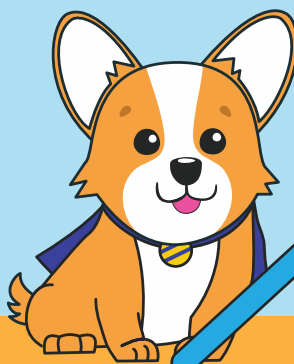


HEALTH BADGE

Staying healthy in body and mind is important for everyone, especially Superheroes. Without proper diet, exercise, and mental health, we can't be at our best, which makes it harder to Ignite Good!. That's why Global Game Changers take health very seriously, using their talents to teach others the best ways to stay healthy.

Fun Facts about Health!

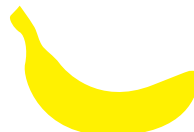
- Laughter can improve your mood and your ability to fight diseases.
- 44 out of 50 states do not require physical education K-12.
- Coconut can help your teeth! It decreases your risk for cavities.
- Most Americans eat too much sodium.



Sort the groceries!

Put each **fruit** or **vegetable** in the correct bag.

Write an **F** next to each fruit and a **V** next to each vegetable.



_____ banana



_____ carrot



_____ eggplant



_____ potato



_____ broccoli



_____ tomato



_____ orange



_____ apple

