



Halloween Nutrition Monster Fun!



Monsters need healthy foods too! Draw a line to match the monster with the right foods!



oranges, strawberries and grapefruits have lots of vitamin C to help this monster heal under all those bandages



a balanced meal with foods from all the food groups helps this monster grow tall



orange vegetables like pumpkins and yams have vitamin A to help this monster see at night

milk has calcium to help this monster keep his bones strong!



lean meats, beans and nuts give this monster lots of protein to keep his muscles big and strong



green vegetables are loaded with vitamins and minerals to keep this monster's brain sharp to think of new spells to cast



whole grains like wheat and bran give this monster lots of energy to fly



plenty of water keeps this monster nice and cool in very hot places



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