



Plant and Animal Food Cards



From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).

Unit 2, Lesson 11

Olive oil



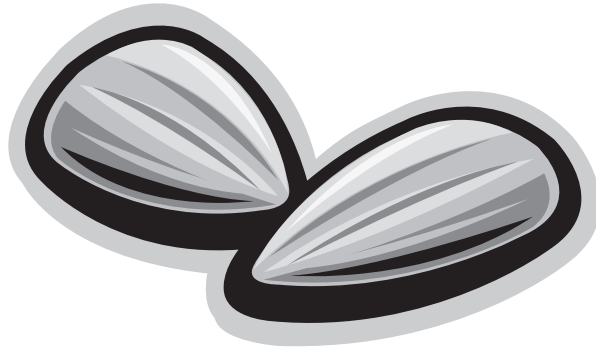
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).
Unit 2, Lesson 11

Peanut butter



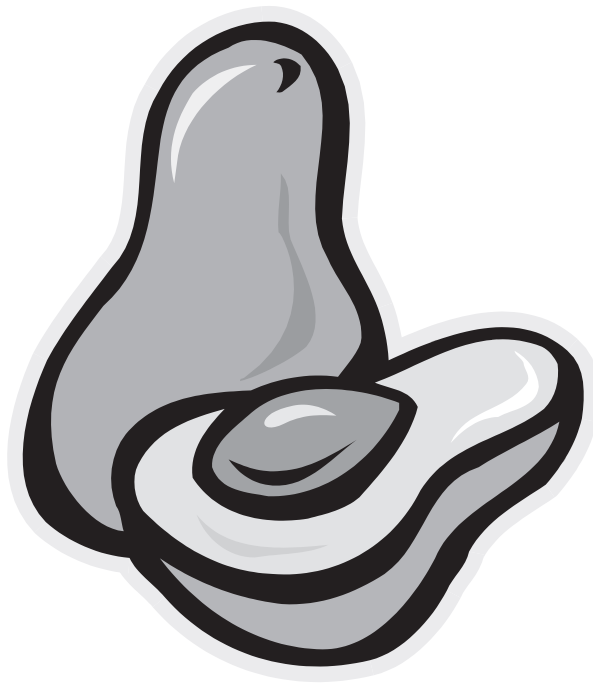
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Unit 2, Lesson 11

Almonds



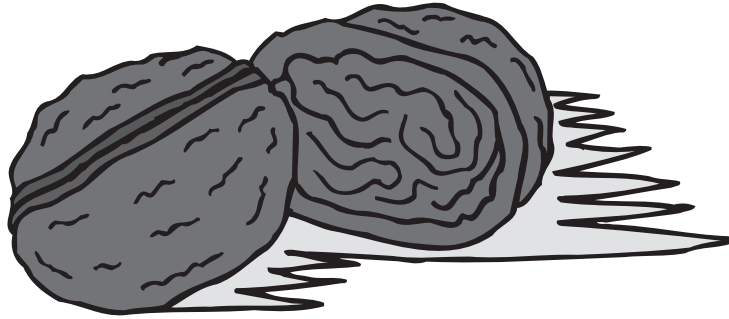
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Avocado



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Walnuts



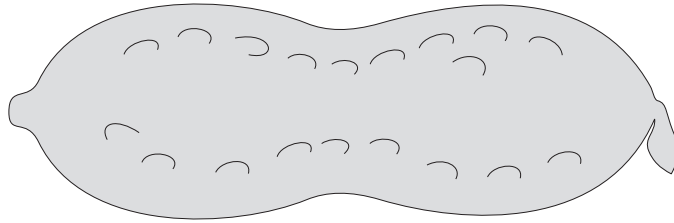
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).
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Sunflower seeds



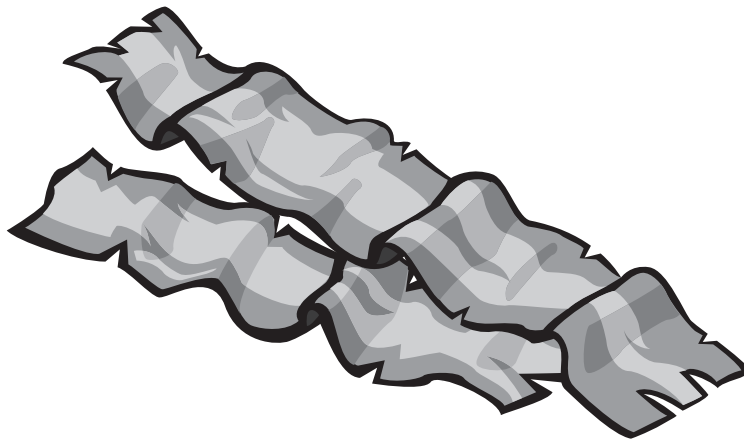
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Peanuts



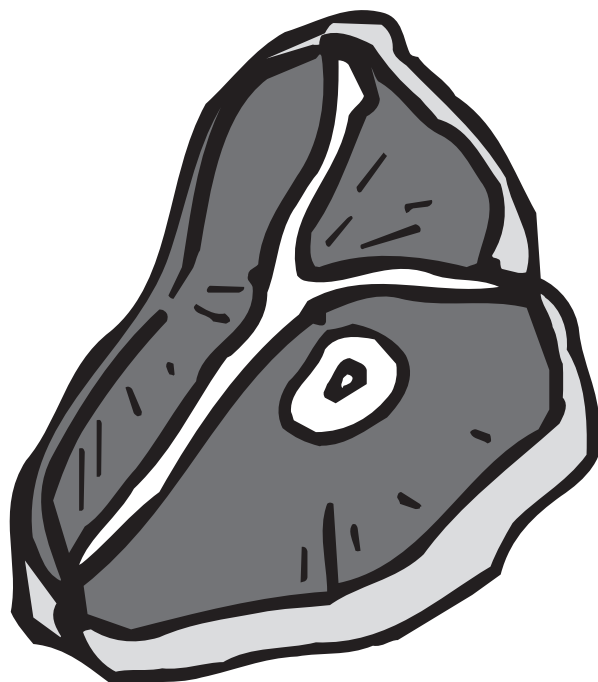
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Bacon



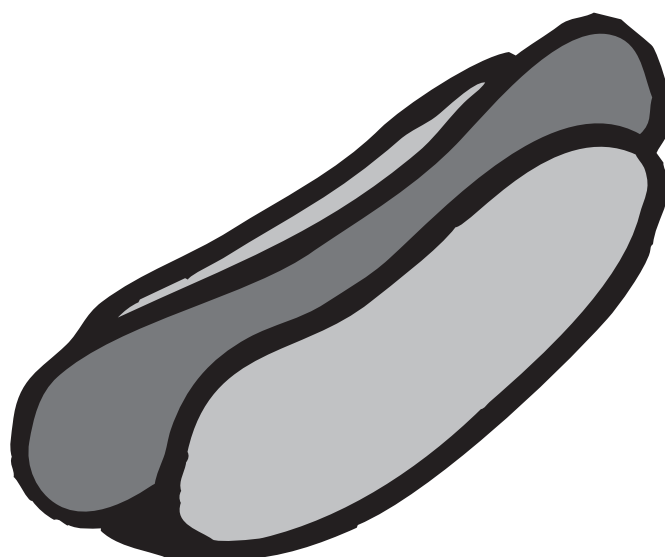
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Beef



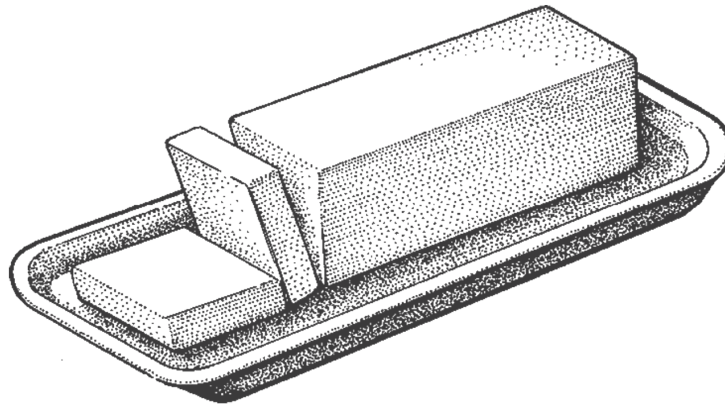
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).
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Hot dog



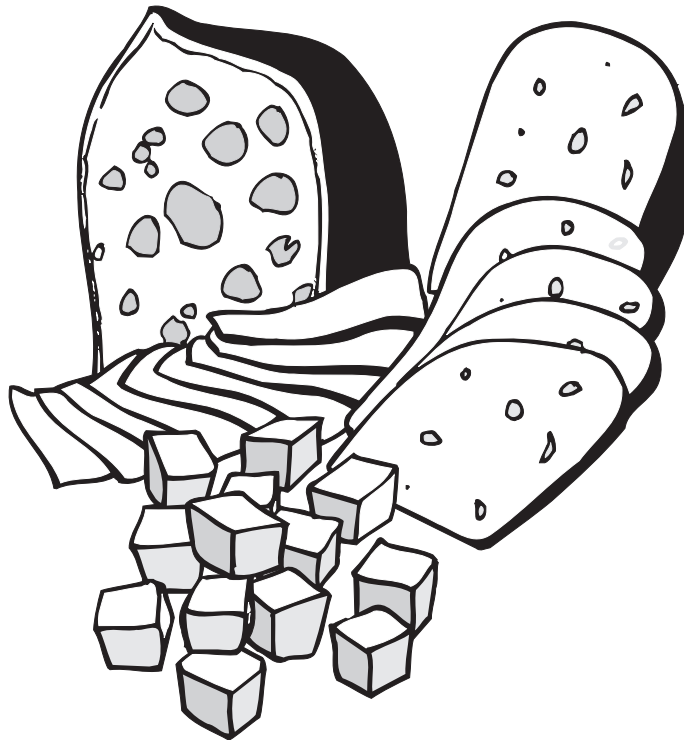
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).
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Butter



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Cheese



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Whole milk



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Fish



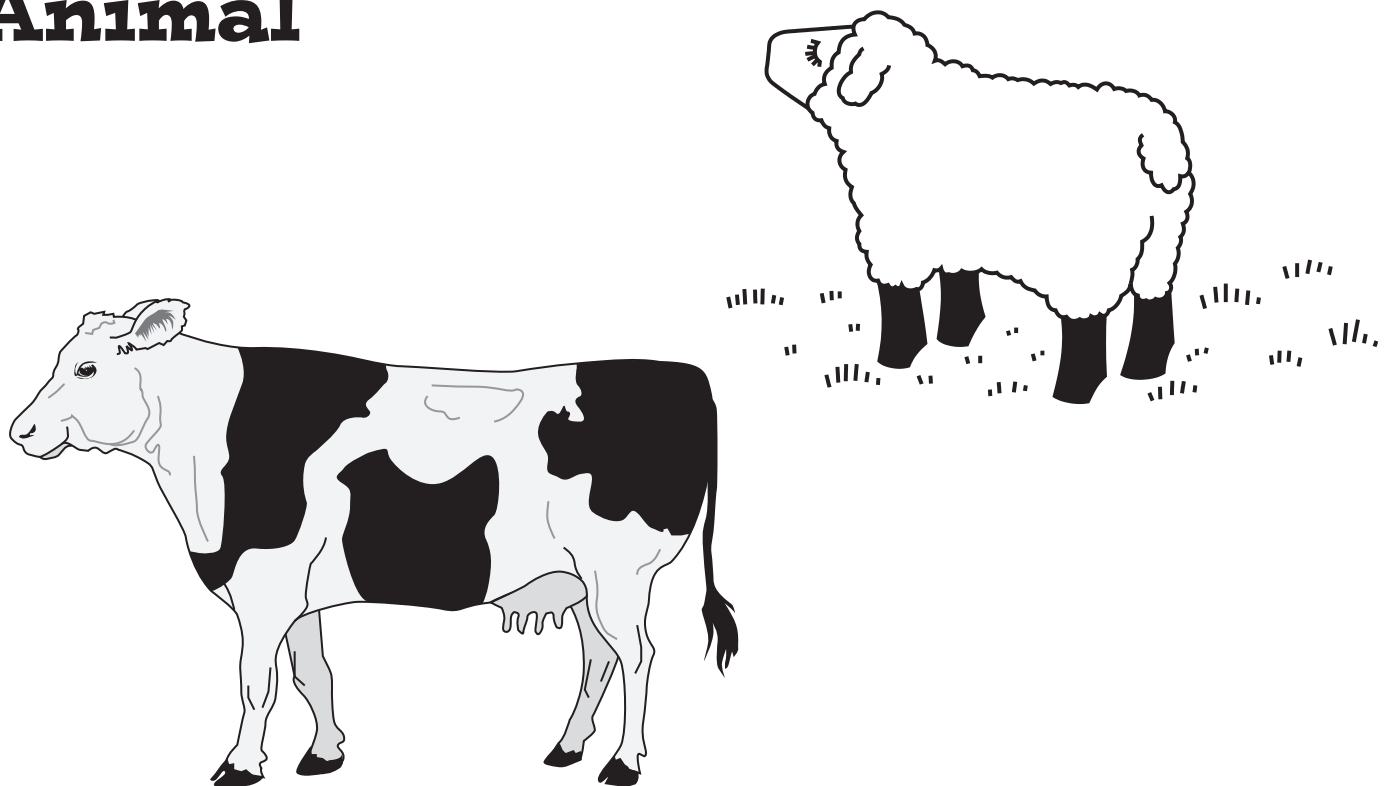
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Plant



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Animal



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