



# Foods To Help Us Grow

Foods that sustain different parts of my body.



# Food To Help My Bones



Milk



Cheese



Tofu

# Food To Help My Lungs



Broccoli



Apricots



Beans

# Food To Help My Stomach



Ginger

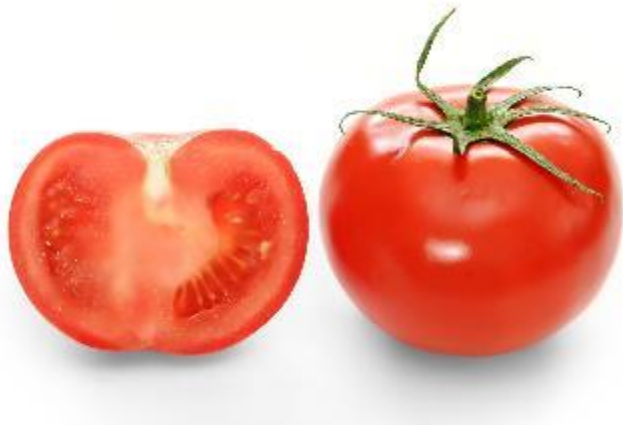


Banana



Mint

# Food To Help My Heart



Tomato



Berries



Oatmeal

# Food To Help My Brain



Fish



Avocado



Celery

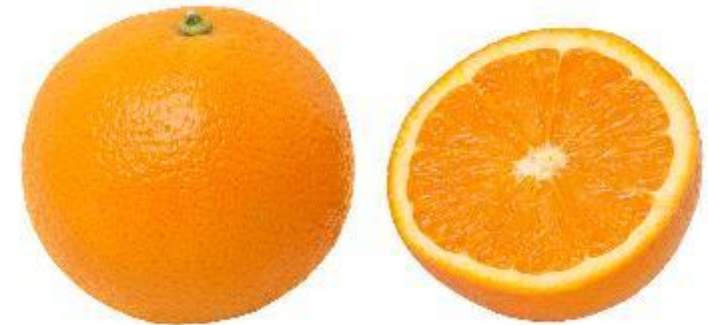
# Food To Help My Eyes



Carrots



Eggs



Orange

# Food To Help My Teeth



Apples



Yoghurt



Almonds