

### Anytime Foods

keep our bodies healthy, so we can eat them anytime.

- Fruits
- Vegetables
- Whole grains
- Lean meat
- Low-fat dairy

### Sometime Foods

are not healthy for our bodies, so we only eat them sometimes.

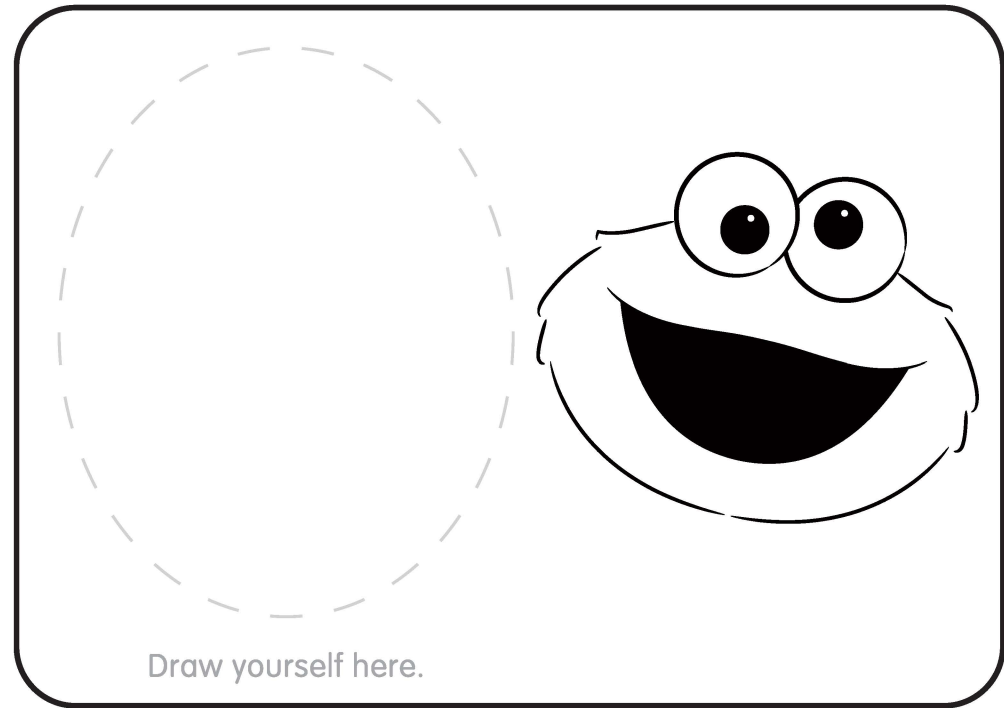
- Cookies!
- Cake
- Candy
- Chips



Watch Cookie Monster's little niece try a new food!



# \_\_\_\_\_ 's Restaurant



Cookie Monster loves cookies, but he tries healthy food too. If you had a restaurant and Cookie Monster came, what healthy foods might he like to try? Draw them inside.