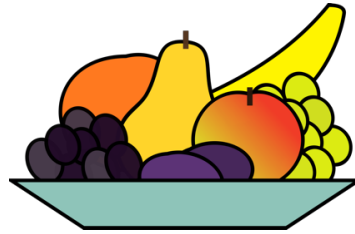
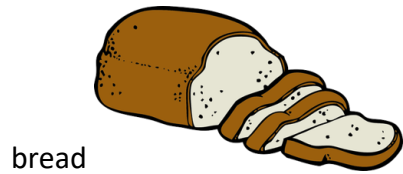


MEAL TIME

There are lots of different kinds of foods:



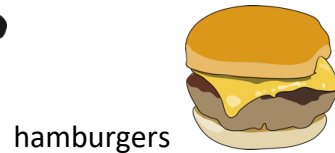
Fruit like apples, bananas, grapes, oranges and pears



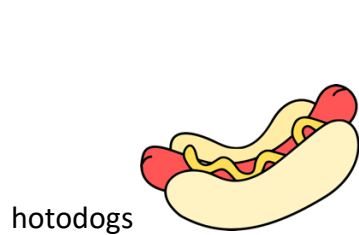
bread



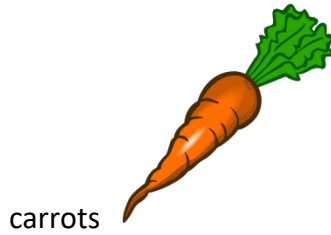
meat



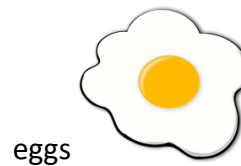
hamburgers



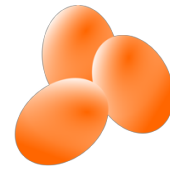
hotodogs



carrots



eggs



nuts



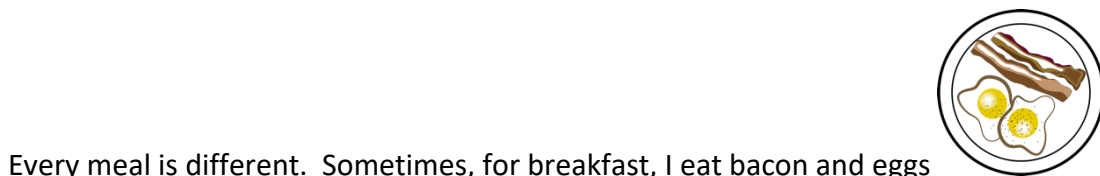
cheese



cereal



and milk



Every meal is different. Sometimes, for breakfast, I eat bacon and eggs

Sometimes I eat cereal.



I might eat a sandwich for lunch



and pizza for dinner



Some foods are my favorite foods *(insert child's favorite food(s) here)*. There are some

Foods that I don't really like very much.

Sometimes I want a food that isn't on my plate. That makes me sad.

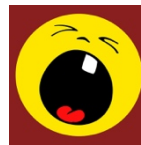


And sometimes I even get mad



It's okay to be sad. It's even okay to be

mad. But sometimes when I'm mad, I get really noisy



and that doesn't help me

feel better. It's good when I stop making noise, so I can think.



Because when I

stop and think I remember that I might have my favorite food for a different meal.



When I remember that, I feel a lot better!

