

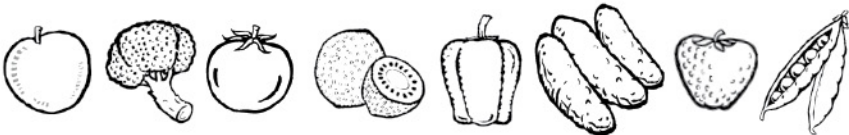
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In and Out with Lana and Carlos



Inside/Outside



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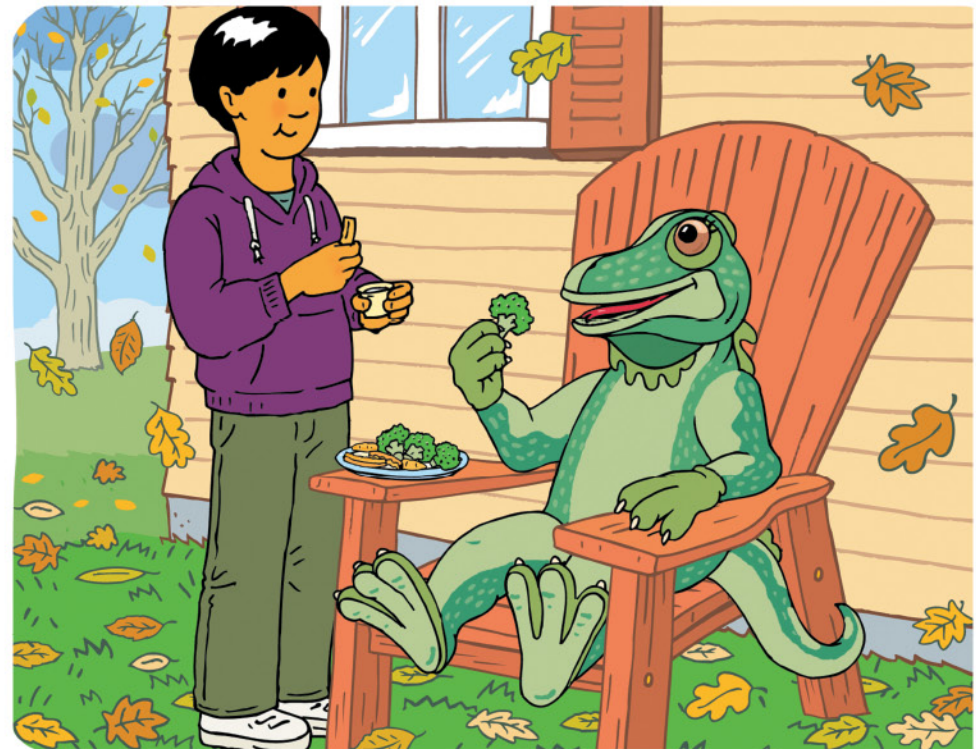


Once there was a boy named Carlos. He loved to eat fruits and vegetables. He knew that Lana the Iguana loved to eat fruits and vegetables too, so he invited her over for lunch one day.

Lana was very excited because Carlos told her that he was making a very special lunch just for her, full of fruits and vegetables. Carlos was going to eat some other foods, too, but he knew that Lana would only eat fruits and vegetables because that's what iguanas eat.

Lana walked to Carlos' home. She was tired and hungry when she got there. "Let's eat!" she said. "Okay," Carlos said. "Let's see, we're going to start with some bananas. Let's eat them right here in the kitchen." "Sounds great to me," Lana said. "I love bananas!" Carlos peeled a banana and they each ate half.

Carlos added a little peanut butter to his. "What's next?" Lana asked. "You're going to love this!" Carlos said, "We're going to have carrots and broccoli. Let's go outside to eat those."

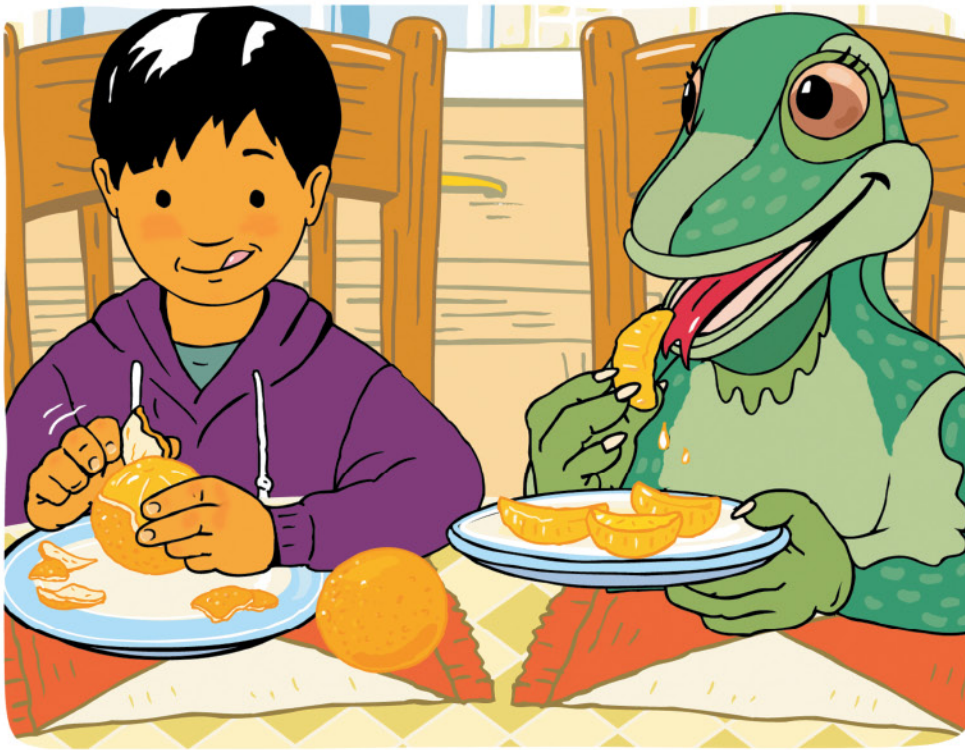


Lana wasn't sure why they had to go outside, since the kitchen was nice and cozy, and she was very tired from her long walk, but since she was Carlos' guest she had to be polite so she followed Carlos outside. She sat in a nice big chair. They ate carrots and broccoli and Carlos had some dip with his.

"I love these crunchy veggies," Carlos said. "Me, too," Lana said, wondering what was coming next because she was very hungry. "Would you like some oranges now?" Carlos asked.

"Sure," Lana answered, "I'll just wait right here while you go and get them." "Oh, no," Carlos said, "We have to eat those inside."

Lana felt like saying, "I really like this nice big chair and I'm really tired from my long walk," but since she was Carlos' guest she had to be polite. So they went back inside to the kitchen.



Carlos peeled the oranges and they each ate one. They were sweet and juicy and delicious.

"Thank you Carlos, these oranges are the best!!" Lana said, smiling.

"And now we can have some sugar snap peas and red peppers," Carlos said, "but we'd better go outside."

Lana was starting to feel full and didn't really want to go back outside, but since she was Carlos' guest she had to be polite so she followed Carlos outside for some sugar snap peas and red peppers.

Carlos had some cheese and crackers with those.



These are so sweet and crunchy!" Lana said.

Just then a cold wind blew and it started to snow. "Brrrr," Lana said, "Let's take our peas and peppers and go inside. Iguanas aren't used to this cold weather."

"Oh, no, we have to eat them here," Carlos said. "Why?" shivered Lana.

(Can you guess why Carlos wants to stay outside to eat his peas and peppers?)

"Because I like to eat the outsides of the fruits and vegetables outside and the insides inside." Carlos said.

"Oh!" Lana said, "That's why we ate the bananas and oranges inside, because we ate just the inside of the fruit and not the peel! And we ate the broccoli, carrots, peppers and sugar snap peas outside because we ate the outside AND the inside of those foods."



Now it was beginning to snow very hard. "Carlos," she said with all of her 120 teeth chattering, "the outsides of fruits and vegetables taste just as good when you eat them inside, especially if you're an iguana and you are very, very, very cold!"

"Do you think so?" Carlos asked. "I know so!" said Lana shaking a pile of snowflakes off of her tail.

"Okay, let's try it." Carlos said, picking up the plate of peas and peppers. "Yes, let's go inside!" Lana said, running for the door.

So Lana and Carlos finished up their lunch in the kitchen. When they were finished, Carlo said, "You're right, Lana. I can eat the insides or outsides either inside or outside!"

"Of course," agreed Lana, "the insides and outsides of fruits and vegetables taste great where ever you are!"

Good for you

snack BITES

Choose nutrient rich snacks!

WHOLE GRAINS
Energize!

- Cereal • Bagel • Pasta • Popcorn • Crackers • Pretzels • Granola bar

VEGGIES
Vitality!

- Cauliflower • Carrots • Broccoli • Tomatoes • Salsa • Veggie salad • Peppers • Cucumbers

FRUIT
Stay Healthy!

- Watermelon • Banana • Kiwi • Apple • 100% Fruit juice and sparkling water • Raisins • Oranges

DAIRY
Bone-Strengthening!

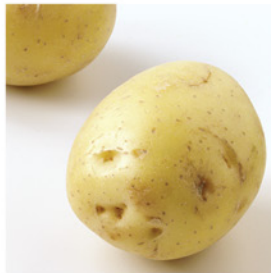
- Fruit and yogurt smoothie • String cheese • Yogurt • Cottage cheese • Skim milk

PROTEIN
Go Lean!

- Trail mix • Turkey wrap • Peanut butter toast • Hard-boiled egg • Hummus

Drink water with your snacks!

Circle the fruits and vegetables you have tried:



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