



**Mama Kanga
and Baby Joey
Eat Smart**

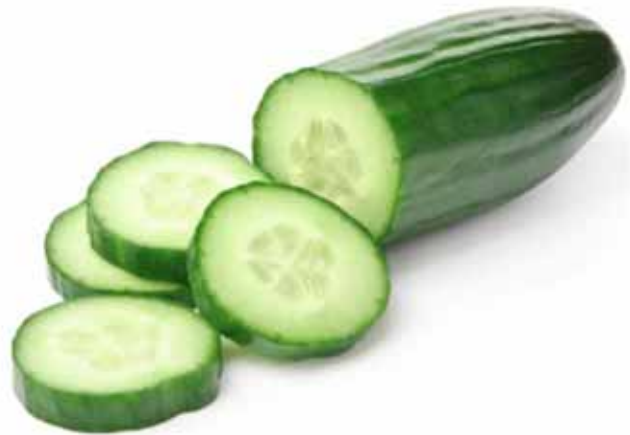
Mamma Kanga wants to keep Baby Joey healthy by eating smart. She says it's as easy as ABC.

Apple



Bananas

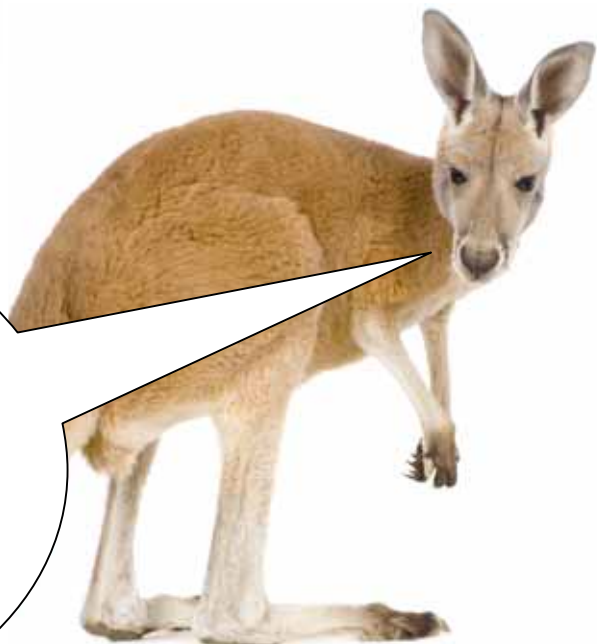
Cucumber



Dragon Fruit

It grows in
Mexico and
China.

Mama Kanga
feeds me good
food so I stay
healthy.



Eggs



Fish



Grapes



Hamburger



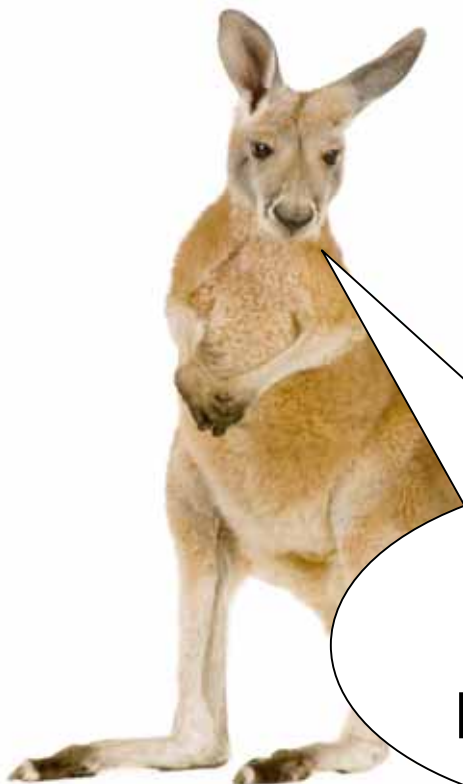


Ice Cream

It's a sometimes food.

Juice

Orange is best.
But not too much.



What's your
favorite
healthy food?



Kale

Lentils



Milk

Noodles





Orange

Pear



Queso

It's a Spanish
word for cheese.

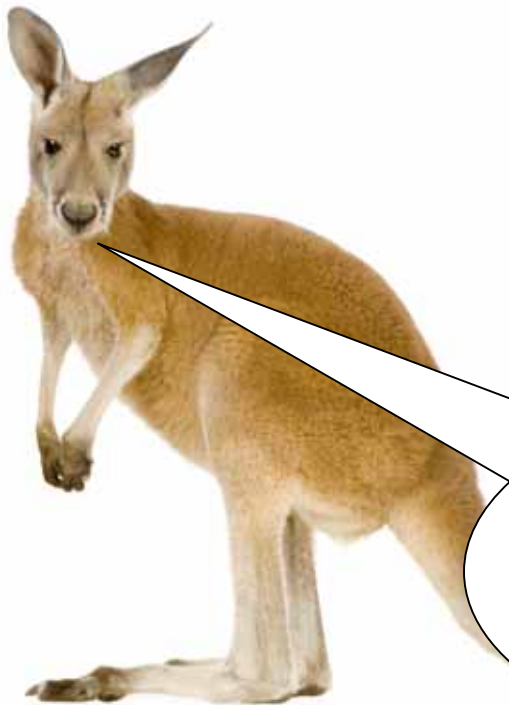
Raspberries





Squash

Tomatoes



I like healthy
food.
Do you?



Uglifruit

Vieiras

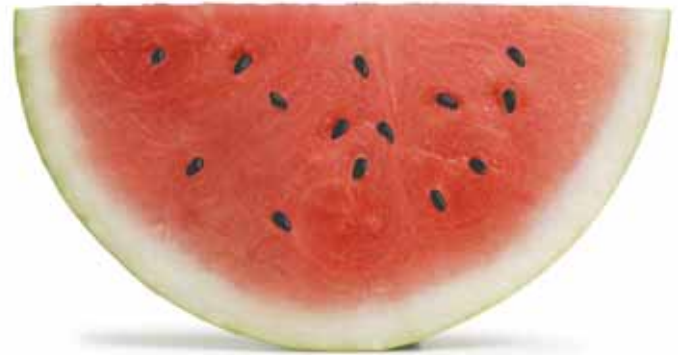
It's a Spanish word for scallops.



Water

Xigua

It's a Chinese word for watermelon.



Yogurt

Zucchini





**Healthy
food is
yummy!**

Leo C, Lowe E. *Mama Kanga and Baby Joey eat smart*. In Lowe E; National Maternal and Child Oral Health Resource Center; Maryland Department of Health and Mental Hygiene, Office of Oral Health; Head Start Oral Health Workgroup. 2012. *Oral Health for Maryland's Kids: A Head Start Teachers Guide for Creating Healthy Smiles*. Washington, DC: National Maternal and Child Oral Health Resource Center.

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