








The Flying Pig Kids Marathon Nutrition Challenge



Fruits, vegetables, and dairy are good for our bodies. They have important vitamins and minerals that help our body grow, help us complete 26.2 miles, and perform well in school. Fill in the blanks to learn more about the important roles of fruits, vegetables, and milk.



Many vegetables like  _____ and  _____ have Vitamin A. Vitamin A

is important for  _____ and to help you  _____

when you're hurt. Some fruits like  _____ have carbohydrates. Carbohydrates

provide our  _____ and  _____ with the energy needed to

perform well while  _____ and to think clearly in  _____.

 _____ has calcium, a mineral that keeps  _____ strong.