© 2017 WYA Foundation, Inc. Grade 3, L2 - Powers to Eat, Grow, Reproduce	Brainstorm three activities you can do to help you grow:	Write out what you have done for exercise in the last week:	What can you eat instead?	In the chart above, circle the healthy foods and put a square around the unhealthy foods. Choose one unhealthy food you want to try to give up.	Years Name: OVERS IN ACTION Directions: Draw everything that you ate yesterday.
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