

Miles



Snack in
a Sack
Miles

by _____





Fruits and vegetables

Milk and meat,

Bread and cereal

Are good to eat.

Good nutrition

Every day

Keeps you healthy

As you work and play.





Mills

Cheese melts.

1

2

4

Miles

Hamburger sizzles.

2

4

Miles

Lettuce crunches.

3

4

Milk

juice cinchona

Bread bakes.