

Eating Healthy Foods at Camp

horseback riding



arts & crafts



canoe



swim



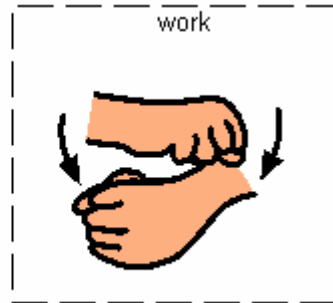
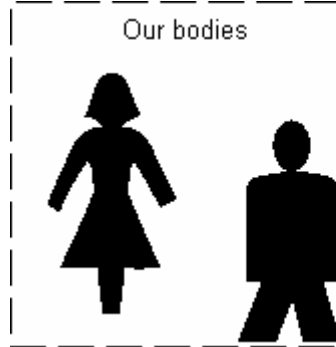
adventure



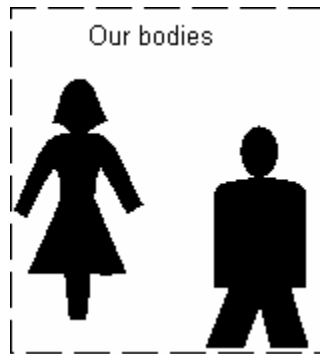
hike



We are very busy at camp. We do lots of fun things all day.



Our bodies work hard at camp. They hike, swim, ride horses, and do other fun things.

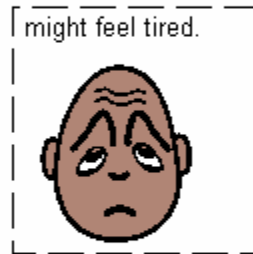
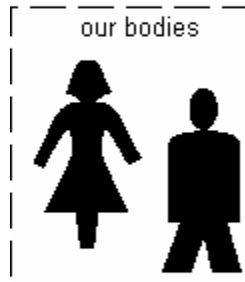


Our bodies need good food to stay strong. That way they can be strong each day for the fun camp activities.

If...

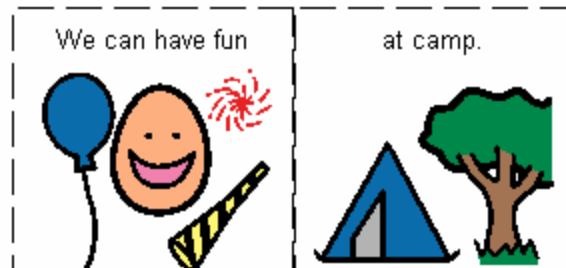
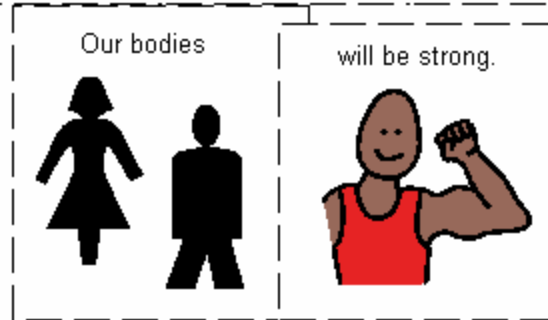
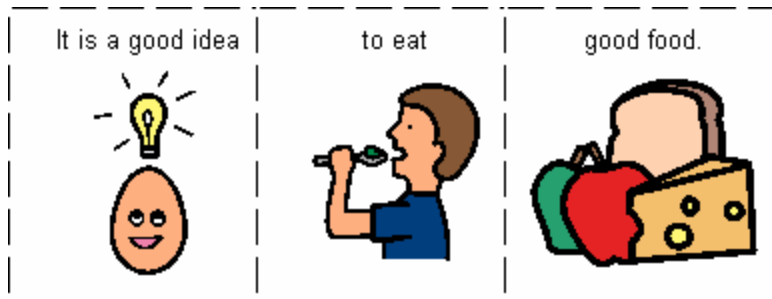


then...



If we don't eat good food at camp, then our bodies might get tired. We will feel tired and won't be able to have so much fun.





It is a good idea to eat good food at camp. That way our bodies can be healthy and strong. We can have lots of fun at camp activities when we are not so tired!