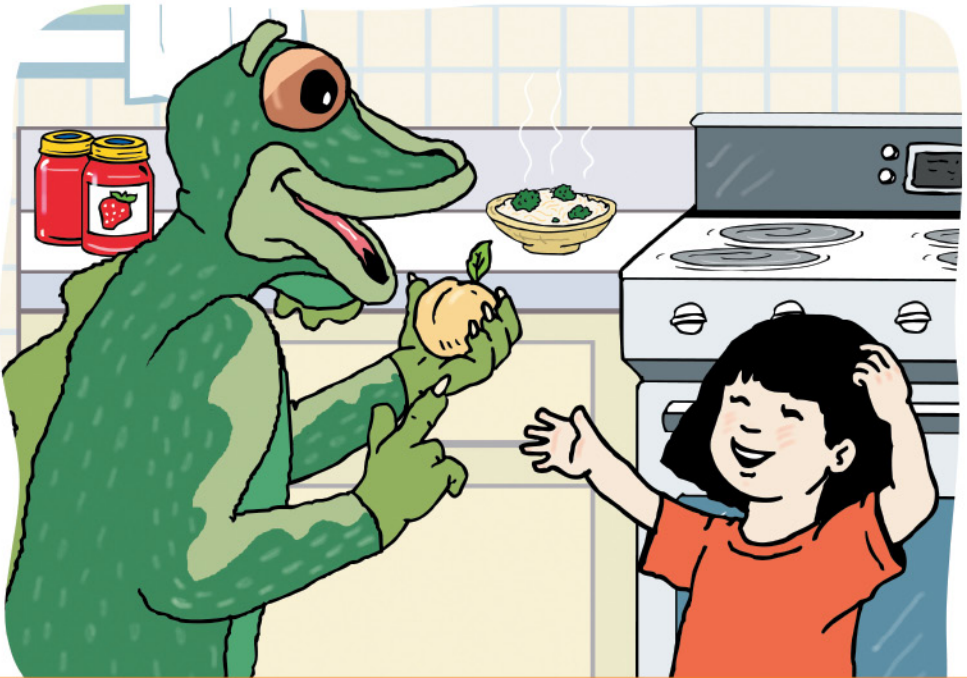


This book belongs to: _____



Lana Plays a Trick on Tenzin



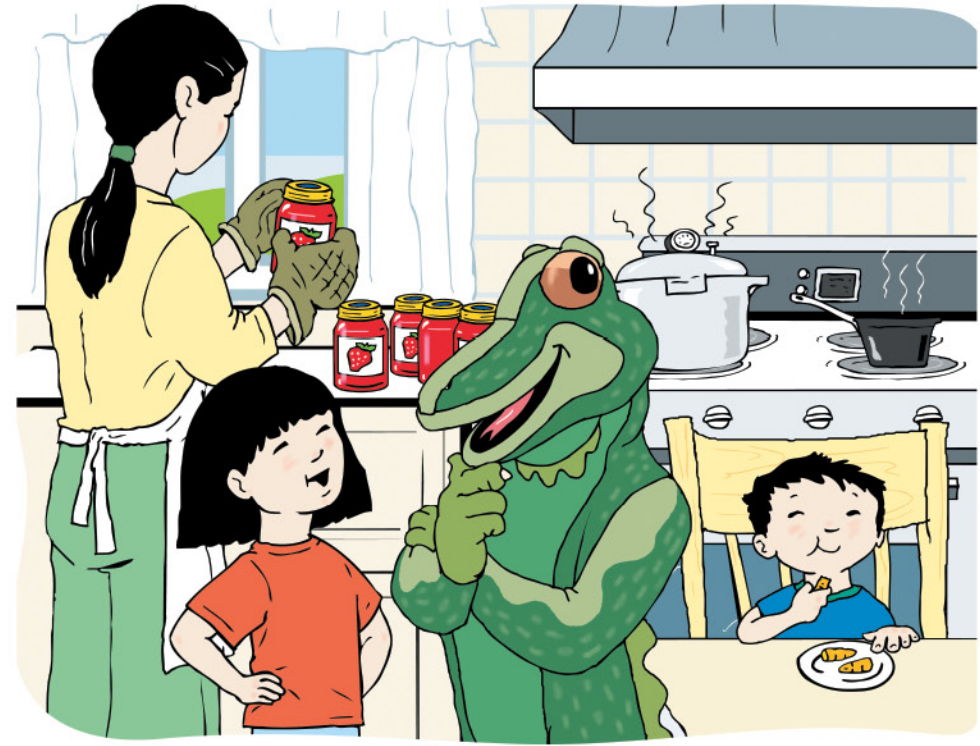
Our Senses Teach Us



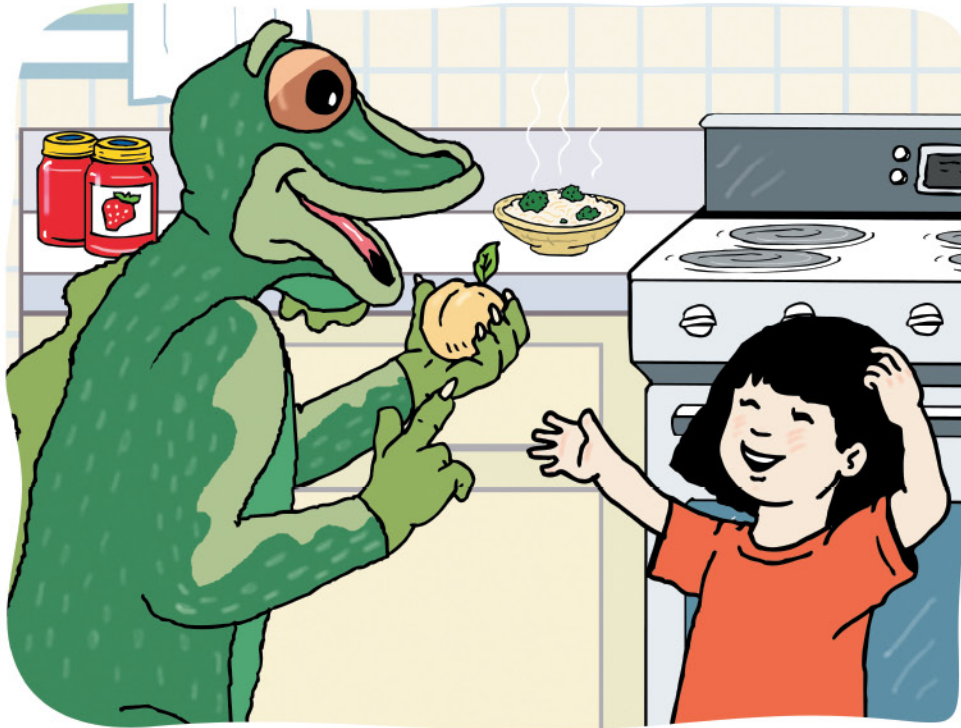
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Lana the Iguana was playing outside with her friend, Tenzin. "Mmmm," Lana said, "Your mother must be making strawberry jam." "How do you know?" Tenzin asked. "My mother is all the way in the house." "I just do," Lana said, smiling. She loved strawberry jam.



"Let's see if you're right," Tenzin said and they went in the house. There was her mother making strawberry jam! "I told you," Lana answered. "And I think your brother is eating a carrot at the table." "But you can't even see the table!" Tenzin said, looking around to see that her brother was, indeed, eating a carrot. "How did you know?" "I just did," Lana answered. She loved carrots. "Lana," Tenzin said, "are you playing tricks on me?"

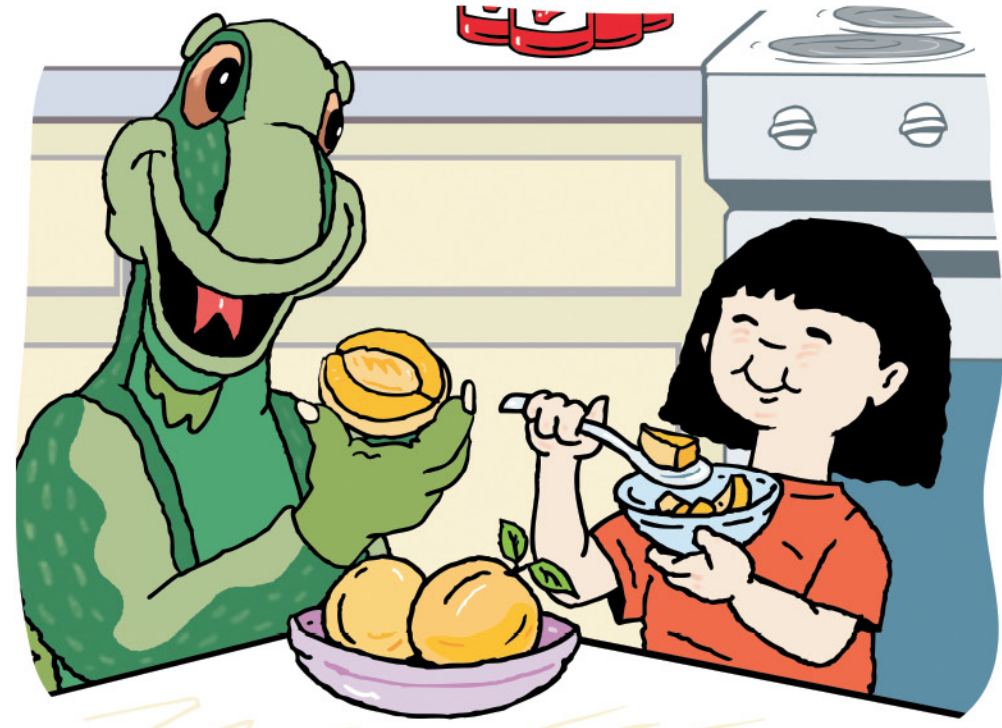


"Of course not," Lana said, looking around the kitchen. "Is your mother going to serve that cooked broccoli with noodles?"

"How did you know the broccoli was cooked?" Tenzin said. She was sure that Lana was playing a magic trick on her.

"I just did," Lana replied with a big smile on her face. She loved broccoli. Then Lana picked up a peach that was in the fruit bowl.

"Tenzin," she said, and this peach is just perfect for eating right now. It's nice and ripe."



"How do you know?" Tenzin asked. "I just do," Lana said. She loved peaches. "Lana, you aren't playing a magic trick on me, are you?" Tenzin asked. "Of course not!" Lana said, "I'm just using my senses!" "What do you mean?" Tenzin asked.

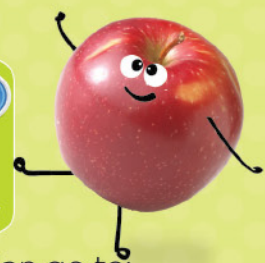
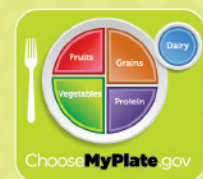
"Well," Lana answered, "I could tell that your mom was making strawberry jam without seeing her do it because I could SMELL it with my nose. And I could tell that your brother was eating a carrot even though I couldn't see him because I could HEAR it crunch with my ears. I could tell that the broccoli was cooked because I could SEE with my eyes that it's color had changed. I could tell that the peach was ready to eat because I could TOUCH it with my fingers to feel that it was nice and soft."

"WOW!" Tenzin said, "Our senses give us a lot of information!" "Yes," said Lana, who was getting hungry, "but there's one more sense that I really want to use right now." "I know," said Tenzin. "Your sense of TASTE!" "That's right!" Lana said, "Let's eat!" And they did.

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



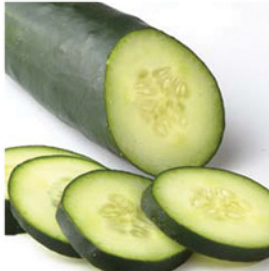
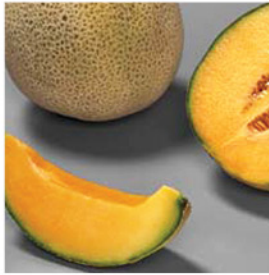
Eat well.
Be active.
Have fun.



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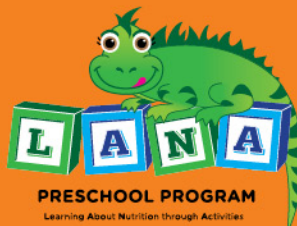
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