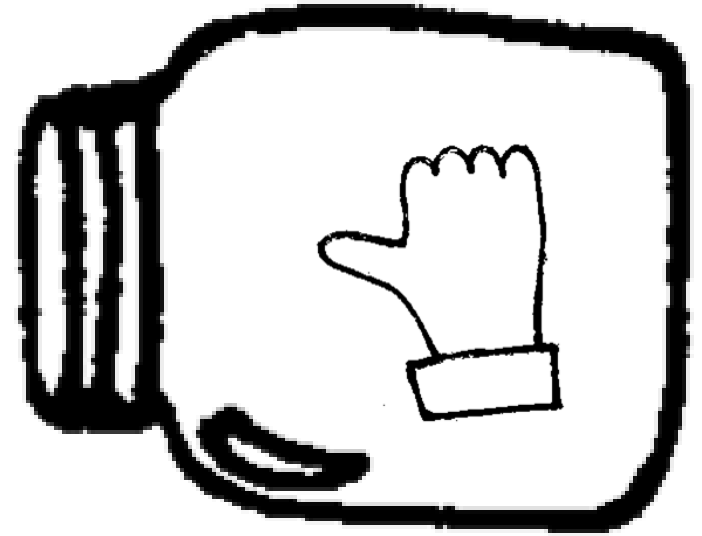


INSTRUCTIONS:

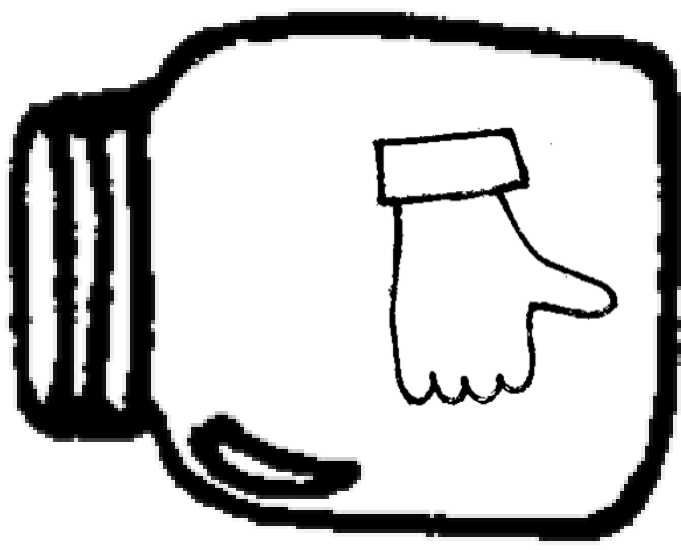
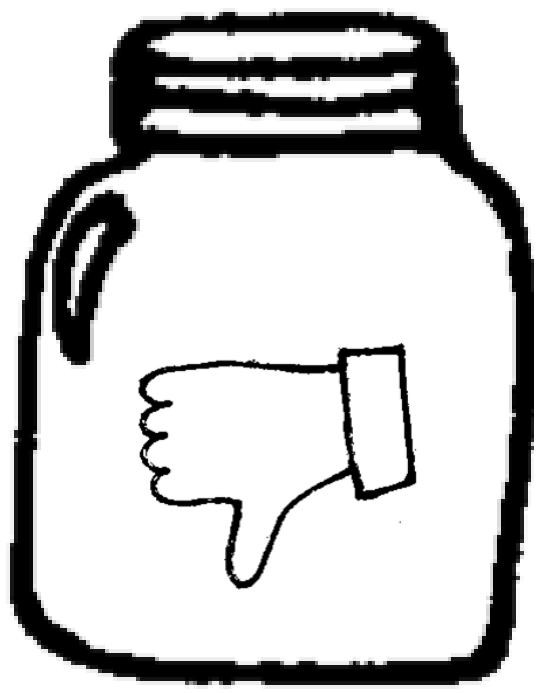
Print jars on pages 1 and 2 on regular printer paper. Cut out, cover front and back with contact paper. Cut out.



INSTRUCTIONS:

Print jars on pages 3 and 4
on full-page labels. Cut
out, stick to the inside of a
file folder.

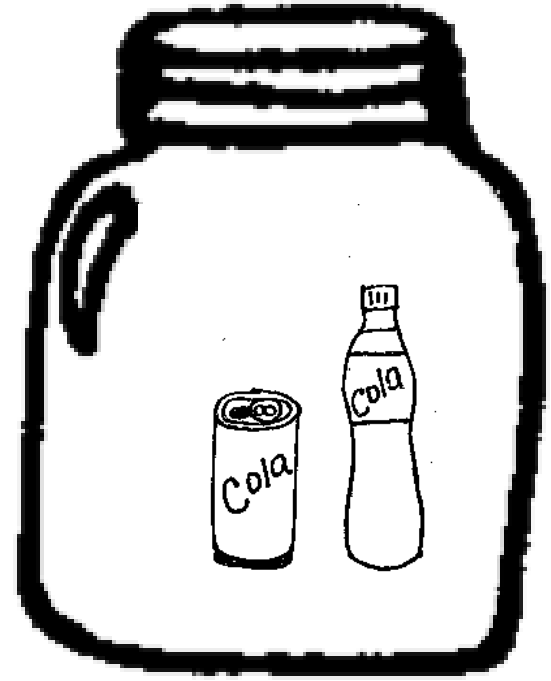
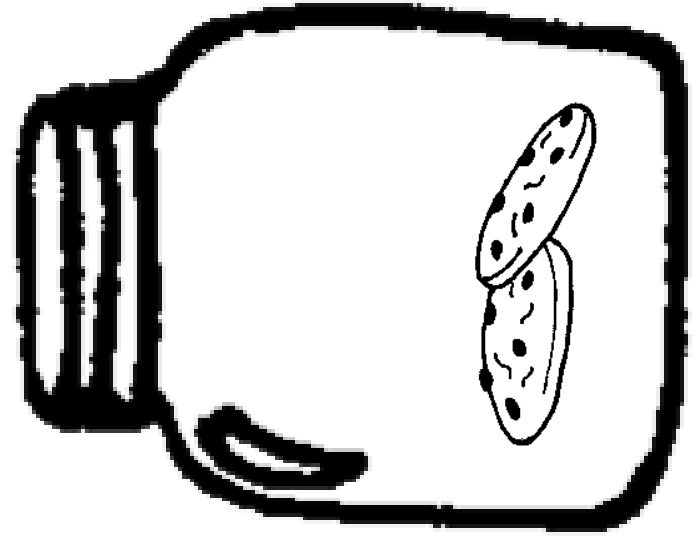
(Optional) Cover folder
with contact paper.



"Just Right

Jars"

-Food Groups-



Daniel and his friends requested to only eat healthy foods. Look at the food or drink in each jar. If it is healthy, give it a thumbs up. If it is unhealthy, give it a thumbs down.

