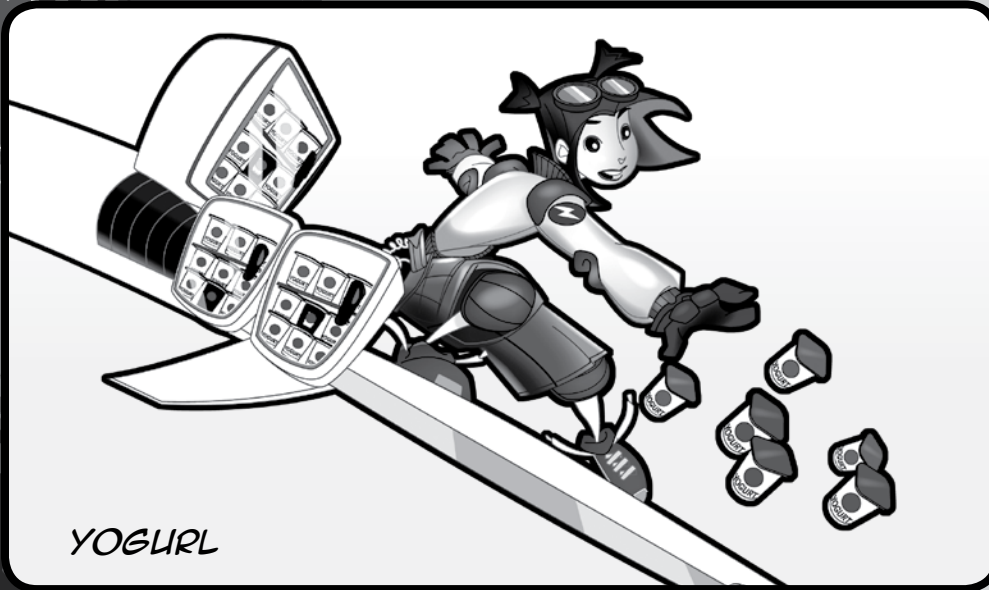


SPOT THE DIFFERENCE

AT FIRST GLANCE THESE TWO PICTURES OF YOGURL LOOK IDENTICAL, BUT CAN YOU SPOT 8 DIFFERENCES?



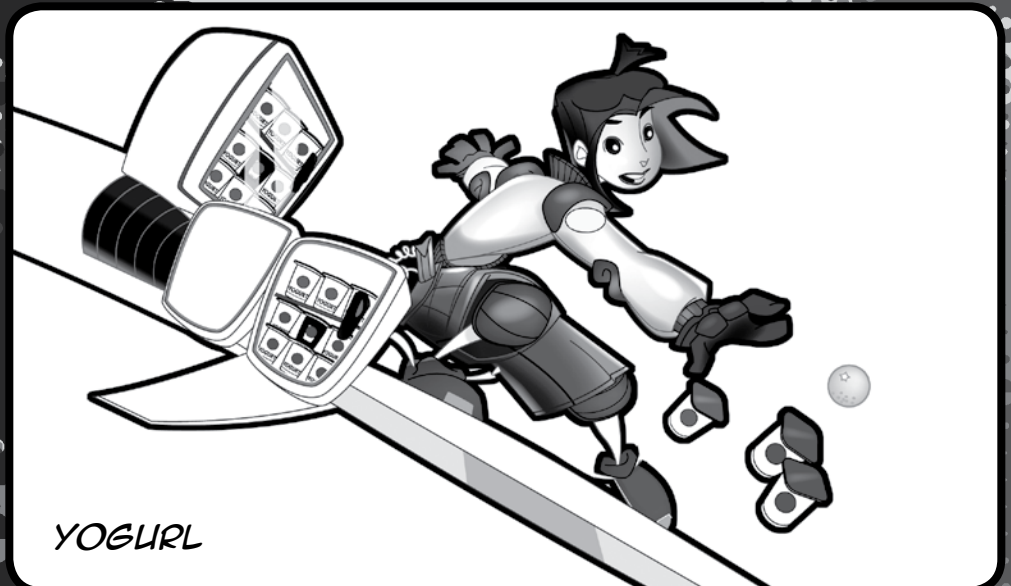
YOGURL

- ANSWERS
1. SHE IS THROWING ONE ORANGE
 2. MISSING SHOE STRING
 3. YOGURT LABEL IS MISSING FROM CONTAINERS
 4. PATCH ON SLEEVE IS WHITE
 5. NO YOGURT IN ONE REFRIGERATOR
 6. MISSING PART OF HER HAIR
 7. MISSING TWO YOGURT CONTAINERS
 8. MISSING GLASSES FROM HAT

WHAT MAKES A HEALTHY BREAKFAST?

TO MAKE A HEALTHY BREAKFAST EACH DAY, CHOOSE ONE ITEM FROM AT LEAST THREE OF THE FOLLOWING FOUR FOOD GROUPS:

1. **FRUITS AND VEGETABLES.** FRESH FRUIT AND VEGETABLES, 100 PERCENT JUICE WITHOUT ADDED SUGAR
2. **GRAINS.** WHOLE-GRAIN ROLLS, BAGELS, HOT OR COLD WHOLE-GRAIN CEREALS, LOW-FAT BRAN MUFFINS, CRACKERS, OR MELBA TOAST
3. **DAIRY.** SKIM MILK, LOW-FAT YOGURT CUPS OR LOW-FAT CHEESES, SUCH AS COTTAGE AND NATURAL CHEESES
4. **PROTEIN.** HARD-BOILED EGGS, PEANUT BUTTER, LEAN SLICES OF MEAT AND POULTRY, OR FISH, SUCH AS WATER-PACKED TUNA OR SLICES OF SALMON



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