

You Are What You Eat

<http://pbskids.org/arthur/games/lunchomatic/>.

Elementary School Kid food choices

[www.bam.gov/sub foodnutrition/index.html](http://www.bam.gov/sub_foodnutrition/index.html)

Older kid food choices

www.mayoclinic.com/health/healthy-diet/NU00190

Adult Nutrition - Mayo Clinic