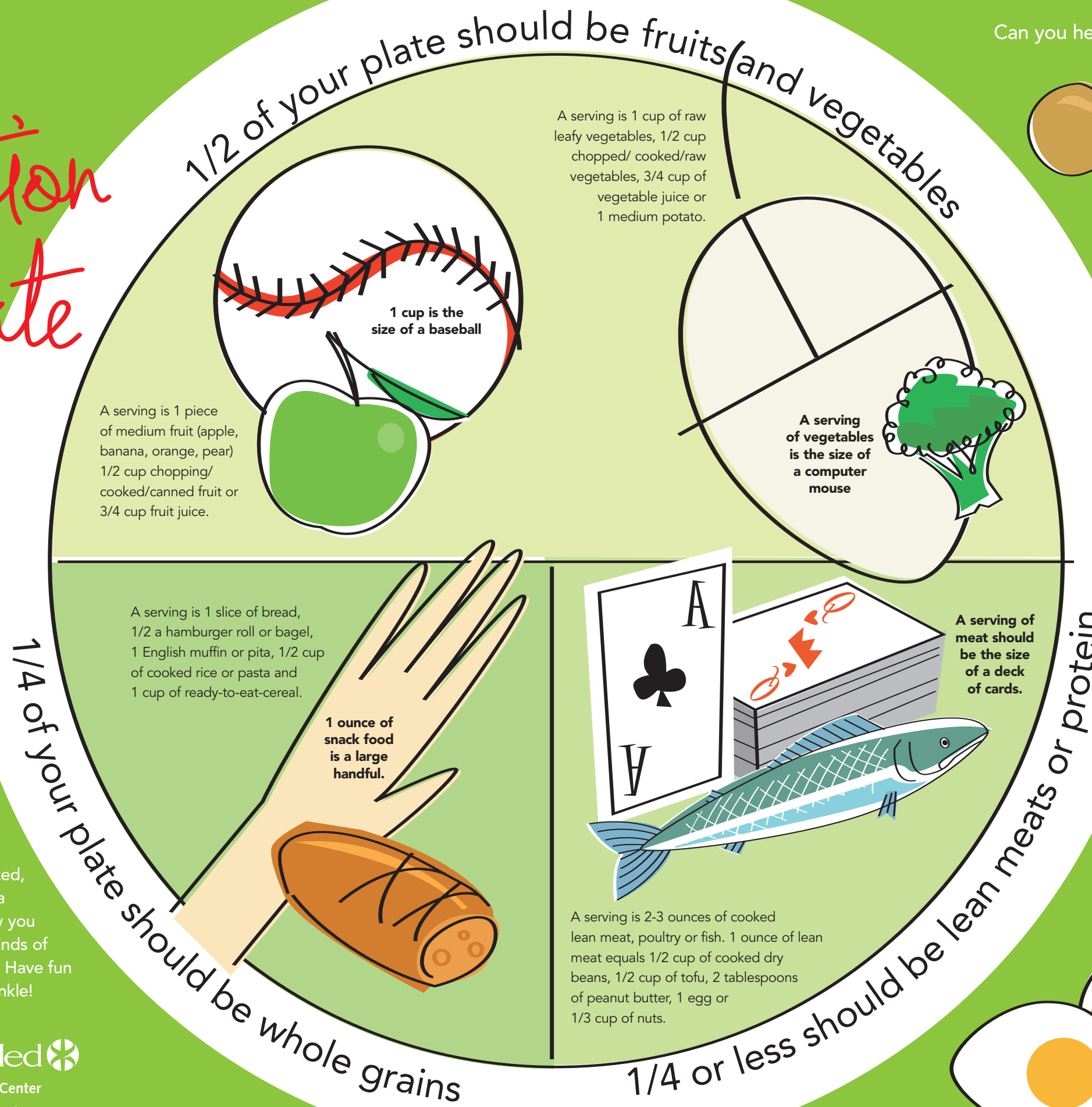


The portion plate

Food For Thought

Can you help Twinkle name these fruits and vegetables?



Did you know that you can eat better and stay healthier by comparing the size of your portions to every day items like a baseball, a deck of cards or a computer mouse?

To help you get started, Twinkle has created a special plate to show you how much of what kinds of food you should eat. Have fun eating right with Twinkle!