

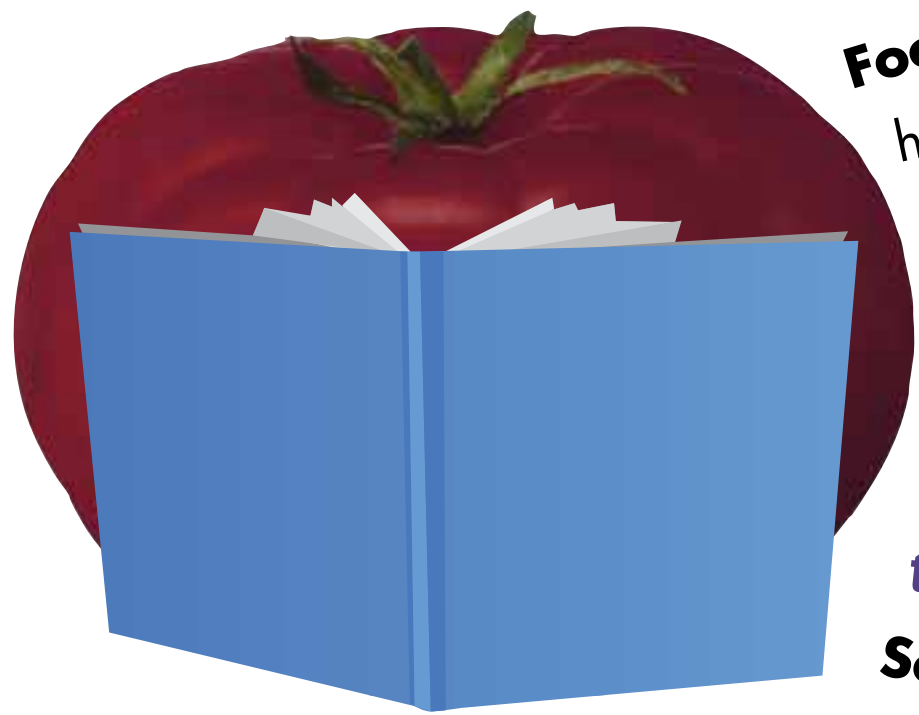


Geronimo Stilton
presents:

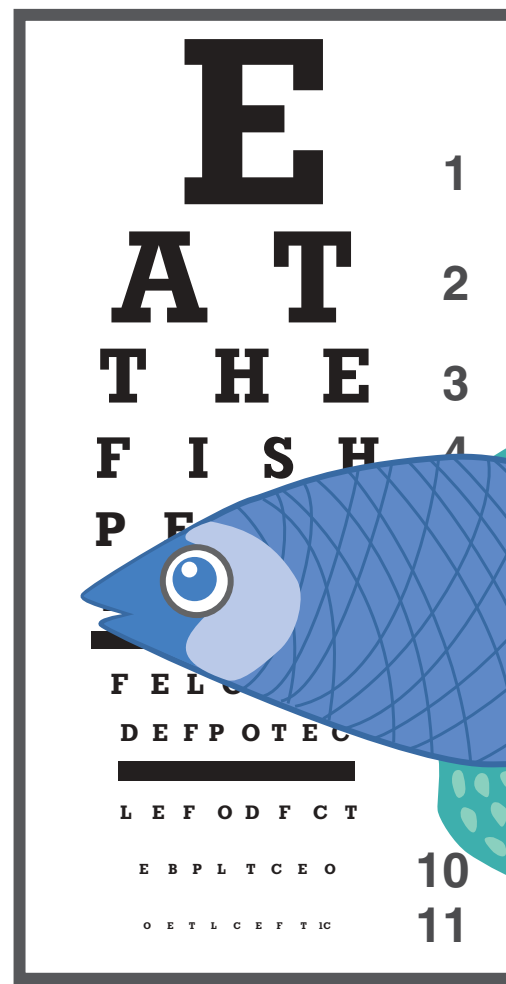
Can Your Food Do That?

“Do what?” you might say. Foods have the power to **PERFORM** for you.

Different foods contain vitamins and minerals that make all the difference in how you **grow**. Look around this poster for some **healthy foods** that help you do the things you like to do best!



Food Fact: TOMATOES have Vitamin C. Vitamin C helps your body fight disease and promotes **good** general health—which can help you do just about anything, including **thinking, reading, and learning!** So eat up and ace your **next test!**



Food Fact: FISH has fatty acids. Fatty acids, such as Omega-3 oils, help keep cells, nerves, and eyes **healthy**. So get your body **healthy and eat some FISH!**



Food Fact: CARROTS have Vitamin A. Vitamin A can help keep your **EYES HEALTHY**—and help them to adjust to dim light. **And HEALTHY EYES** could come in handy for your next game of **hide-and-seek!**

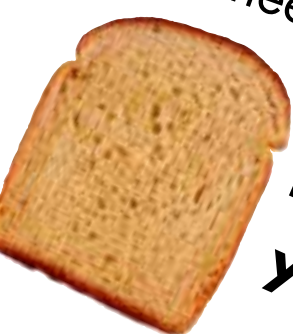


Food Fact: MILK has calcium. Calcium keeps your **bones and teeth** healthy—which helps you stay **strong!**

Think of **MILK** the next time you practice your **karate moves!**



Food Fact: WHOLE GRAINS have **complex** carbs (carbohydrates).



Carbohydrates supply **ENERGY**, which your body needs for everything—including helping you to **JUMP!**



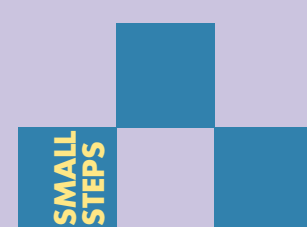
Extra!
Extra!



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Together, Geronimo,* Thea,* and Benjamin* are getting the news out that physical fitness and healthy nutrition can help you perform better in everything you do! Get the scoop about what your food can do for you at



www.smallstep.gov

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*Geronimo Stilton is the editor of The Rodent's Gazette. Theo Stilton is Geronimo's sister, and special correspondent at The Rodent's Gazette. Benjamin Stilton is Geronimo's favorite nephew, and is nine years old.