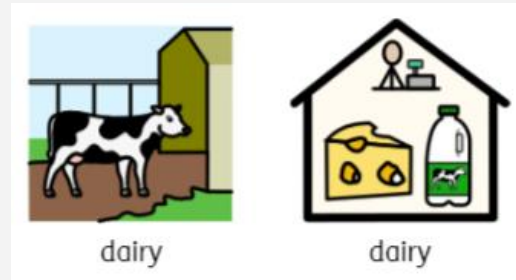
**A type of sugar: bread, beans, milk, popcorn, potatoes, cookies, spaghetti, soft drinks, corn, and cherry pie.**

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Definition

**dairy**



**foods produced from the milk of mammals, such as cows and goats.**

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Definition

**protein**



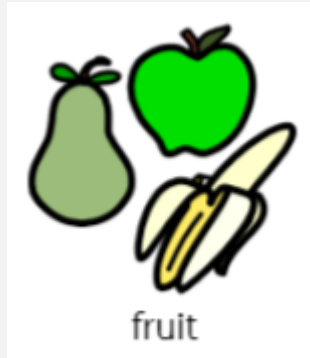
**Protein builds, maintains, and replaces the tissues in your body.**

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Definition

**fruit**



**A fruit is the part of a flowering plant that contains the seeds. The skin of a fruit may be thin, tough, or hard**

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Definition

**vegetables**



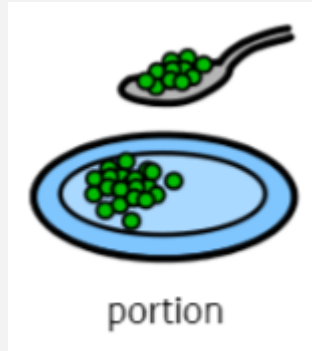
**A vegetable is a part of a plant that is edible. Vegetables are the leafy, stem, or root part of a plant that we eat**

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Definition

**portion**



**A portion is the amount of food you choose to serve at each snack or meal**

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Picture

Definition

healthy



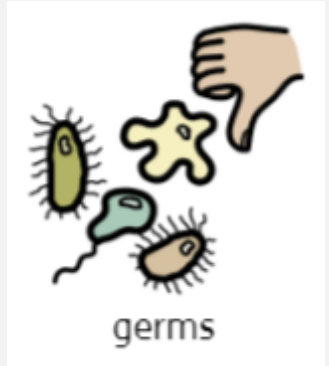
To be healthy means to not be sick

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Definition (Science)

germs



tiny organisms, or living things, that can cause disease.

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Picture

Definition

**hygiene**



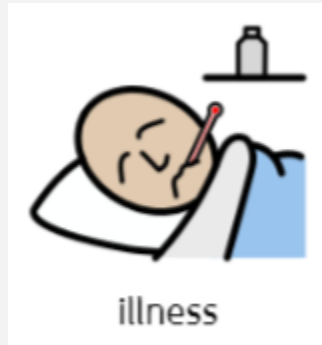
washing their hands. covering their mouth when they cough. having regular baths or showers. brushing and flossing their teeth.

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Definition

**illness**



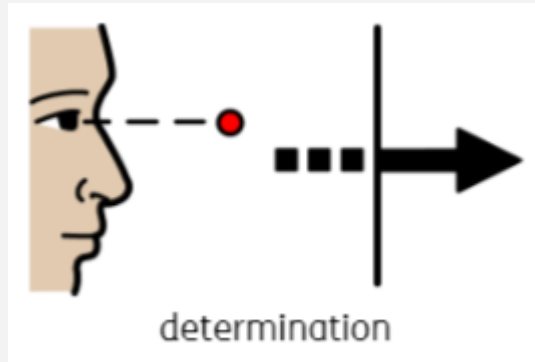
an unhealthy condition of body or mind

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Definition

**determination**



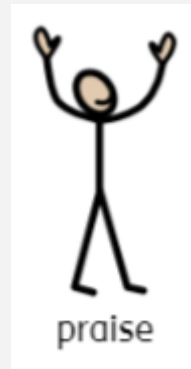
**Overcoming obstacles in order to reach a goal – not giving up**

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**praise**



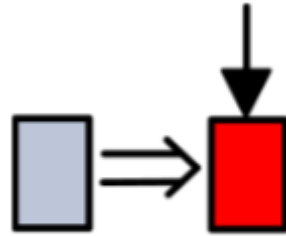
**when you tell your child that you like what they're doing or how they're behaving.**

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Definition

**consequence**



consequence

**what happens immediately  
after a behavior**

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Picture

Definition

**sugar**



sugar

**a sweet food that  
comes from plants,  
mostly sugar cane and  
sugar beets**

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Picture

Definition

**achievement**



**Working to the best of your ability and being rewarded for the effort you put into it.**

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Picture

Definition