

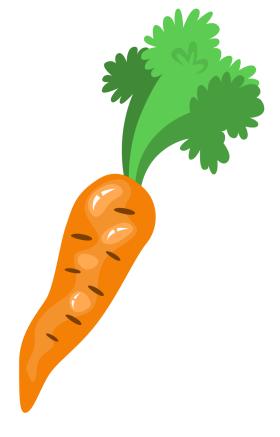
First Letter, Last Letter

Nutrition Flash Cards





<u>CARROT</u>



VEGETABLE





CORN



mind, muscle, and health. **FITTINESS**OPENPHYSED.ORG

VEGETABLE



<u>APPLE</u>

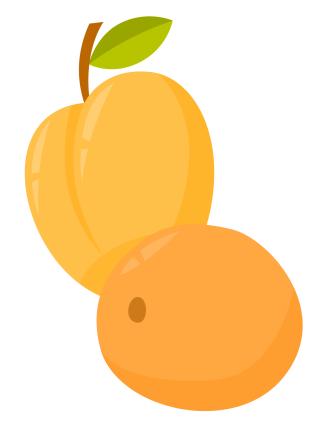


FRUIT





PEACH

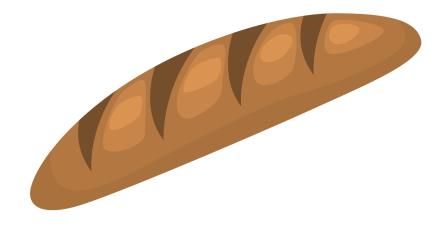


FRUIT





<u>B</u>REA<u>D</u>



GRAIN





PASTA

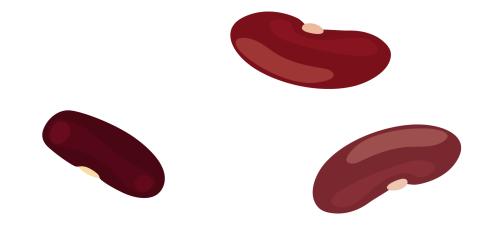


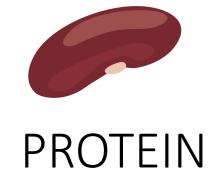
GRAIN





<u>B</u>EANS

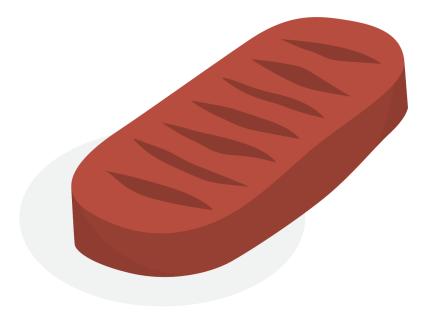








HAMBURGER



PROTEIN





YOGURT



DAIRY





<u>MILK</u>



DAIRY

