preventing diabetes through healthy eating
Mama, we're starved!
We want something good to eat. Can we have some candy?

Or maybe some chips?
It's important that you eat something healthy after school. That's what helps your body stay strong and healthy.

Maria and David, we have a lot of delicious fruit to eat. You can have strawberries or a banana or an orange.
Who wants to help me make dinner?

ME!

ME!
Can we make chicken tacos tonight?

Let’s make tacos and a colorful salad too.

Here we have the vegetables for the salad.

David, you know how to make the rice.

Here we have the vegetables for the salad.
Maria, let me help you cut up all the vegetables for the salad. I see you have red tomatoes and green lettuce. Let’s see what other colorful vegetables we can find.

Salads are even healthier when you have lots of different colors and types of vegetables since they all have different vitamins and minerals.
Mama, there are a lot of healthy ingredients in these tacos! Corn for the tortillas, brown rice and chicken. We'll have lots of protein to help us grow!

That's right, David. And with Maria's salad we will have a filling and healthy dinner.
Mama, I love all the food we made tonight. And it even tastes better because we worked together.
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