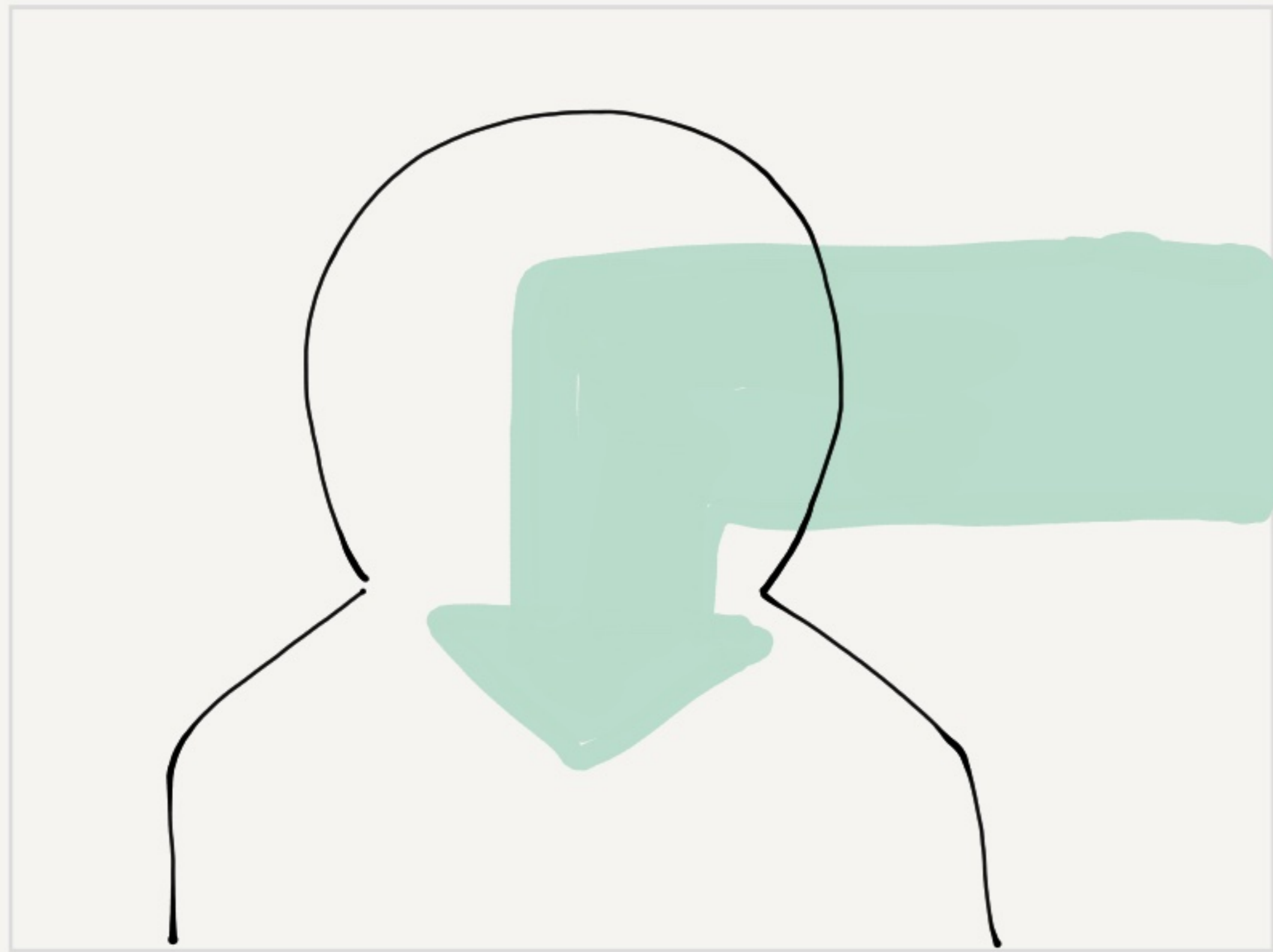
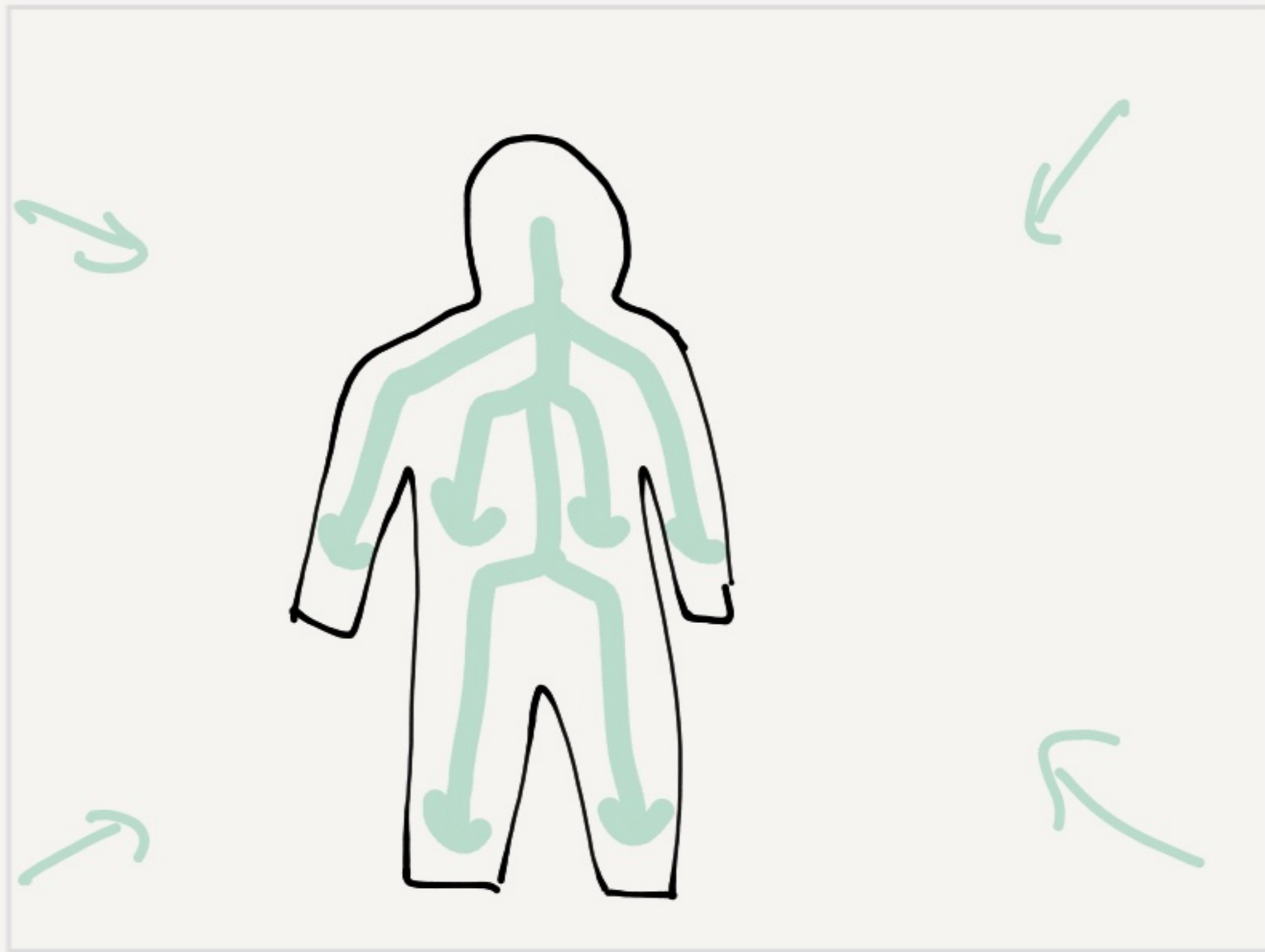


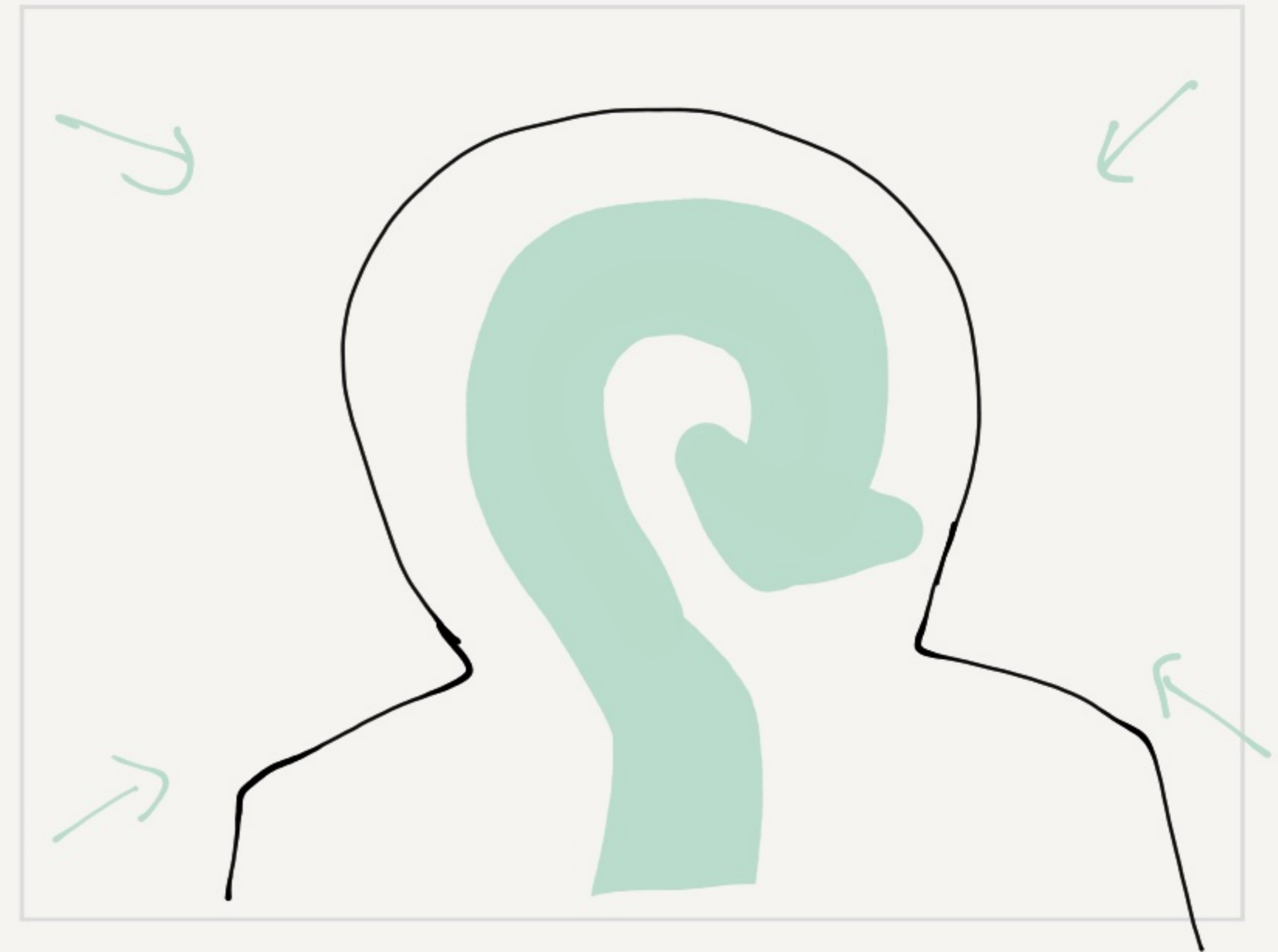
CHEF'S  
PLATE



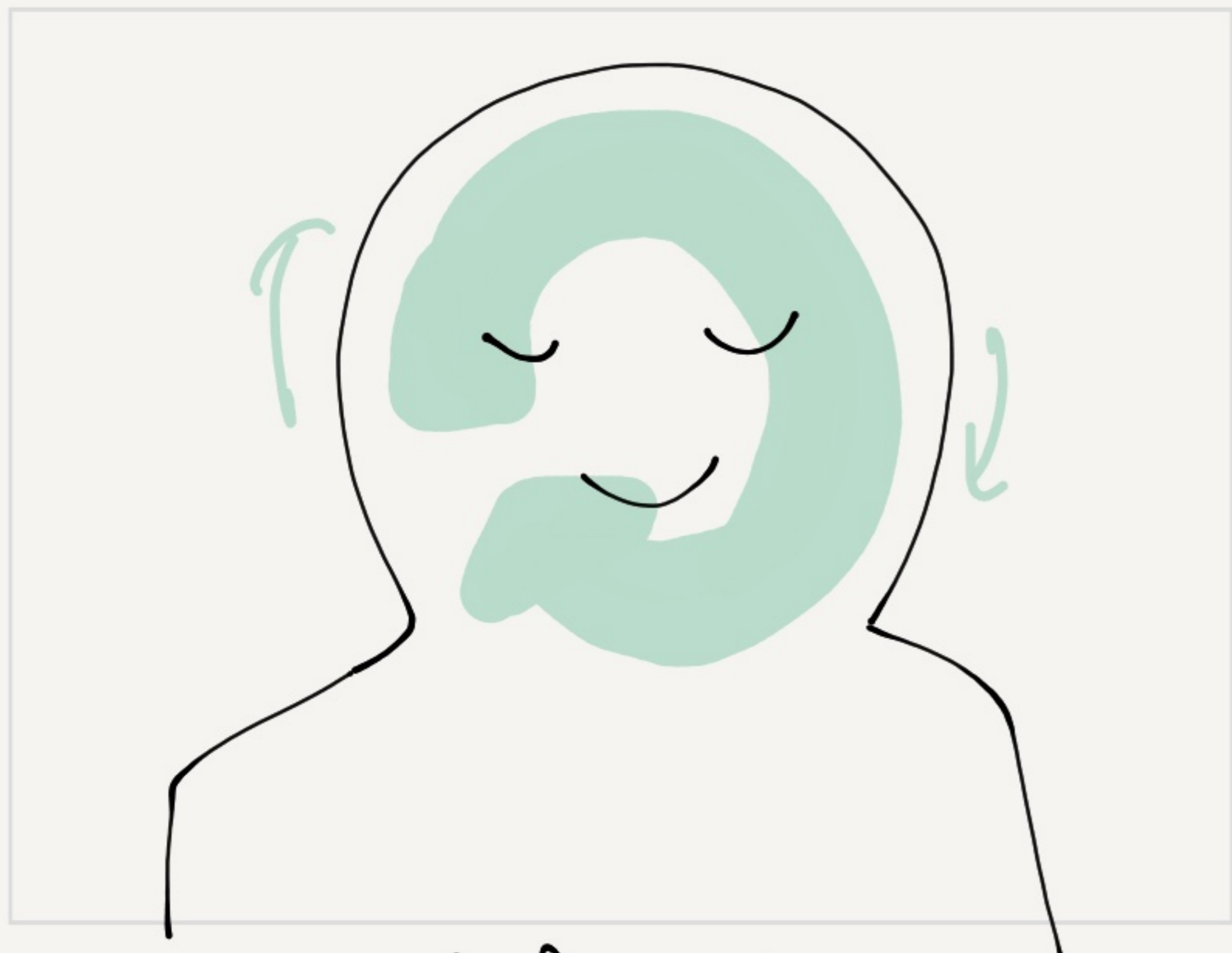
DID YOU KNOW



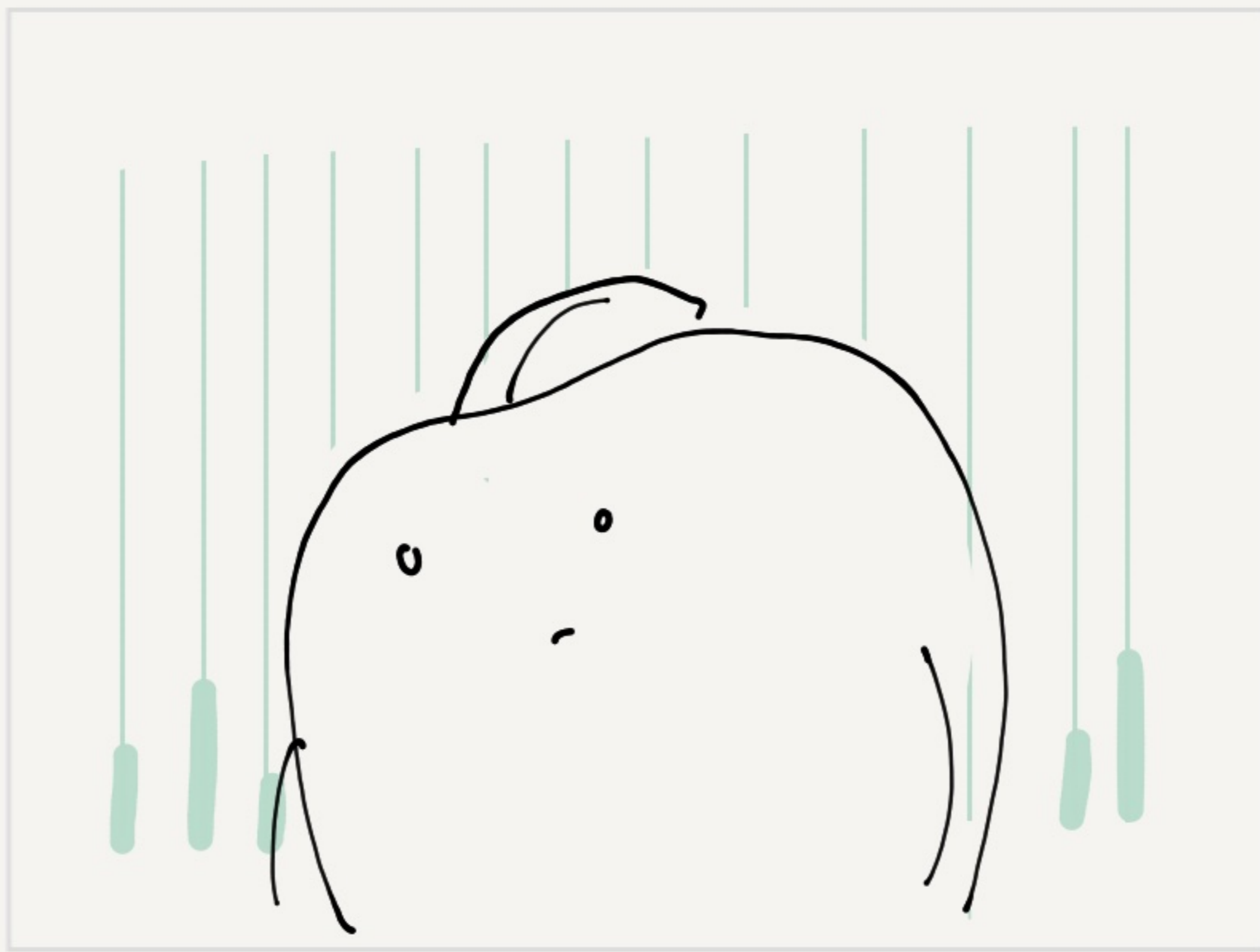
NOT ONLY BENEFITS YOUR BODY



BUT EVEN YOUR MIND



AND MOOD

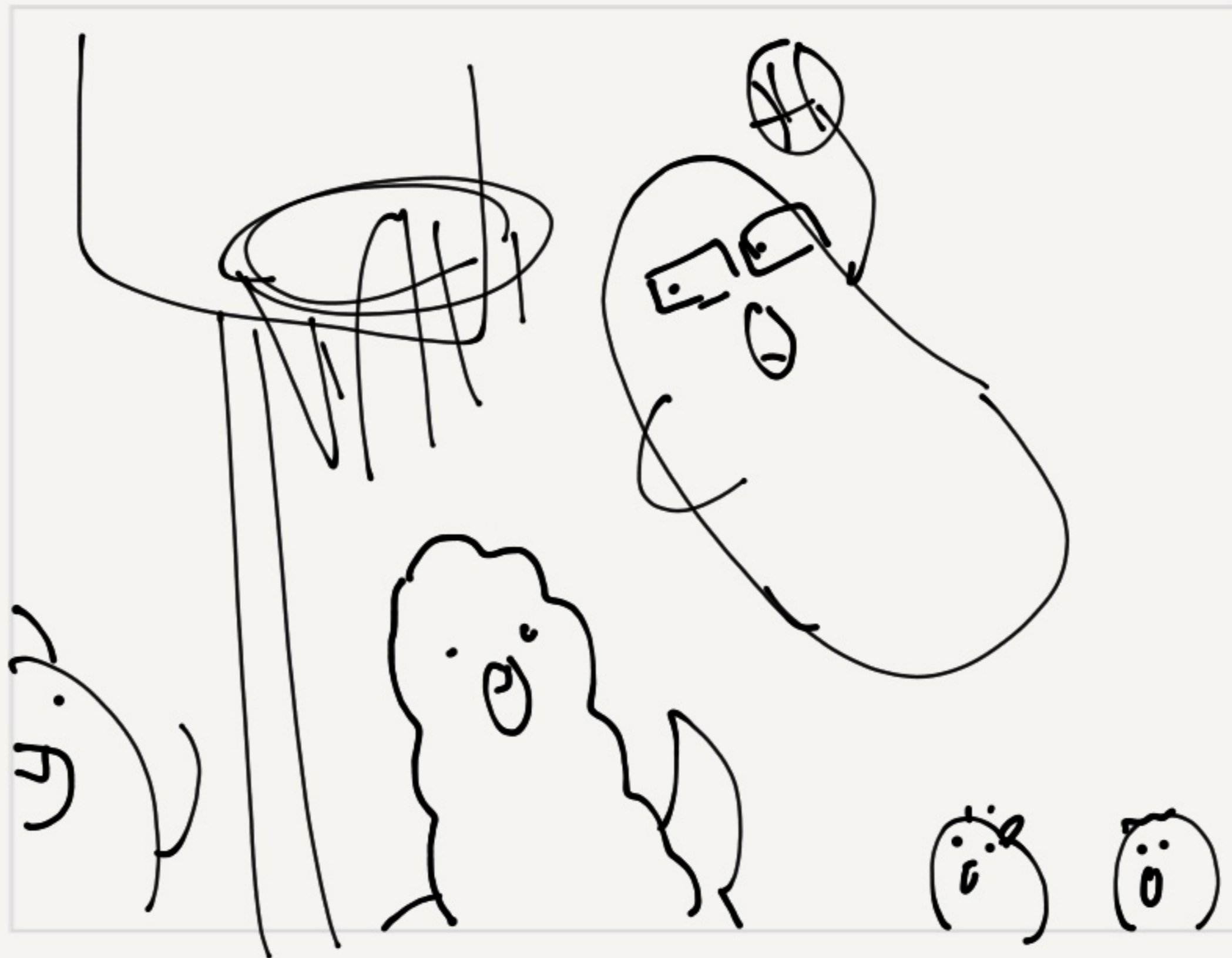


BETTER YOU FEEL . . . . .

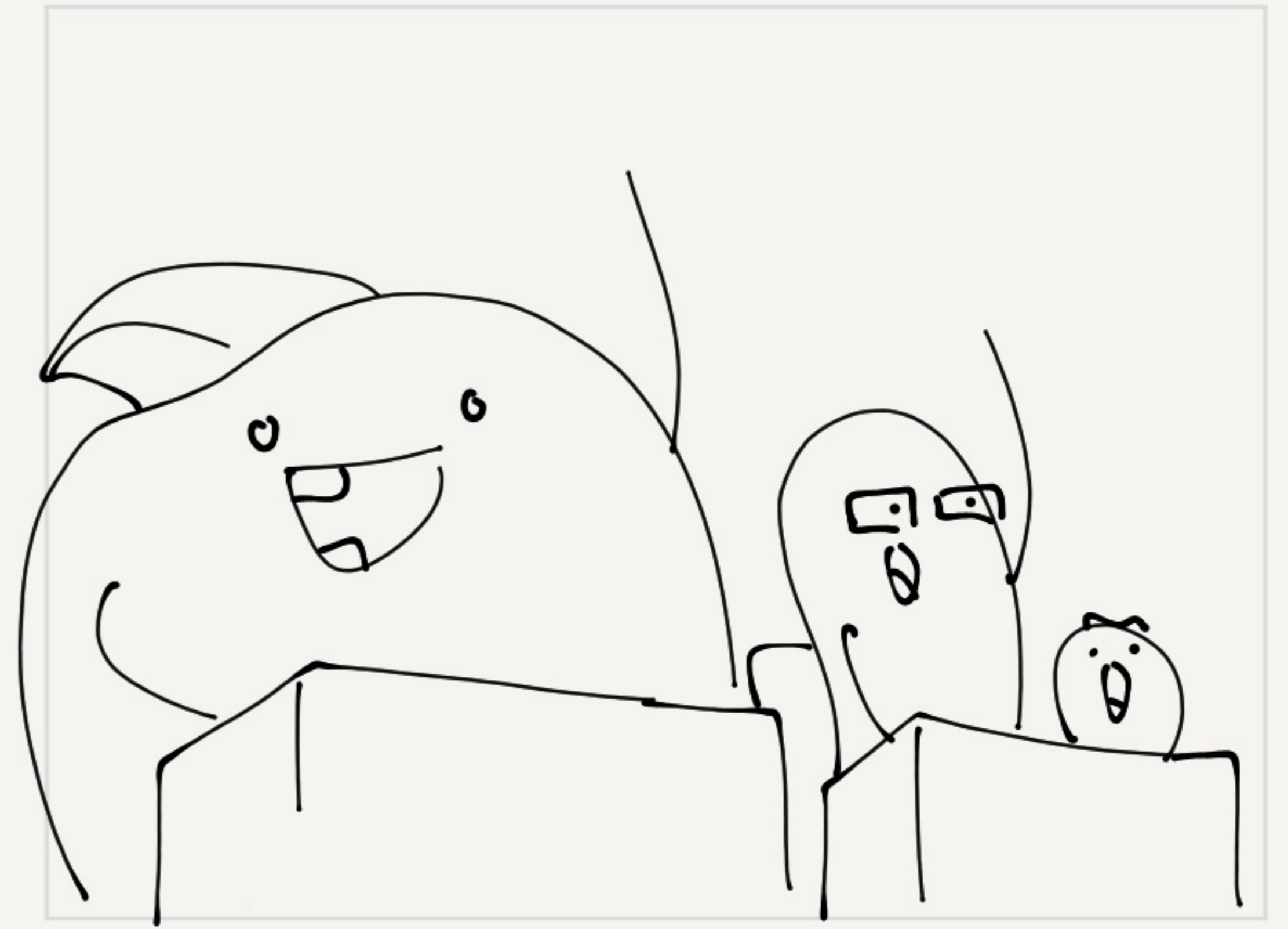




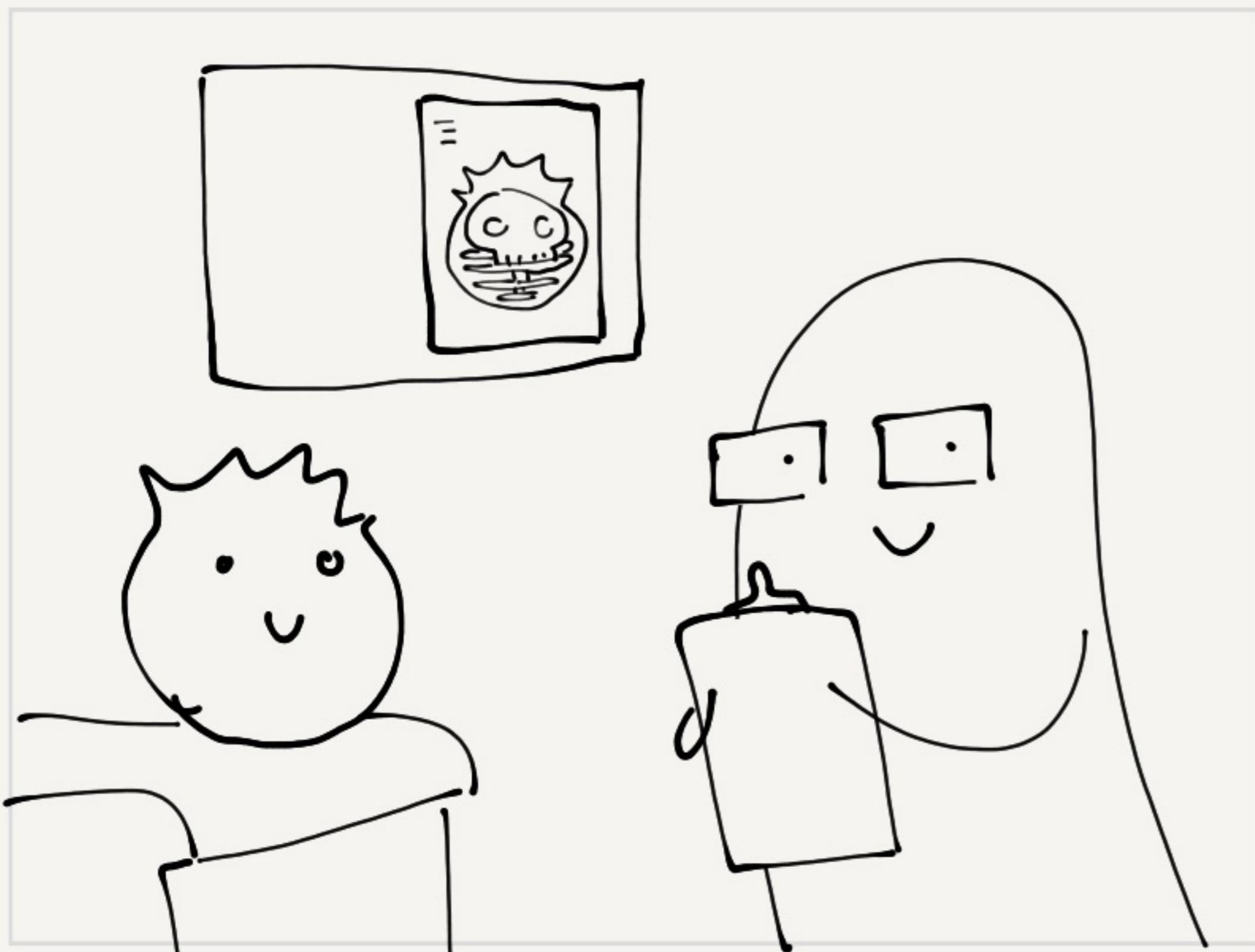
ACHIEVE YOUR GOALS INSIDE



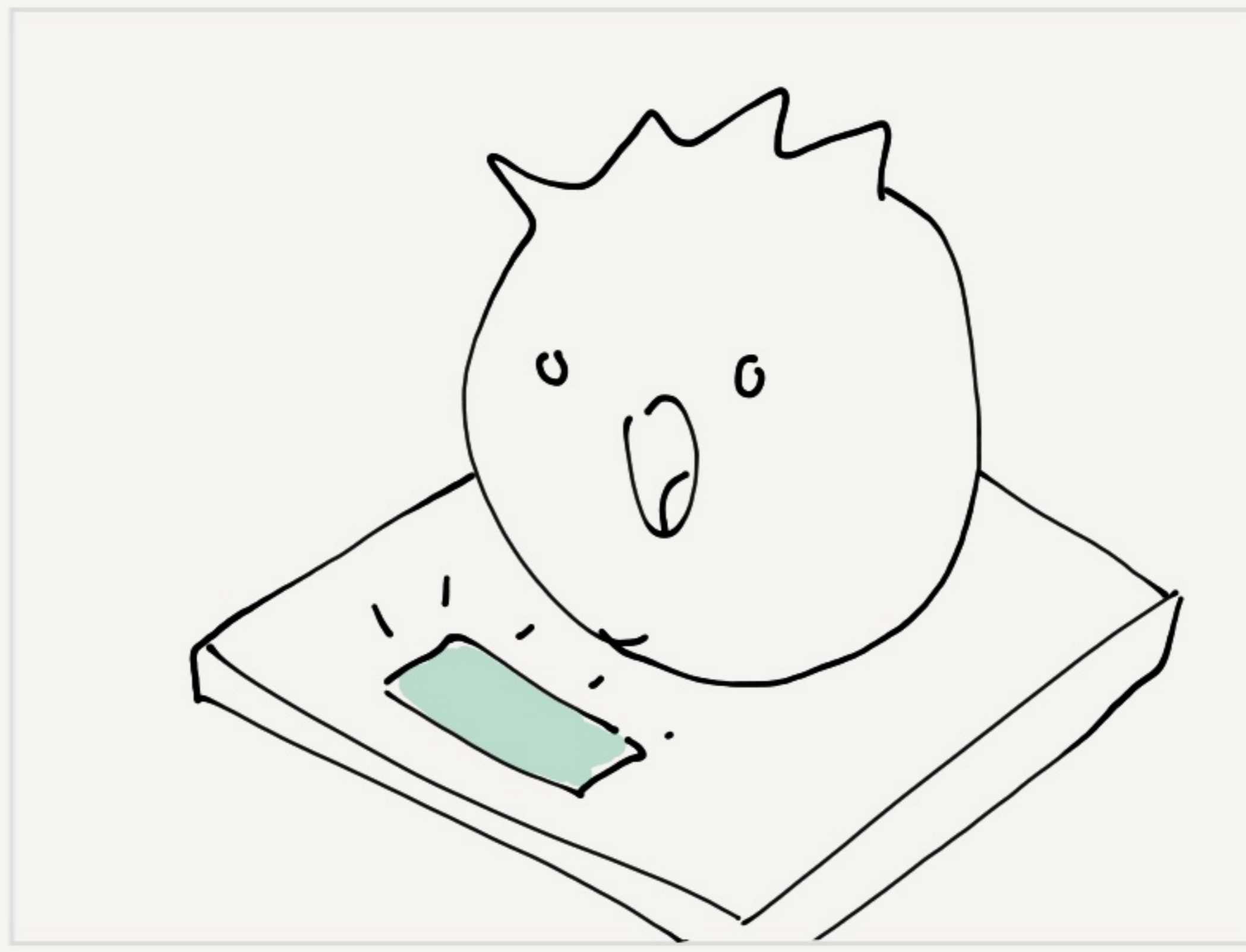
AND OUTSIDE OF THE CLASSROOM  
(JORDAN HANGTIME SLOWO)



FOCUS IN SCHOOL

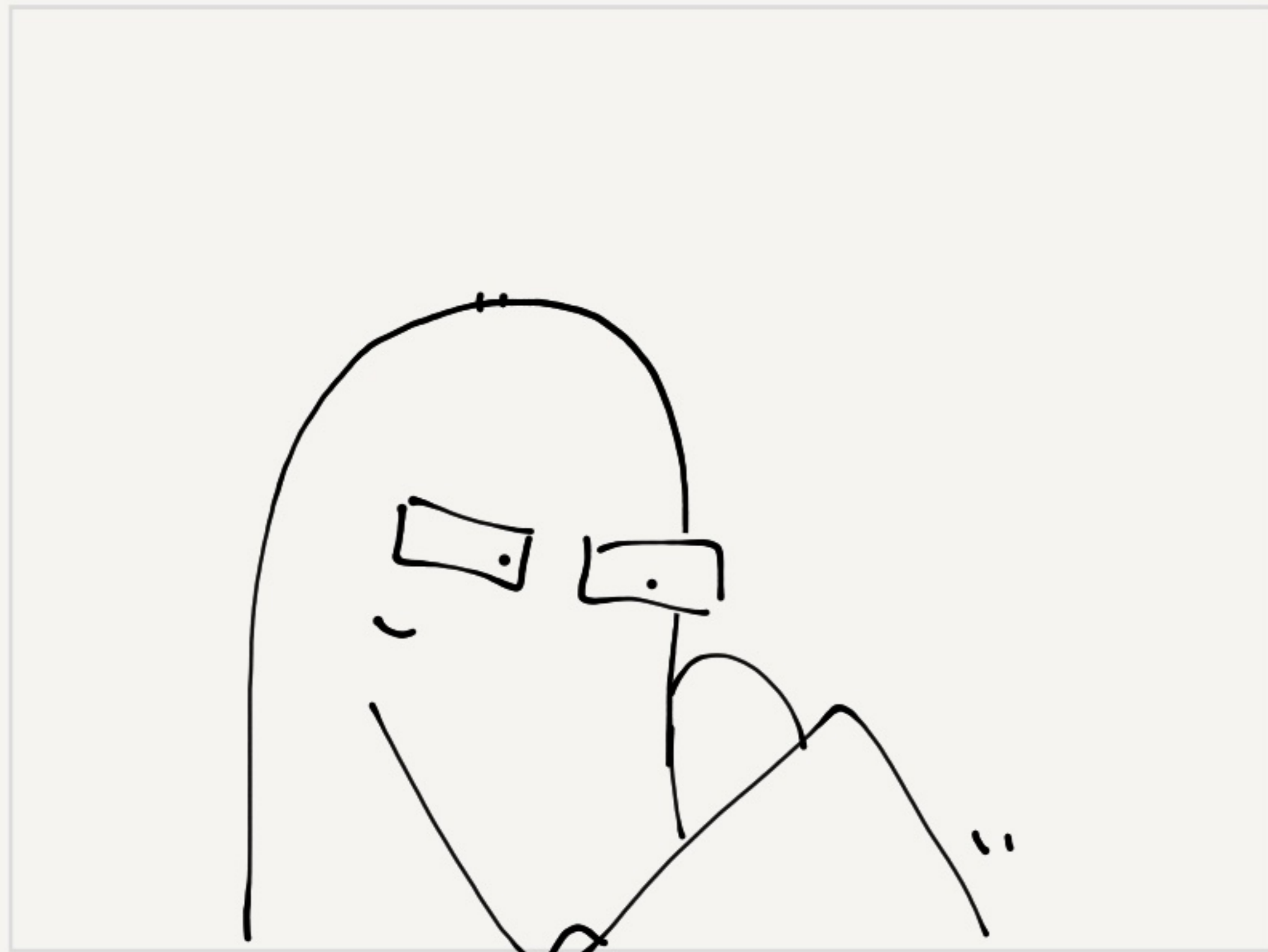


PREVENT GETTING SICK

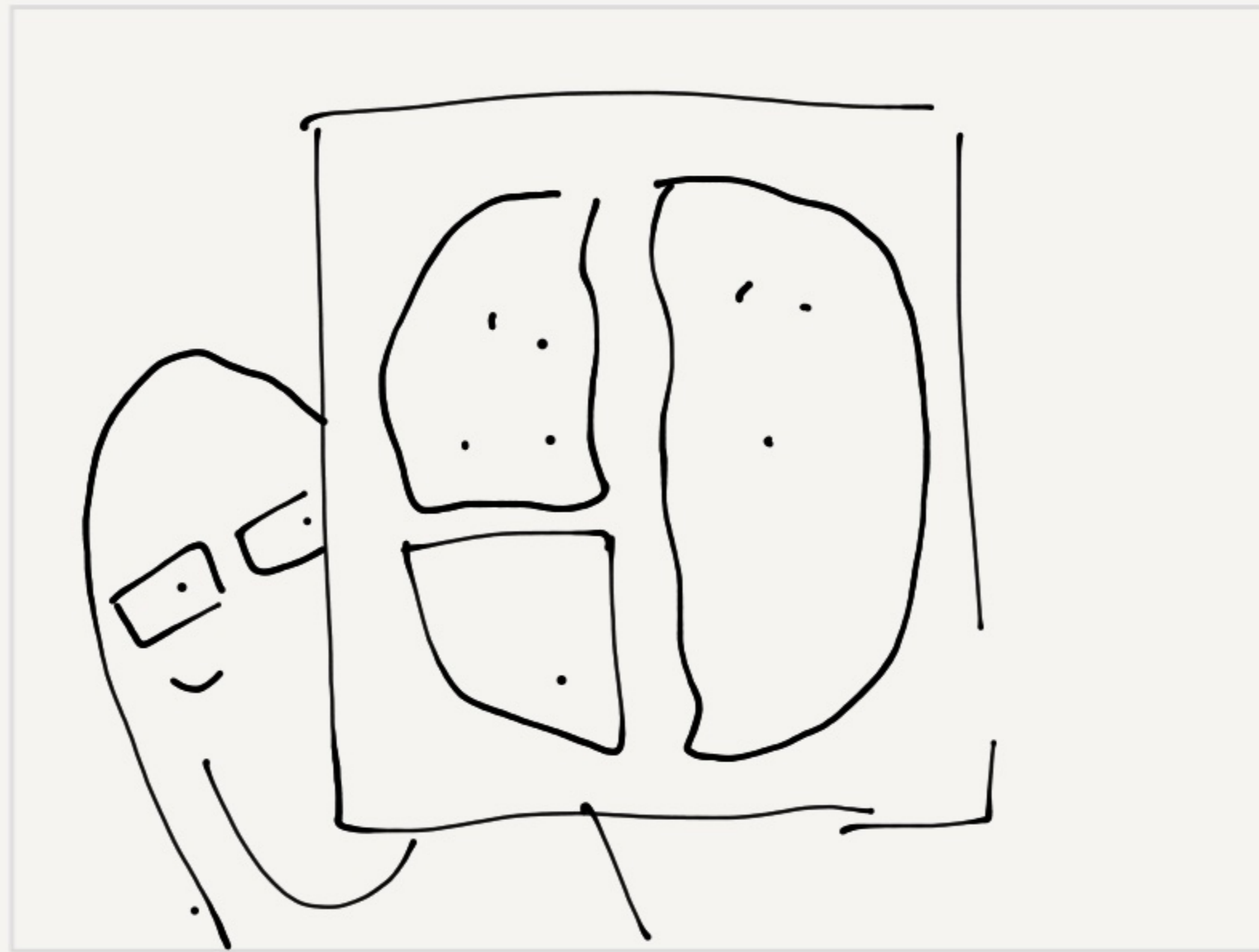


HEALTHY BODY WEIGHT

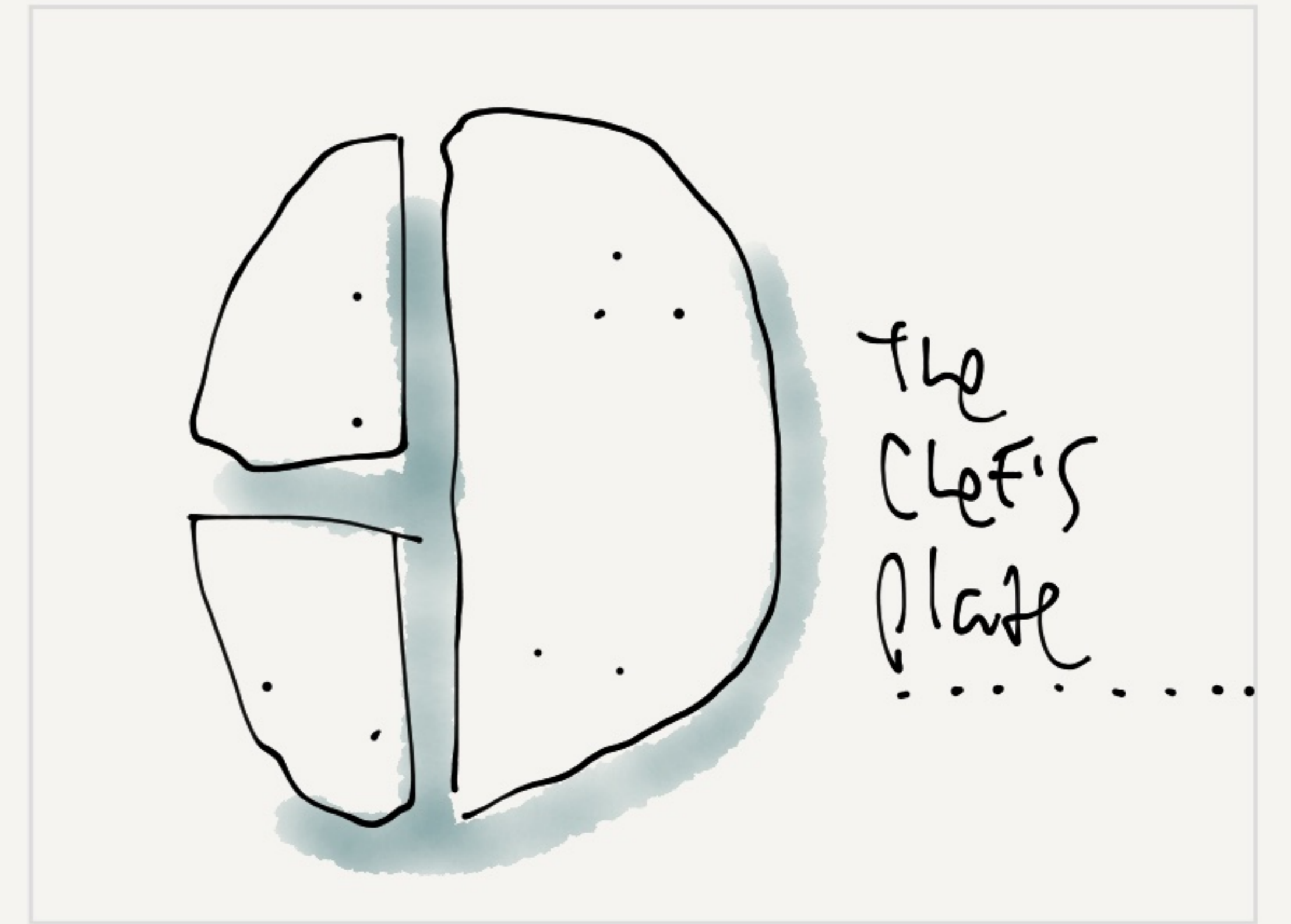
How can I make  
sure to eat a healthier,  
well-balanced diet?  
.....



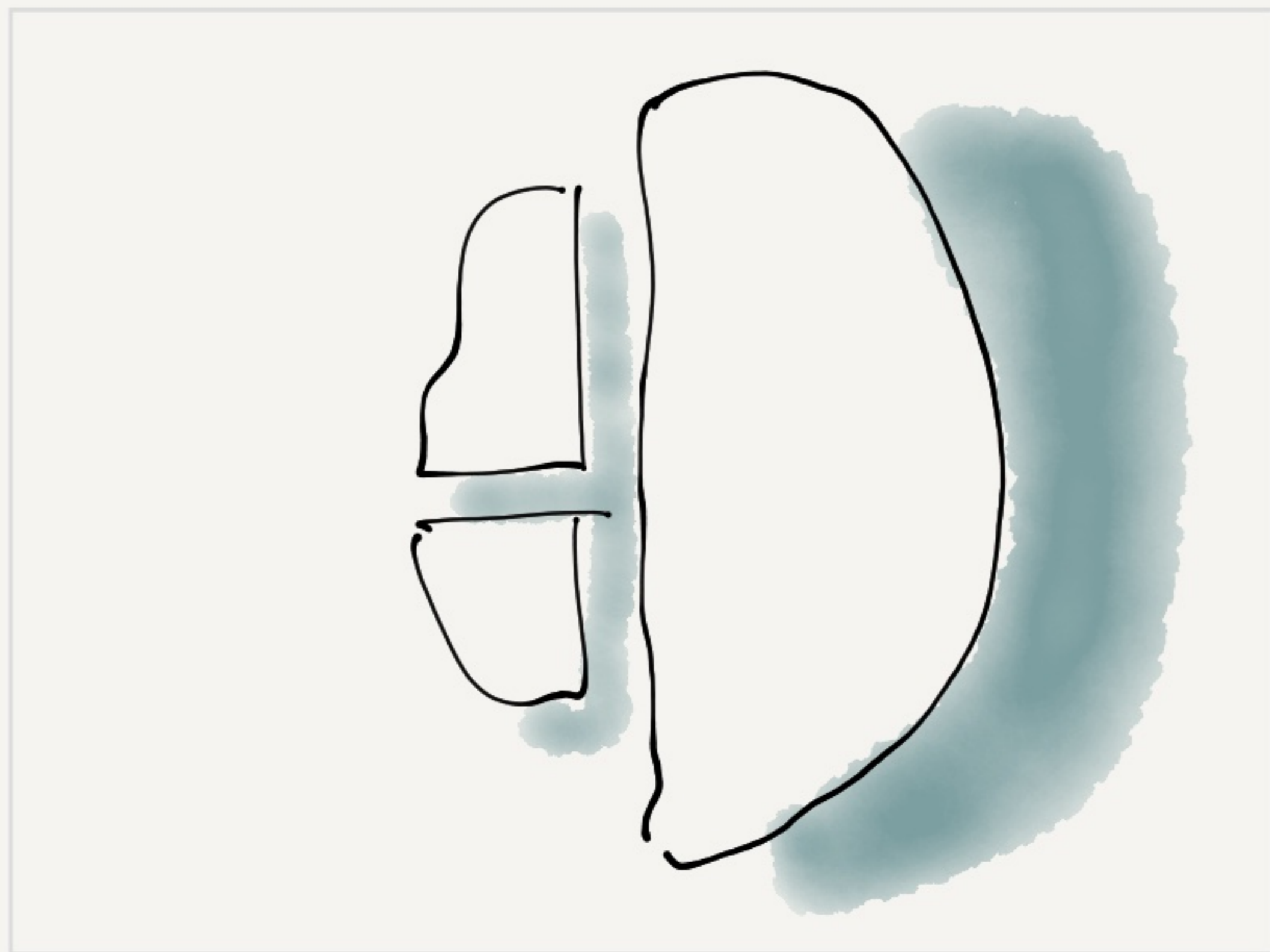
THE ANSWER TO THIS QUESTION



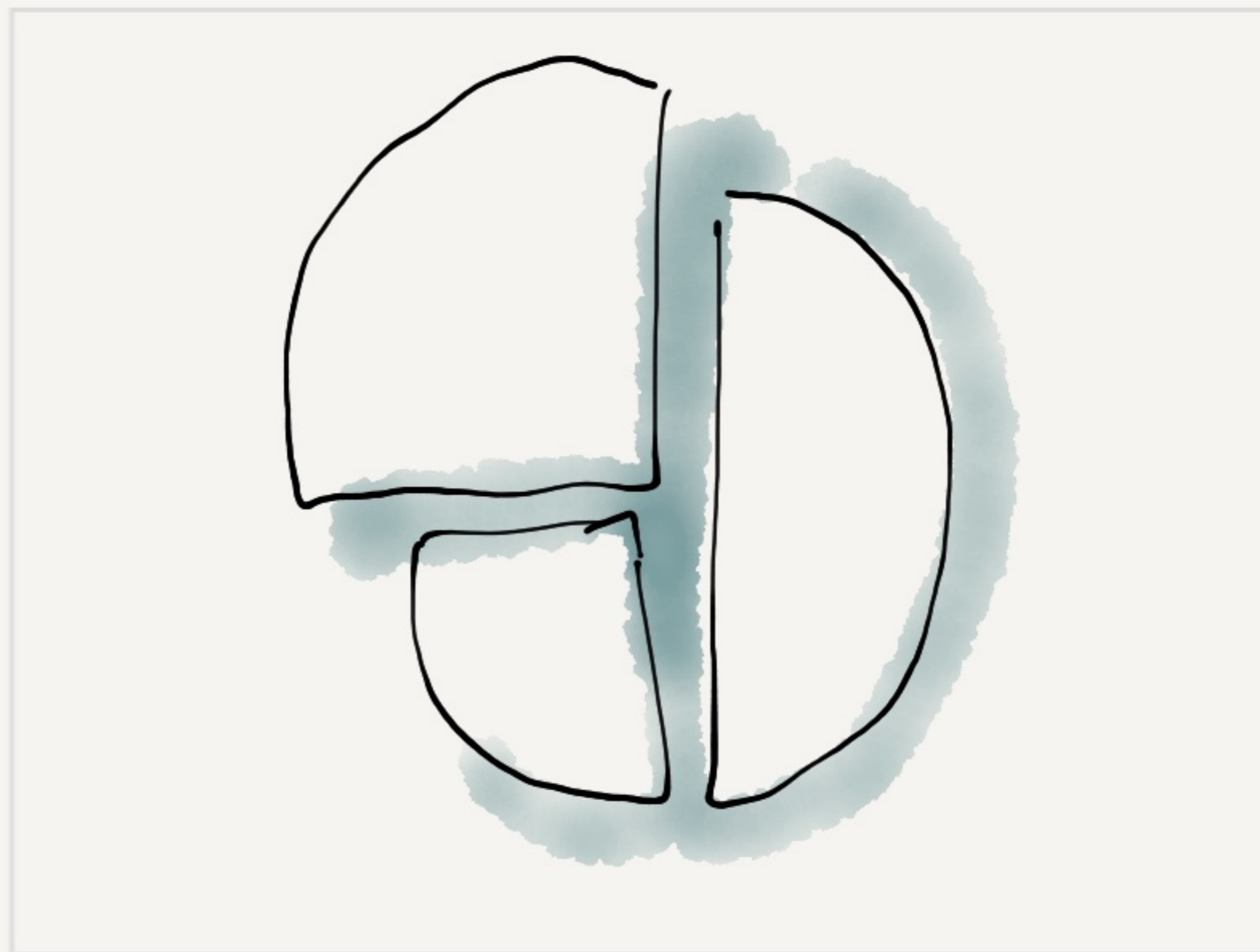
HEALTHY CHEF'S PLATE



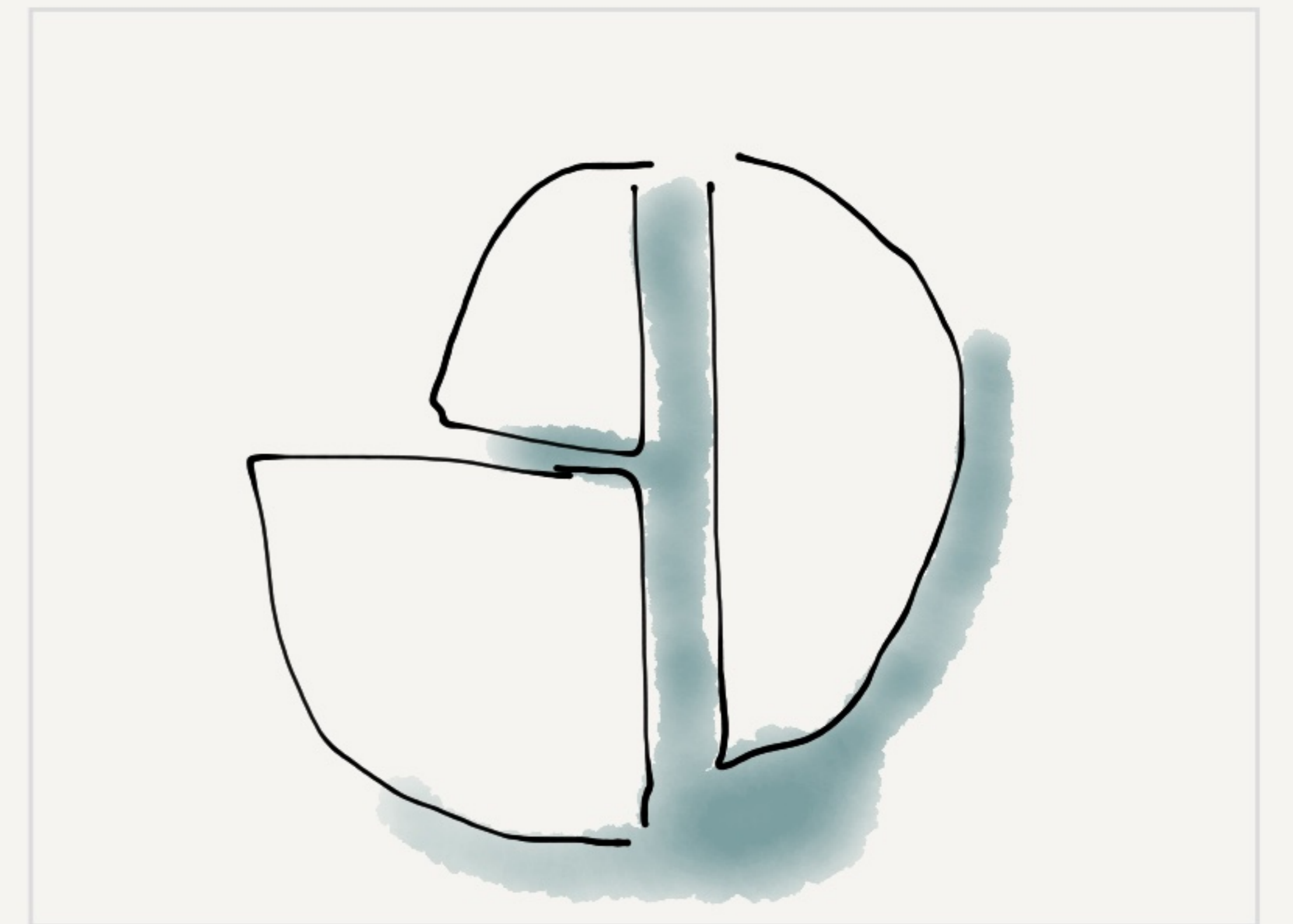
CHEF'S PLATE IS A GUIDE



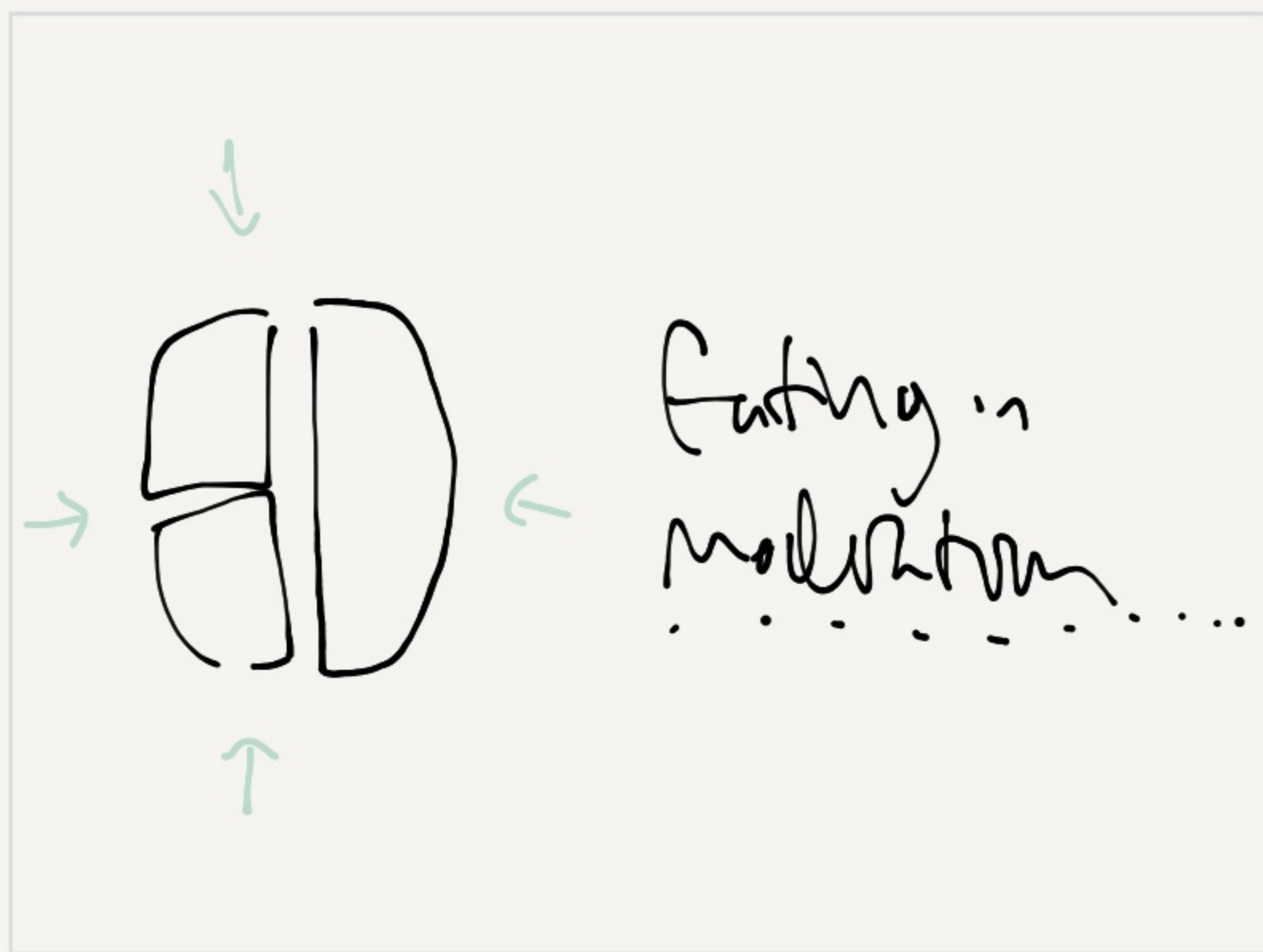
HALF THE PLATE.. FRUITS + VEG



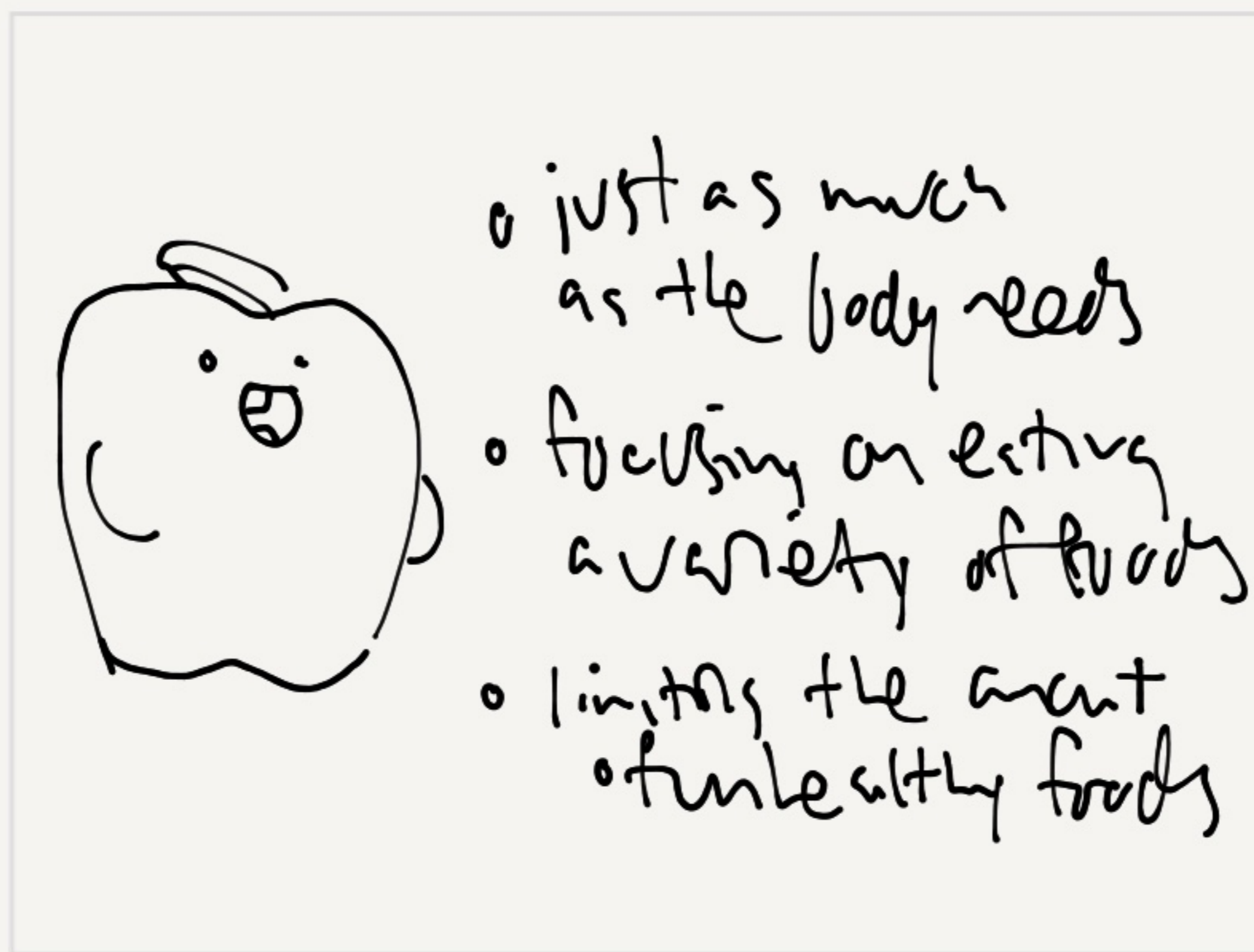
WHOLE GRAINS



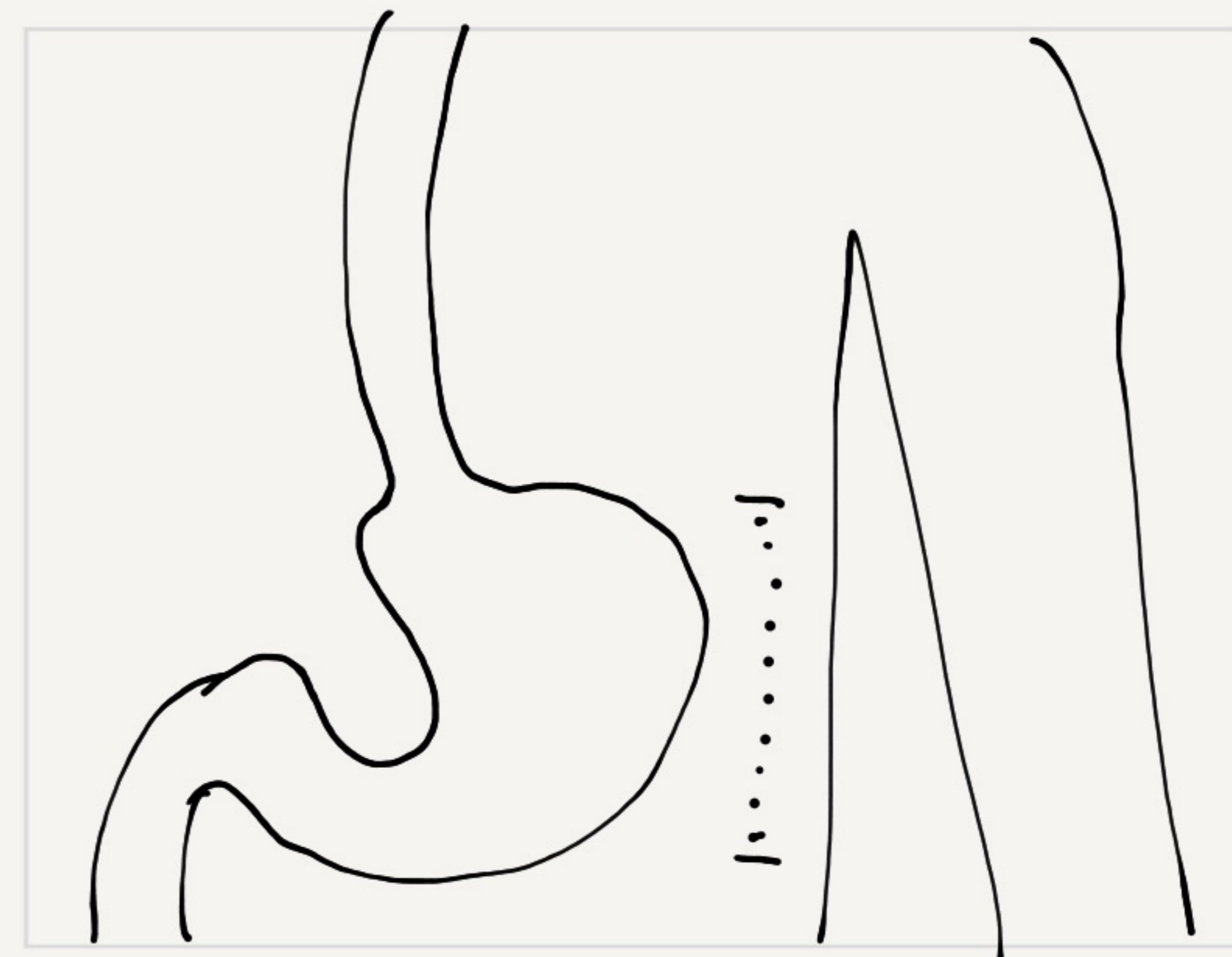
PROTEINS



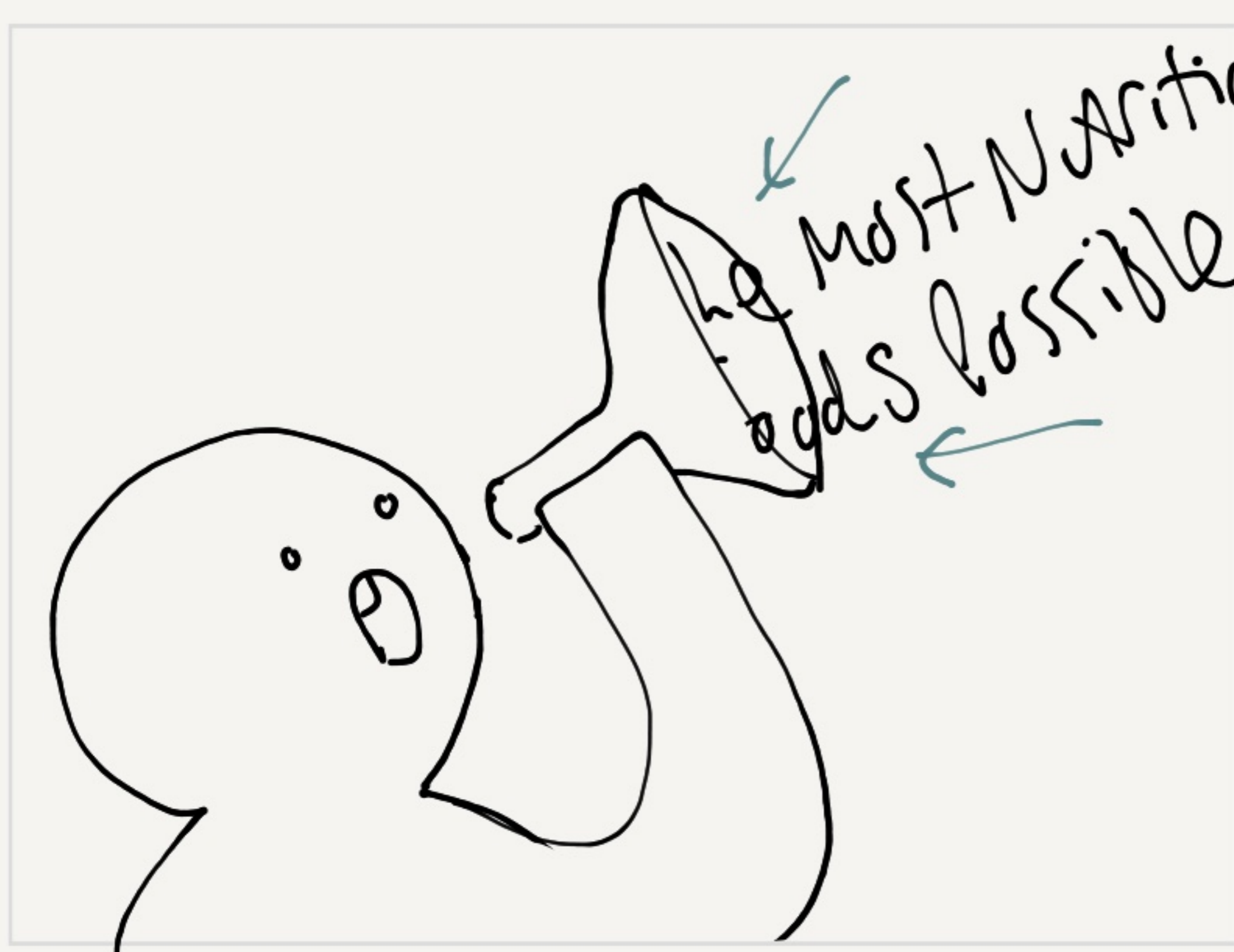
EATING IN MODERATION



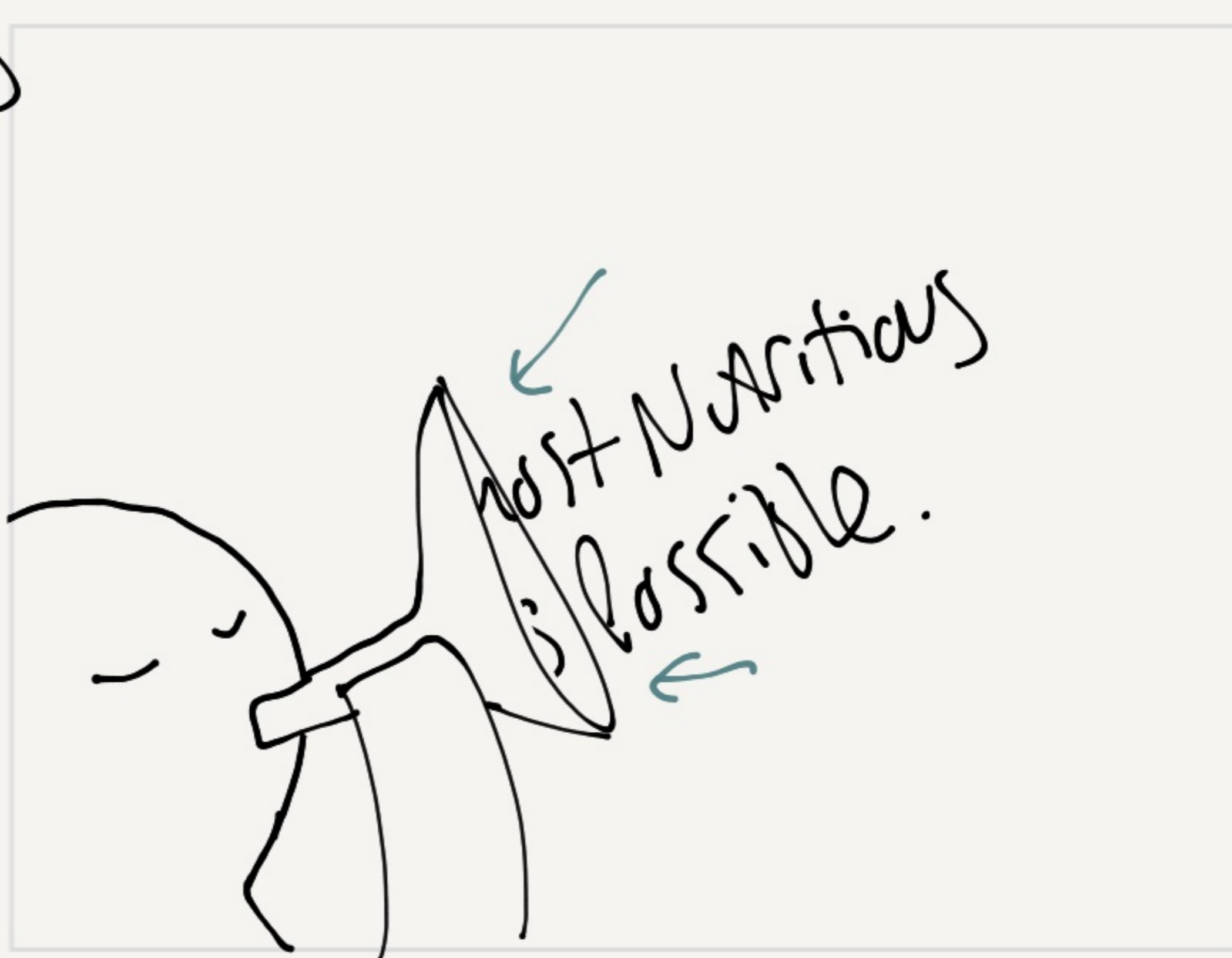
MODERATION MEANS APPLE EATS FULL STOMACH REGULARLY



YOUR STOMACH RULER EXPANDS



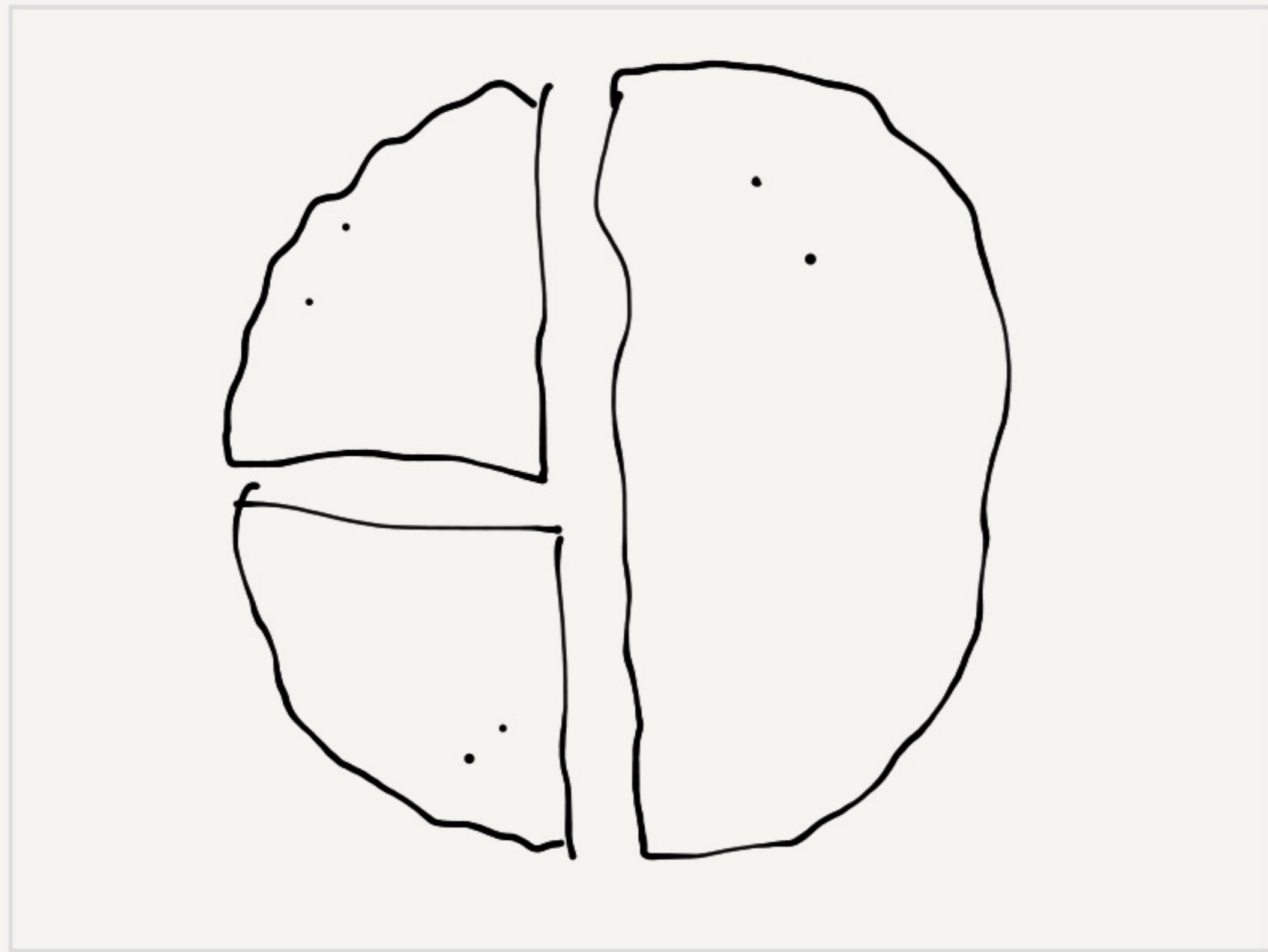
IT'S IMPORTANT TO REMEMBER TO FILL IT WITH THE MOST...



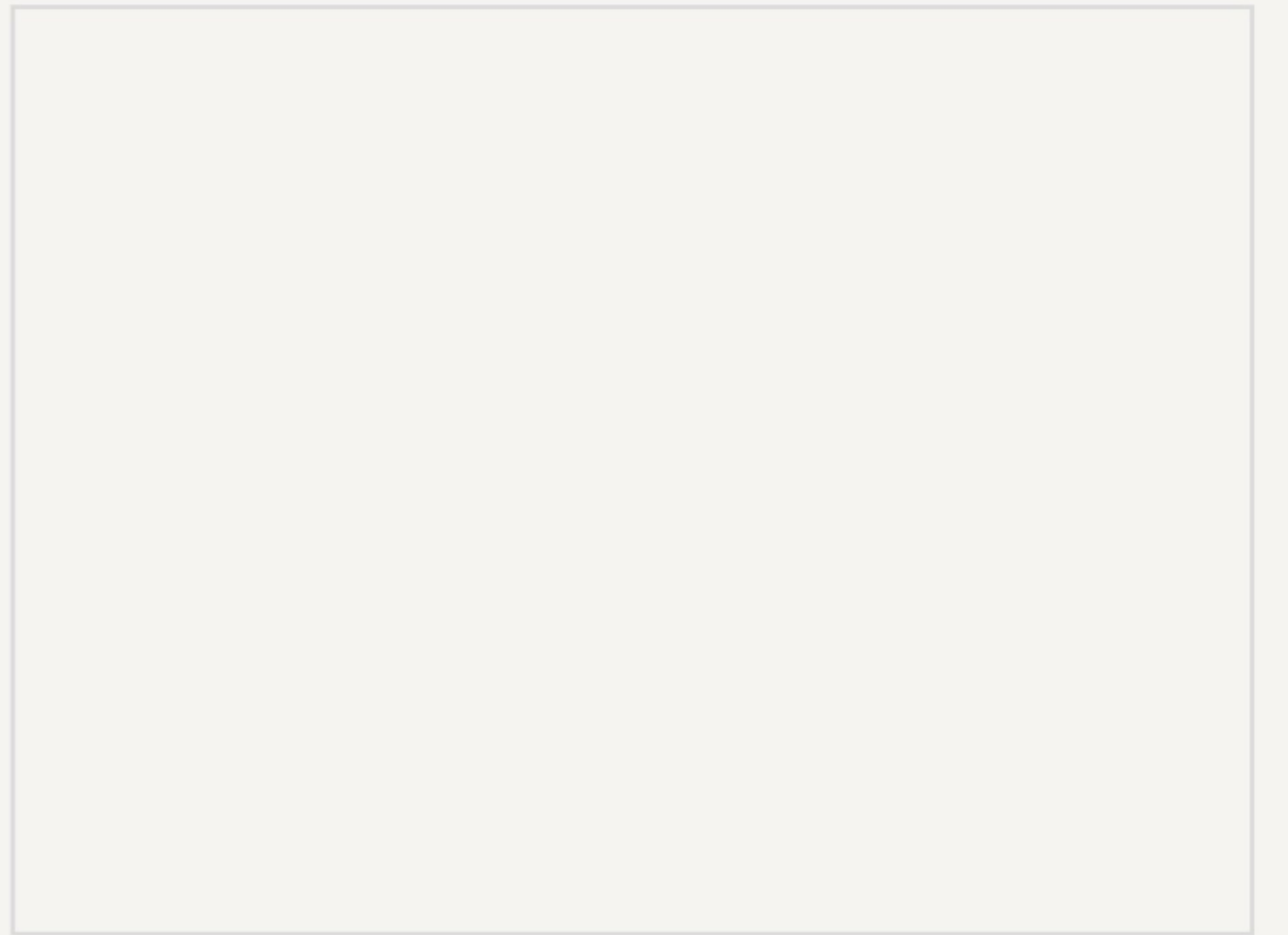
CHUGGING THE WORDS "MOST NUTRITIOUS FOODS POSSIBLE"



SO WHEN IT COMES...



LOGO



ALWAYS REMEMBER THE CHEFS PLATE

