

Whole foods like grains and beans release their sugar very, very slowly because of the fiber in them, and they don't give you a sugar rush. They feed your cells as needed, and as a result, you have loads of *stable energy that empowers you through out the day.*

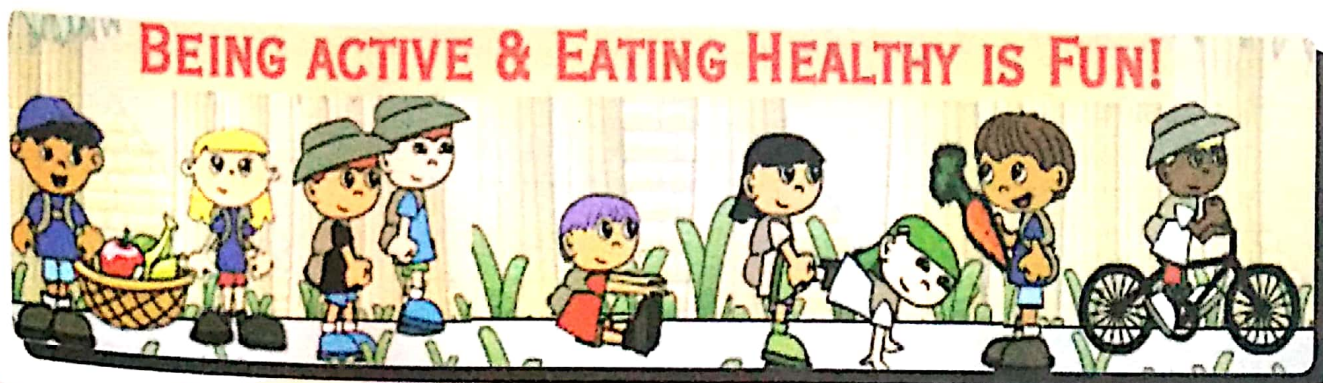
## Fiber Power Agreement



I.....

wish to be a **Fiber Power kid.**

I will give my body **Fiber Power** by eating whole grains every day. I know that whole grains such as oats, whole wheat bread and brown rice have lots of fiber and vitamin B that make me feel energetic and active.



## CHOICE IS YOURS.....FAT OR FIT?



**F**oods can also be classified into two types: junk food and healthy food. Junk food is simply an unhealthy food with poor nutritional value along with preservatives, chemicals, artificial colours, flavours and very high content of fat and sugar. Healthy food is rich with nutritional value. Both, junk food and healthy food are delicious but junk food is relished more by everyone. Junk food affects the body's health and causes lifestyle diseases, such as obesity, diabetes, high blood pressure and sometimes food poisoning. On the other hand, healthy food protects the body from various diseases.



### You Can Have

#### All of These

wearing whatever you want to,  
having confidence, looking your best,  
being active and dynamic,  
living your life with good habits,  
.....and so much more

OR

#### Processed Food

+

Fat

+

Low Confidence



### Penny WISE, Pound FOOLISH.....

You attended a party at your friend's house. You observe that everything served there was junk food. What suggestions would you give him to organize parties in future?

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