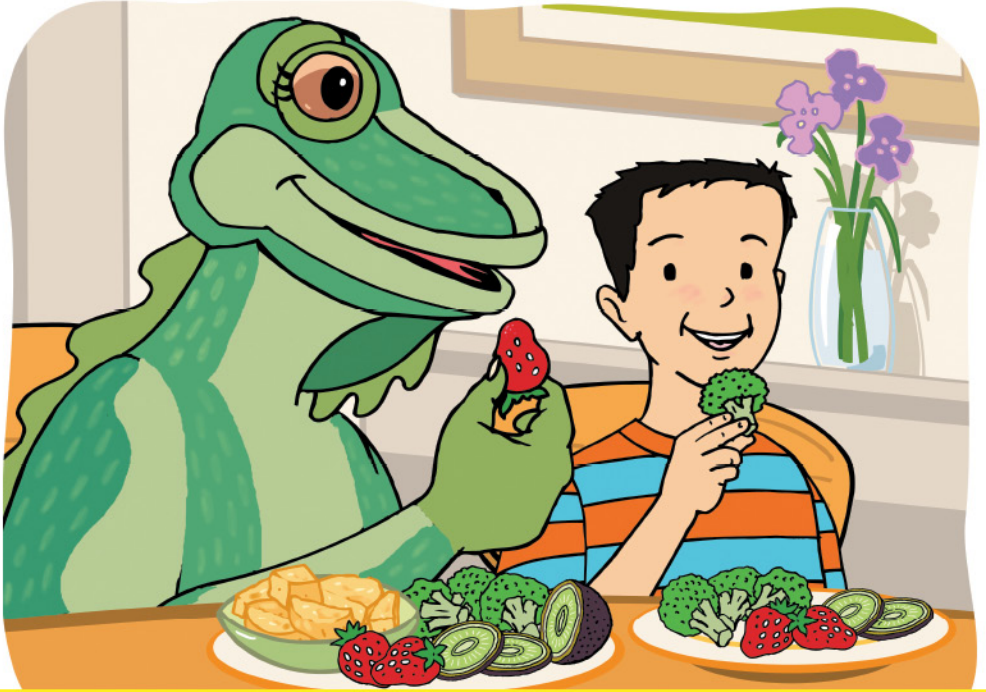


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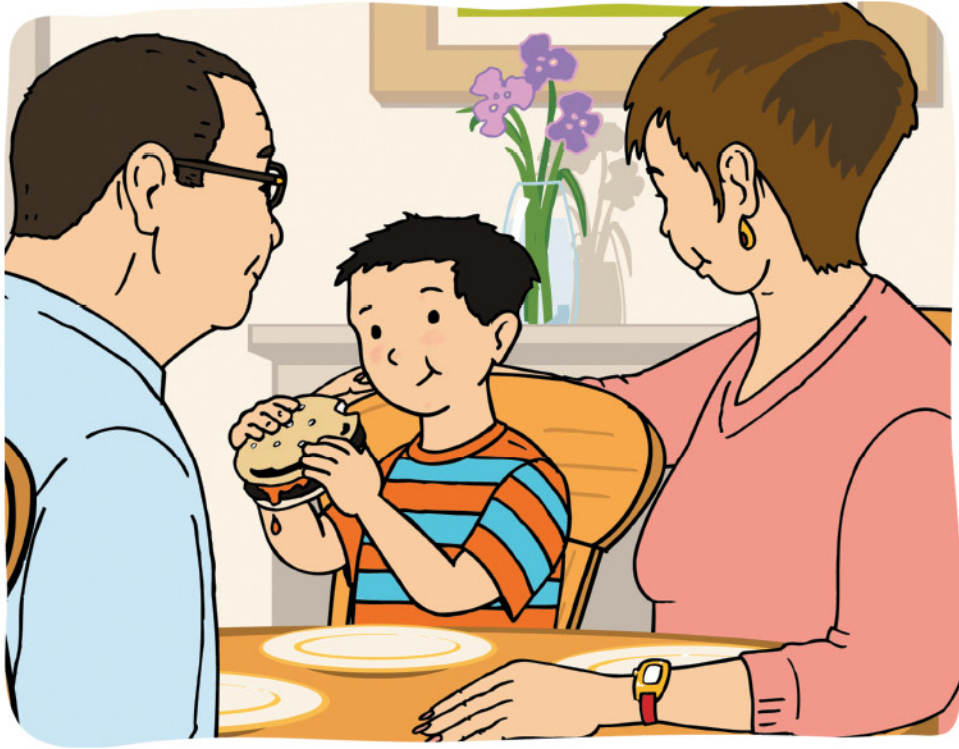
Lana and Willie Eat Lunch



Vegetarian Animals



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Once there was a boy named Willie. His parents named him Willie because every time they gave him something to eat they said, "Willie (will he) like it?"

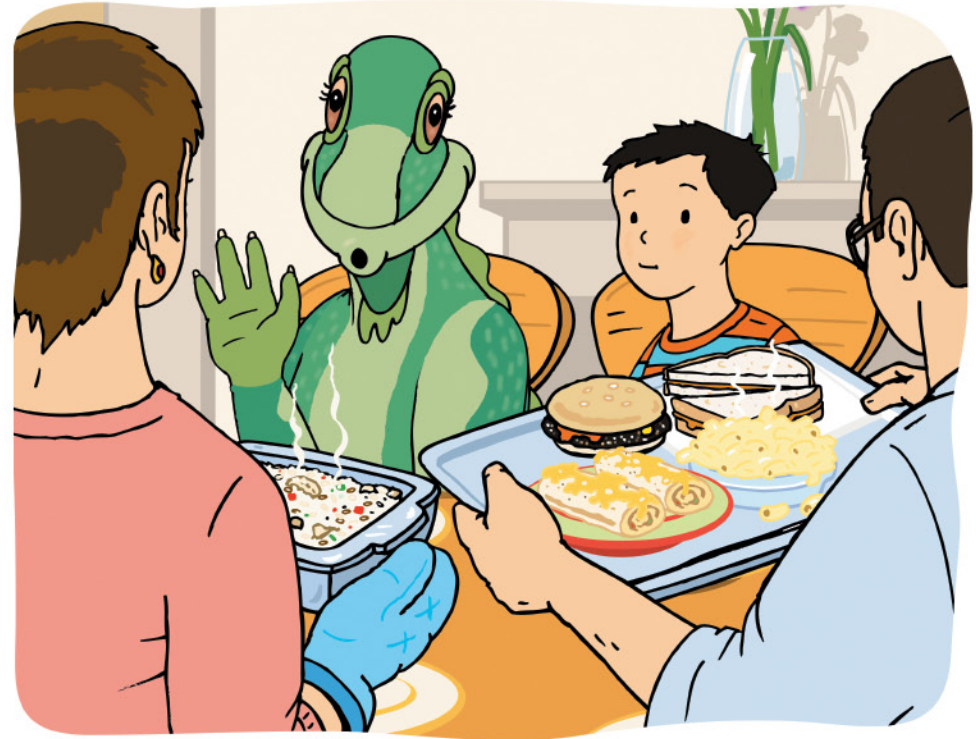
They gave him a hamburger and said, "Will he like it?" Willie took one bite and said "Willie likes it!!!"

They gave him macaroni and cheese and said, "Will he like it?" Willie took one bite and said "Willie likes it!!!"

They gave him chicken and rice and said, "Will he like it?" Willie took one bite and said, "Willie likes it!!!"

They gave him a tortilla with melted cheese and said, "Will he like it?" Willie took one bite and said, "Willie likes it!"

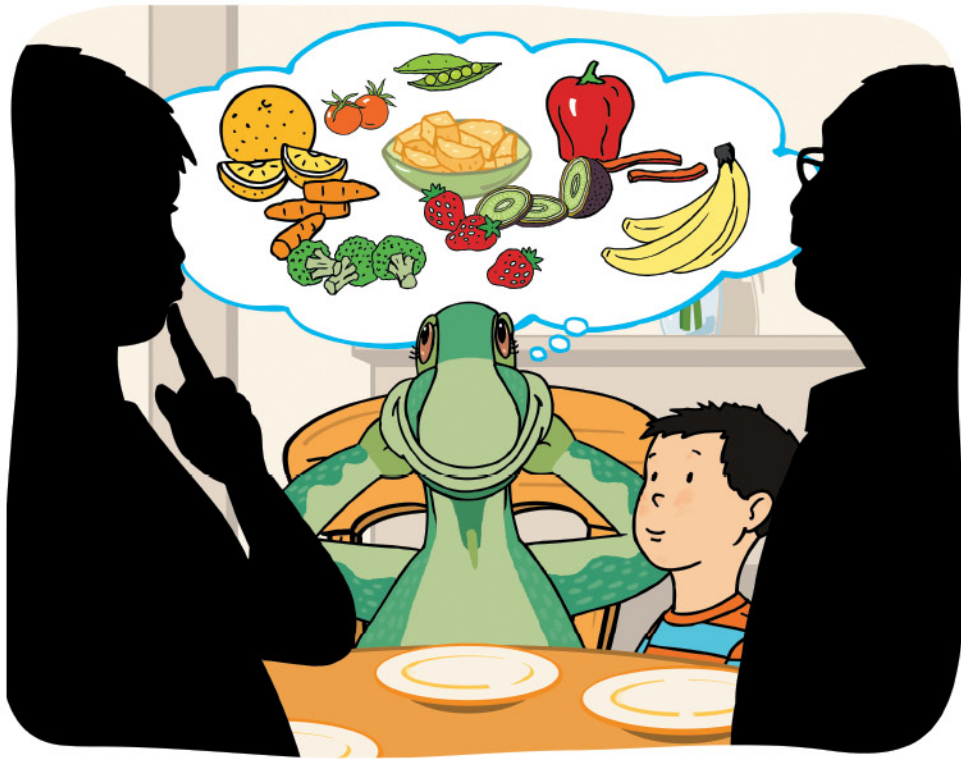
They gave him a peanut butter and jelly sandwich and said, "Will he like it?" Willie took one bite and said "Willie likes it!!!"



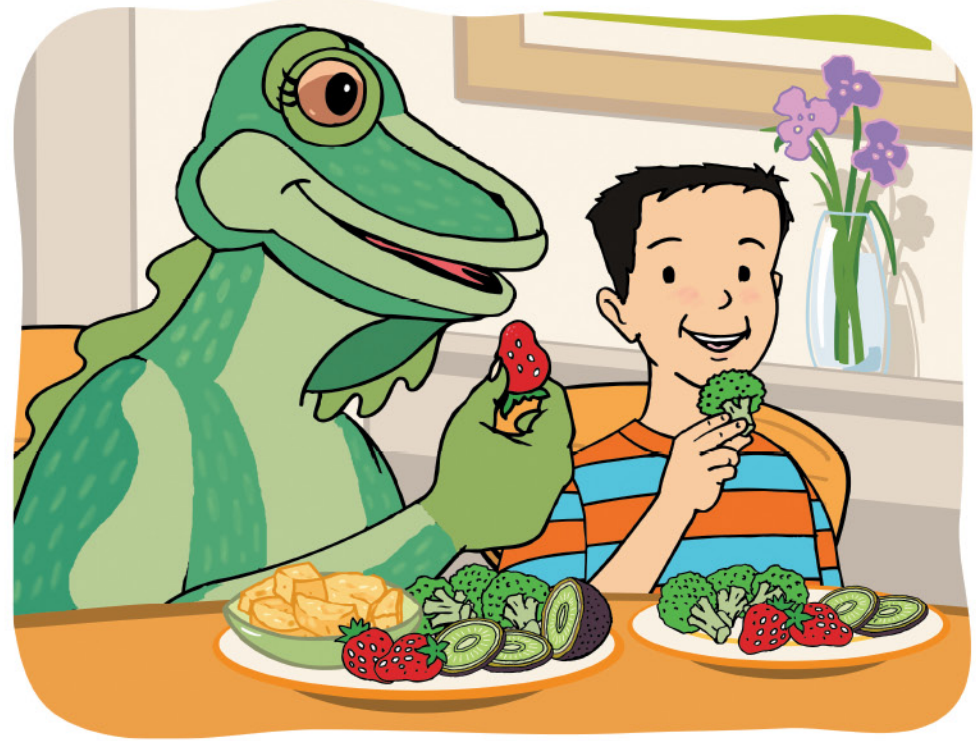
Willie's parents had a friend named Lana the Iguana. One day Lana came over to visit. Willie's parents asked her to stay for lunch. They offered her hamburgers, macaroni and cheese, chicken and rice, tortillas with melted cheese, and a peanut butter sandwich. "No, thanks," Lana said.

"What's the matter with these foods? Willie likes them!" Willie's parents said.

"Those foods are great for people," Lana said, "but I'm an iguana – I only eat fruits and vegetables and plants. Of course, people like those, too. I brought some with me."



“Willie hasn’t tried those yet, Lana,” they said, “Will he like it?”
 “Of course!” Lana said. “Children love fruits and vegetables! They love juicy oranges and kiwis, they love crunchy carrots and broccoli, they love sweet potatoes and red peppers!
 Willie won’t just like it – he’ll love it!”

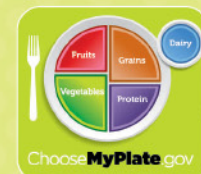


So they sat down to lunch together and had some of the foods Willie’s family had and some of the foods that Lana brought.
 They gave Willie a piece of crunchy green broccoli and said, “Will he like it?” Willie took one bite and said, “Willie likes it!” They gave Willie a piece of juicy kiwi and said, “Will he like it? Willie took one bite and said, “Willie likes it!”
 They gave Willie a piece of cooked, sweet, oh so sweet potato and said, “Will he like it?” Willie took one bite and said, “Willie likes it!” They gave Willie a juicy red strawberry and said, “Will he like it?” Willie took one bite and said, “Willie likes it!”
 When they were finished with lunch Lana said, “I knew Willie would like my fruits and vegetables! And you can have them with lots of different foods at any meal. I’ll come back again with some more fruits and vegetables. How would you like that?”
 And Willie answered, “Willie likes it!!!”

Find your **balance** between food & fun!



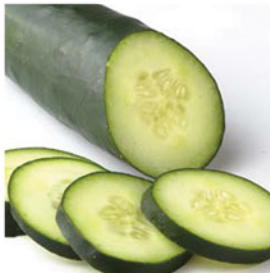
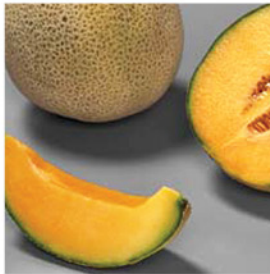
Eat well.
Be active.
Have fun.



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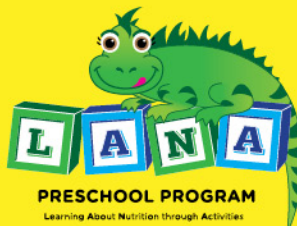
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Circle the fruits and vegetables you have tried:



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