

Name _____



Nutrition Workbook

2nd Grade

Nombre _____

Let's Eat
Healthy 

Cuaderno de Trabajo de Nutrición

2° Grado

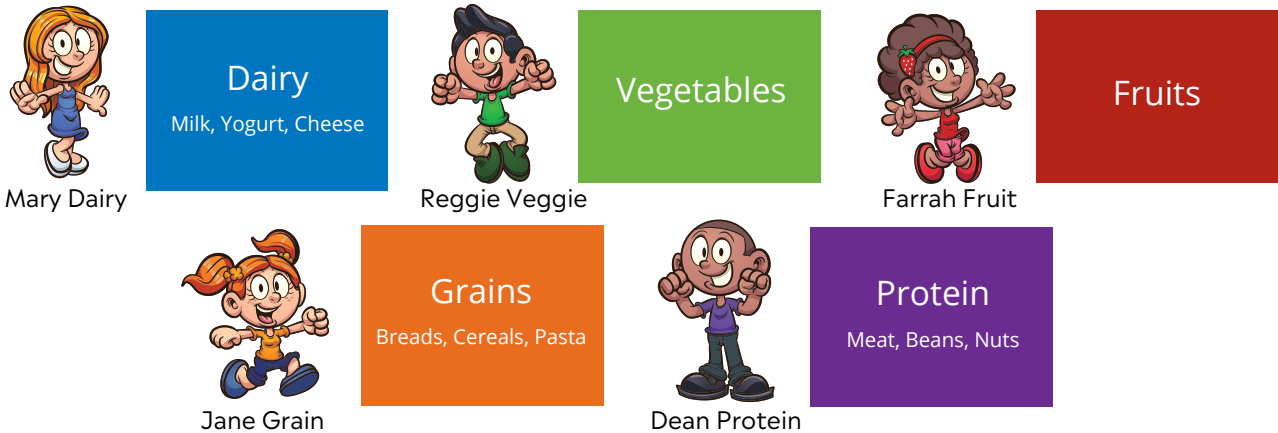
A Note to Families

Dear Family Member,

Your child's class is starting a program called **Let's Eat Healthy** to learn about healthy eating. Your child will be learning to:

- Identify foods in the 5 food groups and health benefits of each group.
- Demonstrate the skill to choose healthy breakfasts and snacks for themselves.
- Understand the steps involved in getting food from farm to table.
- Recognize that places, people, and activities can influence food choices.
- Understand better beverage choices that they can make each day.

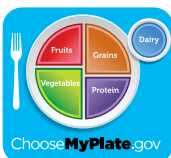
The following characters have been introduced to help your child remember the names and foods that belong to each food group.



Choosing to eat foods from the food groups is a healthy habit to practice together each day. Encourage your child to identify the foods eaten each day with these 5 food-group friends. Ask your child to share what the class is learning about where food comes from, how to build a super snack, better beverage choices, and healthy options for breakfast.

You are an essential part of your child's good health! You are a role model that has significant influence over the attitudes your child develops around healthy eating patterns as well as acceptance of a wide variety of different, nutritious foods. We encourage you to involve your child in all aspects of the eating experiences in your home, from shopping to meal preparation to cleanup. Take the time to eat together as a family as many times during the week as you can manage. Aim to make mealtimes a positive experience, with a focus on lively conversation and fun!

Resources will be sent to you through your teacher or you can go directly to the resources at HealthyEating.org/2ndGrade. You will find tips and videos to help your family build healthy eating patterns together.



The nutrition information in this program aligns with the Dietary Guidelines for Americans, as reflected in the USDA's *MyPlate* food icon. Food-group characters and names used in this program adapted from USDA's Team Nutrition, *Discover MyPlate*.

Estimado miembro de la familia:

El grupo de su hijo(a) está iniciando un programa llamado **Vamos a Comer Saludable (Let's Eat Healthy)** para aprender acerca de una alimentación saludable. Su hijo(a) aprenderá a:

- Identificar los alimentos de los 5 grupos alimenticios y los beneficios para la salud de cada grupo.
- Saber elegir desayunos y bocadillos entre comidas saludables para ellos mismos.
- Comprender los pasos necesarios para llevar los alimentos de la granja a la mesa.
- Reconocer que los lugares, las personas y las actividades pueden influir en la elección de los alimentos.
- Saber cómo decidir mejor lo que beben cada día.

Hemos creado los siguientes personajes para ayudar a su hijo(a) a recordar los alimentos que corresponden a cada grupo.



Un buen hábito saludable para practicar juntos diariamente es elegir alimentos que estén dentro de los grupos alimenticios. Anime a su hijo(a) a identificar lo que come cada día con estos 5 grupos alimenticios. Pídale que comparta con la familia lo que está aprendiendo en su grupo sobre el origen de los alimentos, cómo preparar un superbocadillo entre comidas, cuáles son las mejores opciones de bebidas y las opciones saludables para el desayuno.

¡Usted es parte esencial de la buena salud de su hijo(a)! El ejemplo que usted le pone a su hijo(a) tiene influencia sobre lo que decide comer, beber y qué tanto acepte una amplia variedad de alimentos diferentes y nutritivos. Lo invitamos a involucrar a su hijo(a) en todos los aspectos de la comida en su hogar, desde ir con usted a las compras hasta la preparación de la comida y la limpieza. Tómense el tiempo para comer juntos en familia tantas veces durante la semana como puedan. ¡Trate de hacer de las comidas una experiencia positiva, con un enfoque en la conversación animada y divertida!

El maestro de su hijo le enviará material o usted puede verlo directamente visite:

HealthyEating.org/2ndGrade. Ahí podrá encontrar consejos y videos para ayudar a su familia a construir juntos patrones de alimentación saludable. La información nutricional en este programa está de acuerdo a las recomendaciones de las Pautas Alimentarias para Estadounidenses, como se refleja en el ícono de alimentos *MiPlato* de la USDA.



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Food Groups

These food work together to help you learn, play, and grow.

What is the name of the food group?

What foods are in the food group?

How do these foods help your body?



Mary Dairy

Dairy
Milk, Yogurt, Cheese



Strong bones and teeth



Reggie Veggie

Vegetables



Healthy skin and eyes



Farrah Fruit

Fruits



Healing



Jane Grain

Grains
Breads, Cereals, Pasta



Energy



Dean Protein

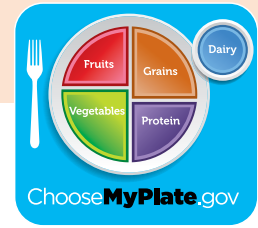
Protein
Meat, Beans, Nuts



Strong muscles



Who Is On My Team?



Goal - My team is all 5 food groups!



Mary Dairy



Reggie Veggie



Farrah Fruit



Jane Grain



Dean Protein

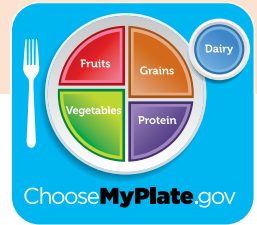
1. Draw your hand here.
2. Label each finger with the name of a food group.
3. Color each finger the color of that food group (Blue, Green, Red, Orange, and Purple).
For example, label your thumb, Dairy, and color it blue.

Place hand
here

Write your food group plan on the lines.



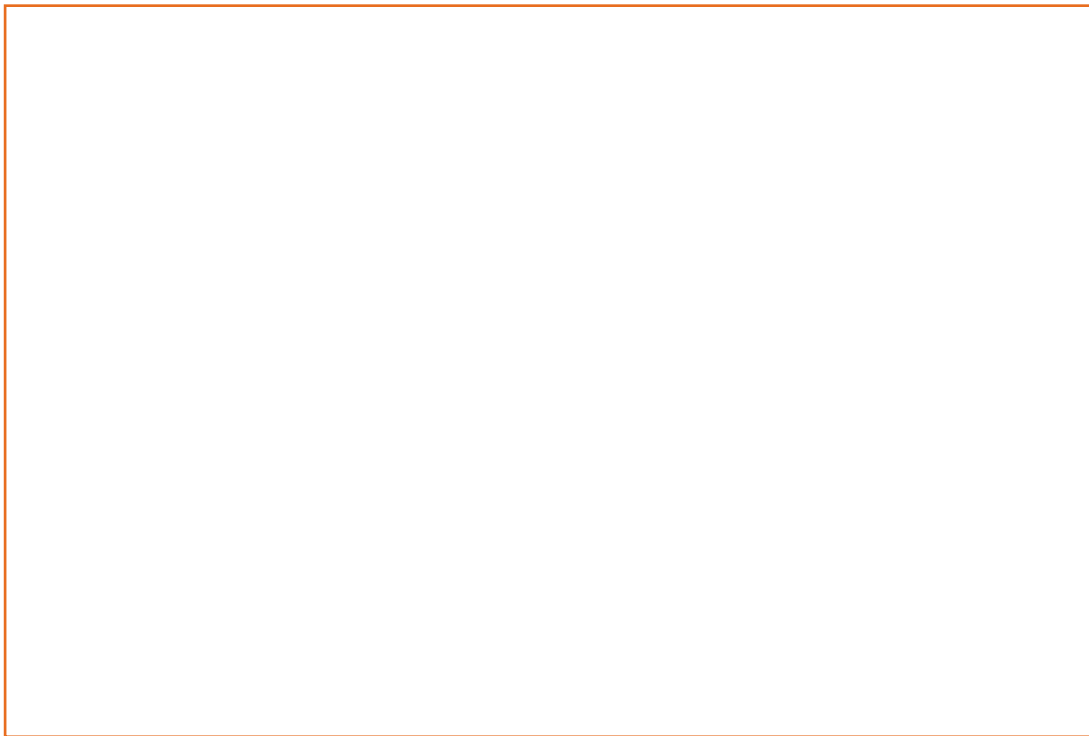
What Is My Favorite Meal?



When the food groups work together like a team, they win!

Draw a picture of your favorite family meal in the box. Then write the name of the foods on the side of the page.

Example meal: turkey sandwich with lettuce, cheese, turkey, bread, and apple slices on the side.



Complete the questions below.

1. How many food groups are included in your favorite meal? _____
2. List the names of your meal's food groups here: _____

3. Was a food group missing? _____
4. What food could be added so that all food groups are included in the meal?

5. What do you drink with your meal? Does your drink belong in a food group?



Activity 2

Healthy Snacks Help You Learn, Play, and Grow

Create a few healthy snack pairs. For each snack, pick 2 foods from different groups that go well together. Draw or write your snacks in the box below.

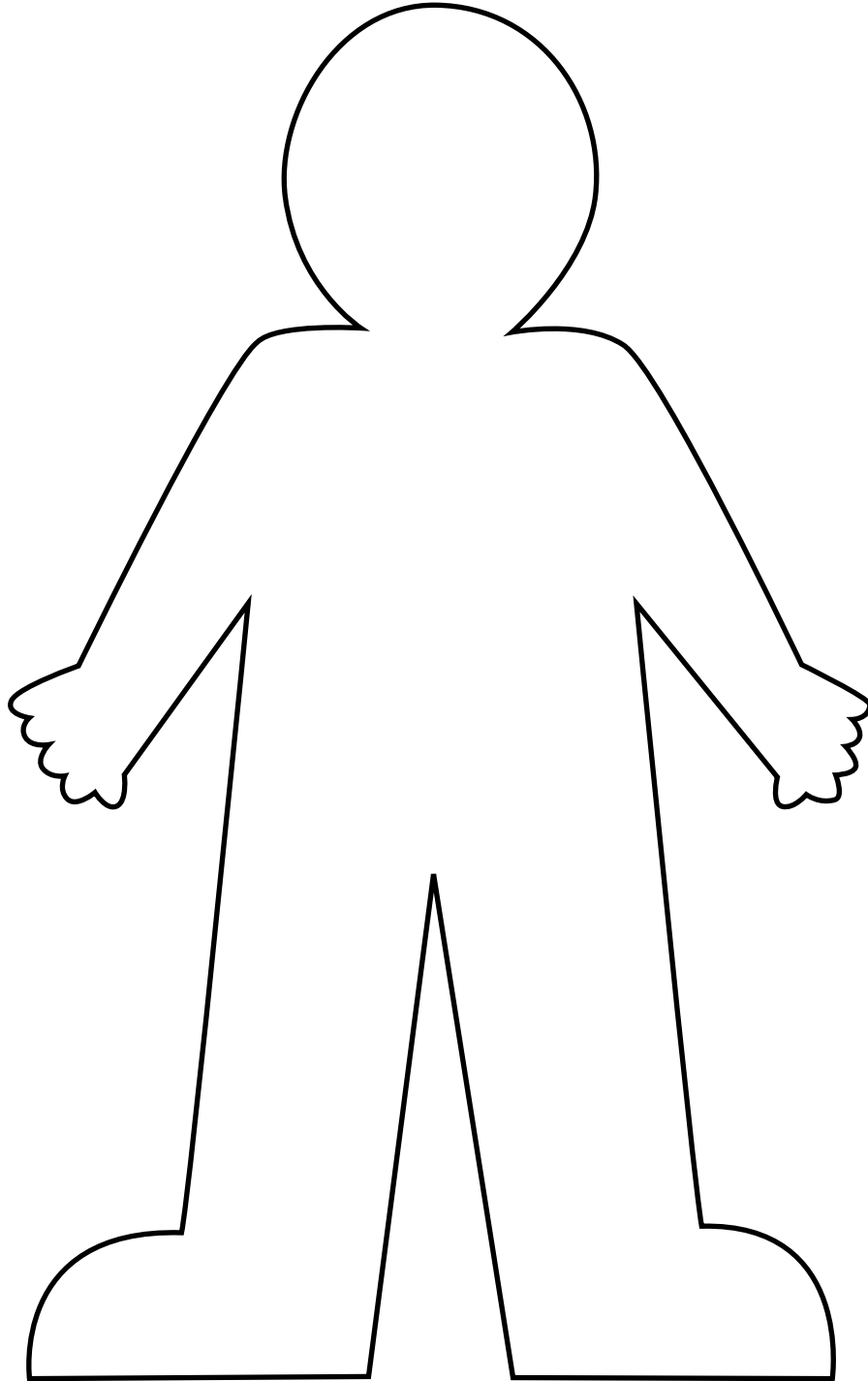


Set a goal: Write a short goal that will help you eat healthy snacks. Could you share this lesson with your family, help with grocery shopping, or make snacks?



I Am What I Eat

Fill in this outline of your body with foods using the “3 out of 5” breakfast model. These foods help you learn, play, and grow.



Healthy breakfast makes me feel _____



Activity 1

Farm to You Story: 2 Apples



Walking out to the playground at lunch, Reggie reaches into his lunch box and pulls out an apple. At the same time, Farrah puts a paper straw into her juice box.

“Hey, Farrah, we are both eating apples!” says Reggie.
“Not really, Reggie. I’m drinking mine!” Farrah says with a laugh.



This is the tale of 2 apples, a story of food processing and how the same fruit is changed into different foods. Both apples grow on trees on a farm called an orchard. After the tree blossoms, flowers turn into fruit. As the fruit grows, it ripens on the tree. The farmer picks the apples and puts them in bins. Some bins are put on a truck and sent to the packing house where the apples are sorted for size, boxed up, and sent to market.

Now the apple juice has a different journey. Instead of going to the packing house, a truck takes some bins of fruit to a juice factory or food processing plant. Workers sort and check the apples for freshness. A machine crushes the apples, and then the crushed apples are squeezed by a machine press to separate the juice from the apple seeds and skins. A heater warms the juice to keep it safe from germs, and the apple juice is poured into small boxes. These boxes are wrapped and put on big wooden pallets and then put on a truck for the market.

So that is the story of 2 apples, 1 that is crunchy to eat and 1 that is sipped through a straw!

How are the apples and apple juice the same?

In the story, how are the apples different?



FARM to YOU

FROM the FARM



1

Milk comes from dairy farms where farmers take care of their cows.

to a DAIRY COMPANY



2

Milk is tested, then travels in a refrigerated truck from the farm to a creamery.

3

Milk is pasteurized (heated up then cooled quickly) to destroy any germs and make it safe to drink.

to the GROCERY STORE



4

Milk is homogenized, or mixed up, to make it smooth and creamy.

5

Milk is put into cartons or made into other dairy foods such as cheese and yogurt.

6

Milk arrives at the grocery store or your school cafeteria 2 days after it leaves the farm.

to YOUR FRIDGE



7

A variety of milk and dairy foods help your body learn, play, and grow.





Be a Food Safety Champion



You are learning about how to choose a variety of foods from the 5 food groups, and that is a healthy habit to practice. It is also important to keep foods safe. Foods are stored in the cupboard, refrigerator, or freezer, depending on the food. Foods that are not stored properly may contain bacteria that might make people sick. Below are ways for you to keep food safe and be a **Food Safety Champion**.

Place a check mark by the steps below that you think you can do to be a champion.

- In the kitchen, **wash** your hands with soap and water. This is especially important before and after you touch food, use the bathroom, or touch a pet.
- Rinse** fruits and vegetables in the sink under cold, running water before you eat them or cut/slice them.
- Return** foods to the refrigerator or freezer as soon as you are done preparing them. Never leave perishable food out for more than 2 hours because bacteria start to grow.
- Help **bag** or **wrap** leftover food right after a meal is finished, and store it in the refrigerator or freezer. This will keep the food fresh and prevent it from being wasted because it was left out.
- Clean** cooking surfaces with warm, soapy water.
- Keep** bags, shoes, and backpacks off the counters and tables where you eat and prepare food. Put them on the floor instead.

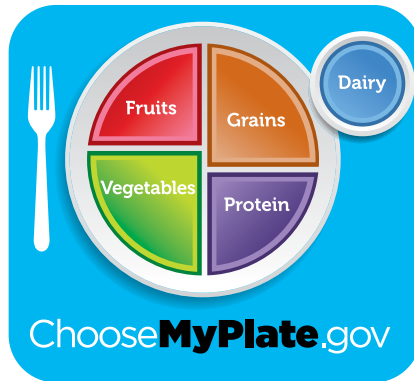
What else can you do to become a Food Safety Champion?

Write your answer here:



Activity 1

Pack Your Family's Lunch



You can guide what your family eats by sharing what you learn about healthy eating. Choosing foods from all of the food groups is a healthy habit to practice.

List the foods that you think your family would like to eat for a lunch:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Which food groups did you include?

Create an action plan: Remind your family to use these ideas to prepare lunch next week.





Activity 2

How, When, and What Will I Drink?

How will I drink 56 ounces (7 cups) each day?

Check all the ways you can drink water:

- Drink at water fountain
- Drink from water bottle I bring from home
- Drink water at home when I am thirsty
- Other _____



When will I drink water?

Check all that apply:

- When I first wake up in the morning
- Before school
- During school
- After school, after playing hard
- Before bedtime

What will I drink with meals and snacks?

Check the beverages you will drink:

- Milk
- 100% Fruit juice
- Fruit and yogurt smoothie
- Water
- Fortified, unsweetened soy beverage

Drinking healthy beverages like milk, water, and 100% juice is a good habit for the whole family to practice. What will you do to drink healthy beverages? Write your plan on the lines.



Activity 3

Healthy Beverages: Make Every Sip Count!

When choosing beverages, ask:

How can I make every sip count?

Drink beverages like milk, 100% juices, and water to boost your health.



Can I drink 2 to 3 cups of milk each day?

Milk is packed with calcium, vitamin D, and protein to build strong bones and teeth. Drink it plain, poured over cereal, or blended into a fruit smoothie.

Am I thirsty?

Choose water to stay hydrated. Add flavor to water by adding sliced fruit or cucumber. You can help the planet by carrying a reusable bottle instead of plastic bottles.

What should I do at restaurants?

Ask for milk, water, or 100% juice.



Write inside the chart what you will drink more and less often.

Choose Most Often	Choose Less Often
Water	Soft drinks
Milk	Sports drinks, energy drinks
Fortified, unsweetened soy beverages	Sweetened teas, coffees, and other beverages
Plain unsweetened beverages like herbal tea (mint, chamomile)	
I Will Drink More:	I Will Drink Less:

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blank intentionally.**



Healthy Eating to Learn, Play, and Grow

Dairy

Milk, Yogurt, Cheese

Yogurt Cottage Cheese Cheese Chocolate Milk Milk String Cheese Pudding Smoothie

Vegetables

Broccoli Bell Peppers Avocado Corn Sweet Potatoes Tomatoes Spinach Carrots Asparagus

Fruits

Mango Apple Strawberries Pear Grapes Watermelon Orange Juice Blueberries Banana

Grains

Breads, Cereals, Pasta

Oatmeal Bread Cereal Popcorn Pasta Rice Tortillas Crackers Bagel

Protein

Meat, Beans, Nuts

Tuna Nuts Eggs Hamburger Chicken Pork Chops Beans Salmon Tofu

Eating a variety of foods helps children learn, play, and grow.

Circle 1 new food from each of the food groups that you and your child would like to try. Write a list of the circled foods to try on the line below. Set a goal to try each new food together.



Lácteos

Leche, Yogur, Queso



Yogur



Requesón



Queso



Leche de Chocolate



Leche

Queso para Deshebrar



Pudín



Liculado

Verduras



Brócoli



Pimientos



Elote



Aguacate



Camote



Tomates



Zanahorias



Espinaca



Espárragos

Frutas



Mango



Manzana



Pera



Fresas



Uvas



Sandía

Jugo de Naranja



Plátano



Arándanos

Granos

Panes, Cereales, Pasta



Harina de Avena



Panes



Cereal

Palomitas de Maíz



Pasta

Arroz



Tortillas



Galletas



Bagel

Proteína

Carne, Frijoles, Nueces



Atún



Nueces



Huevos



Hamburguesa



Pollo



Frijoles

Chuleta de Cerdo



Tofú



Salmón

Comer una variedad de alimentos ayuda a los niños a aprender, jugar y crecer.

Encierre en un círculo 1 alimento nuevo de cada uno de los grupos alimenticios que a usted y su hijo(a) les gustaría probar. Escriba una lista de los alimentos circulados que quisieran probar en la línea de abajo. Establezca una meta para probar juntos cada nuevo alimento.



Exploring Food Habits

Ask a family member to answer the questions below.

Write their answers on the lines.

1. What snacks did you eat when you were my age? _____

2. Did you eat breakfast every morning? What were some of your favorite breakfast foods? _____

3. Is there a food you wouldn't eat when you were my age, but you love eating today? _____





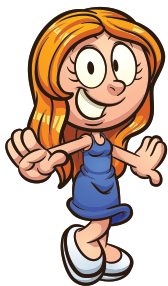
Pídele a un familiar que responda las siguientes preguntas.

Escribe sus respuestas en las líneas.

1. ¿Qué bocadillos entre comidas comías cuando tenías mi edad? _____

2. ¿Desayunabas todas las mañanas? ¿Cuáles eran algunos de tus alimentos favoritos para el desayuno? _____

3. ¿Hay algún alimento que no comieras cuando tenías mi edad, pero que ahora te encanta comer? _____





Be a Food-Safe Family!

Your child is learning about the journey that food takes to get from the farm to you. The food system includes all the steps from farm to you: producing, handling, storing, transporting, purchasing, and preparing food.

Safe food practices and habits are an important part of healthy eating. Below are steps you can take to make sure your kitchen is food safe.



Storage

- Proper storage can make foods last longer and prevent unwanted illness.
- Cold foods should not stay out of the refrigerator for more than 2 hours.
- Check the temperature of the refrigerator (40 degrees F) and freezer (0 degrees F).
- Put leftovers in shallow containers to chill quickly in the refrigerator or freezer.

Preparation

- Wash hands with soap and warm water before handling foods.
- Rinse produce under cold running water.
- Separate raw meat, poultry, and fish from other foods. Wash hands, cutting board, knife, and countertops with hot, soapy water after handling raw meats.

Clean-up

- After cooking or handling food, wash countertops and appliances with hot, soapy water.

Expiration Dates

There are no standard use-by dates on food. Knowing what the dates mean can help you save money and cut down on food waste.

These are the most frequently used phrases and what they mean:

- **Best if Used By/Before:** indicates when a product will be of best flavor or quality; it is not a purchase or safety date.
- **Sell By:** tells the store how long to display the product for sale for inventory management; it is not a safety date.
- **Use By:** indicates the last date recommended for the use of the product while at peak quality; it is not a safety date except for when used on infant formula.
- **Freeze By:** indicates when a product should be frozen to maintain peak quality; it is not a purchase or safety date.



Be sure to model these safe food practices when your child is helping you in the kitchen! They will help them become a Food Safety Champion!



Su hijo(a) está aprendiendo acerca de todo el camino que recorren los alimentos desde el campo hasta su mesa. El sistema alimentario incluye todos los pasos desde el campo hasta usted: producción, manejo, almacenamiento, transporte, compra y preparación de los alimentos

Las prácticas y hábitos alimentarios seguros son una parte importante de una alimentación saludable. A continuación se detallan los pasos que puede seguir para asegurarse de que en su cocina el manejo de los alimentos sea seguro.



Guardar

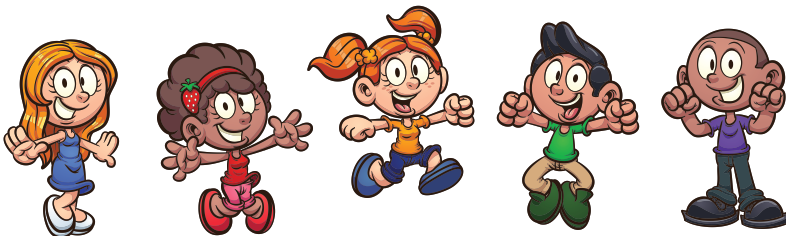
- Guardar adecuado puede hacer que los alimentos duren más y también prevenir enfermedades no deseadas.
- Los alimentos fríos no deben permanecer fuera del refrigerador por más de 2 horas.
- Verifique la temperatura del refrigerador (40 grados F) y el congelador (0 grados F).
- Coloque las sobras en recipientes poco profundos para enfriarlas rápidamente en el refrigerador o congelador.

Preparación

- Lávese las manos con jabón y agua tibia antes de manipular alimentos.
- Enjuague el producto con agua corriente fría.
- Separe la carne cruda, las aves y el pescado de otros alimentos. Lávese las manos, la tabla de cortar, el cuchillo y los mostradores con agua caliente y jabón después de manipular carnes crudas.

Limpiar

- Después de cocinar o manipular alimentos, lave las cubiertas de los mostradores de su cocina y los electrodomésticos con agua jabonosa caliente.



Fechas de caducidad

No hay una fecha de caducidad uniforme o universal para todos los alimentos. Saber lo que significan las fechas puede ayudarlo a ahorrar dinero y reducir el desperdicio de comida.

Estas son las frases utilizadas con mayor frecuencia y su significado:

- Mejor si se consume hasta/antes de (Best if Used By/Before): indica cuándo un producto tendrá mejor sabor o calidad; no es una fecha de caducidad o de seguridad.
- Vender antes de (Sell By): le dice a la tienda cuánto tiempo tiene para mostrar el producto en los estantes y manejar su inventario; no es una fecha de seguridad.
- Consumir antes de (Use By): indica la última fecha recomendada para el uso del producto para que mantenga su máxima calidad; no es una fecha de seguridad, excepto cuando se usa en fórmula de leche para bebés.
- Congélese antes de (Freeze By): indica cuándo un producto debe congelarse para mantener la máxima calidad; no es una fecha de compra o de seguridad.

Asegúrese de poner el ejemplo con estas prácticas de seguridad con los alimentos cuando su hijo(a) lo esté ayudando en la cocina. ¡Le ayudarán a convertirse en un(a) Campeón(a) de Seguridad Alimentaria!



Family Meals—Savor the Food!



Simple steps to enrich your family mealtime:

- 1. Remove distractions when you sit down together to share a meal or snack.**
 - Share a meal together as a family as often as possible. Start with 1 meal then add another.
 - Make your family meals a screen-free zone. Remove or shut down all screens.
- 2. Use all 5 senses when eating.**
 - **HEAR** the food - Can you hear the sizzle, crunch, or pop?
 - **SEE** the food - What are the shapes and colors that fill your plate?
 - **SMELL** the food - Can you smell a spicy pasta sauce or warm rolls from the oven?
 - **TOUCH** the food - Is it smooth, bumpy, heavy, or light?
 - **TASTE** the food - Is the food sweet, sour, or salty? Does it taste juicy or dry? Is it creamy or crunchy? Is it warm or cold?
- 3. Slow down and eat mindfully. Mealtime is not a race.**
 - Your food will digest better and more completely. Your stomach will thank you!
 - Food may taste better because of your focus and attention.
 - Appreciating the food and those who played a part in growing, transporting, marketing, and preparing it may increase feelings of gratitude and happiness.
- 4. Set goals to practice mindful eating, paying more attention to the foods you eat and enjoy.**

What goals will you set as a family to promote mindful eating together?

- 1) _____
- 2) _____



Comidas en Familia–Saboreen la Comida!



Pasos sencillos para enriquecer la hora de la comida en familia:

1. Elimine las distracciones cuando se sienten juntos a compartir una comida o bocadillo.

- Sientéense a comer en familia con la mayor frecuencia posible. Comiencen con 1 comida y luego otra.
- Hagan que la hora de comer en familia sea libre de pantallas. Retiren o apaguen todas las pantallas.

2. Use los 5 sentidos al comer.

- **ESCUCHE** la comida: ¿Puede oír el chisporroteo, el crujido o el pop al abrir algo?
- **VEA** la comida: ¿Cuáles son las formas y los colores que llenan su plato?
- **HUELA** la comida: ¿Puede oler una salsa de pasta picante o panecillos calientes del horno?
- **TOQUE** la comida: ¿Es suave, grumosa, pesada o ligera?
- **PRUEBE** la comida: ¿Es dulce, agria o salada? ¿Sabe jugosa o seca? ¿Es cremosa o crujiente? ¿Está caliente o fría?

3. Coma calmada y atentamente. La hora de comer no es una carrera.

- La comida se digiere mejor y más completamente. ¡Su estómago se lo agradecerá!
- La comida puede saber mejor al ponerle atención y concentración.
- Dar gracias por los alimentos y por quienes los cultivaron, transportaron, los anunciaron y los prepararon puede aumentar los sentimientos de gratitud y felicidad.

4. Establezca metas para tomar decisiones conscientes de lo que comen, prestando más atención a los alimentos que comen y disfrutan.

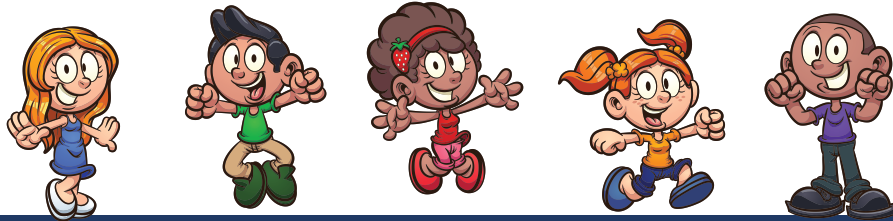
¿Qué objetivos establecerán como familia para promover juntos la alimentación consciente?

1) _____

2) _____



Tips on Healthy Drinks for Kids



What kids drink for hydration is just as important as what they eat for healthy growth and development.

With all the options out there, it can be hard to keep up with what is healthy, and not so healthy, for children. Milk and water are the best beverages for children.

1. Make water the go-to drink. Great for quenching thirst, playtime, mealtime, and anytime! For variety and flavor, try adding slices of fruits such as lemon or orange to water.
2. Encourage milk.* Milk provides hydration and key nutrients, such as protein, calcium, and vitamin D for growing bodies. If dairy milk is not an option, look for fortified unsweetened soy beverages.
3. Juices labeled 100% juice are best. Limit intake to 1 cup for children ages 7 to 18. It is an even better choice to serve small pieces of fresh fruit, which are more nutritious and filling.
4. Use fun cups to promote healthy drinks and model the behavior too. Remember taste buds change as children develop. Keep offering healthy beverages.
5. Health professionals recommend avoiding beverages with added sugar like soft drinks, sports drinks, and energy drinks, and low-calorie sweetened beverages; they are not appropriate for children.



Choose Most Often	Drink Less Often
Drinks that hydrate and nourish	Drinks with added sugars
Water	Soft drinks
Milk*	Sports drinks
Yogurt beverages without added sugars	Fruit-flavored drinks
Fortified unsweetened soy beverages	Energy drinks

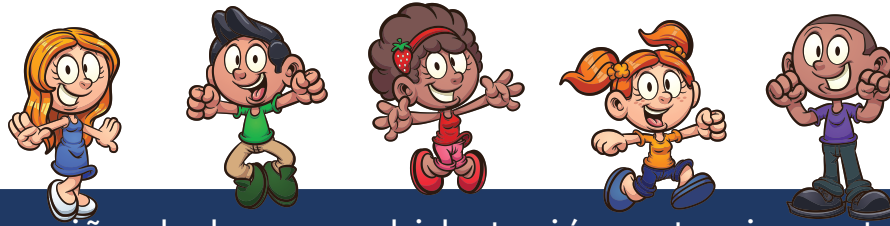
These drinks have more than the daily limit of 25 grams of added sugar.

*Plain, pasteurized whole, low-fat, or fat-free milk, depending on child’s age and individual needs

What will you do to choose healthy drinks more often? _____



Consejos Sobre Bebidas Saludables para Niños



Lo que los niños beben para hidratación es tan importante como lo que comen para un crecimiento y desarrollo saludable.

Con todas las opciones disponibles, puede ser difícil mantenerse al día con lo que es saludable y lo que no lo es para los niños. La leche y el agua son las mejores bebidas para los niños.

1. Haga que el agua sea la bebida preferida para llevar. ¡Ideal para calmar la sed, a la hora de jugar, la hora de comer y en cualquier momento! Para obtener variedad y sabor, intente agregar rodajas de frutas como limón o naranja al agua.
2. Motive a su niño(a) a beber leche. *La leche proporciona hidratación y nutrientes clave, como proteína, calcio y vitamina D para cuerpos en desarrollo. Si la leche de vaca no es una opción, busque bebidas fortificadas de soya sin azúcar.
3. Los jugos etiquetados como 100% jugo son los mejores. Aun así, límitelos a 1 taza para niños de 7 a 18 años. Es incluso mejor servirles pequeños trozos de fruta fresca, que es más nutritiva y llenadora.
4. Use tazas divertidas para promover bebidas saludables y ponga el ejemplo bebiéndolas usted también. Recuerde que las papilas gustativas cambian a medida que los niños se desarrollan. Siga ofreciendo bebidas saludables.
5. Los profesionales de la salud recomiendan evitar las bebidas con azúcares añadidos, como los refrescos, las bebidas deportivas, bebidas energéticas y bebidas azucaradas bajas en calorías; estas no son opciones apropiadas para niños.



Elija con mayor frecuencia Bebidas que hidratan y nutren	Beber con menos frecuencia Bebidas con azúcares añadidos
Agua	Sodas
Leche*	Bebidas deportivas
Yogur líquido sin azúcares añadidos	Bebidas con sabor a frutas
Bebidas fortificadas de soya sin azúcar	Bebidas energizantes

Estas bebidas contienen más de los 25 gramos que son el límite permitido diario de azúcar agregada.

*La cantidad de leche sola, pasteurizada, entera, baja en grasa o sin grasa, depende de la edad del niño y las necesidades individuales.

¿Qué harás para elegir bebidas saludables con más frecuencia?

Consejos adaptados de HealthyDrinksHealthyKids.org. Basados en las recomendaciones de las principales organizaciones nacionales de salud.

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