

# Celebration Foods

- Circle YES for the foods that are good choices for you.
- Circle NO for the foods that are not good choices. What food could you eat instead of the NO food?
- Circle MAYBE for the foods that might be good choices...if you knew more about them. Write down the questions you would ask to find out more.



**Bread**

YES NO MAYBE

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**Salad**

YES NO MAYBE

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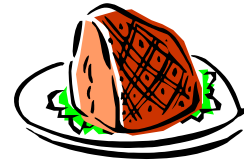


**Soup**

YES NO MAYBE

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**Ham**

YES NO MAYBE

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**Nuts**

YES NO MAYBE

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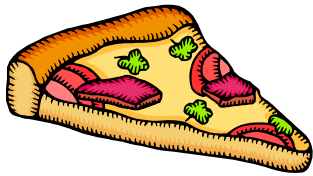


**Popcorn**

YES NO MAYBE

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**Pizza**

YES NO MAYBE

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**Cupcake**

YES NO MAYBE

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**Candy**

YES NO MAYBE

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**Jello Mold**

YES NO MAYBE

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**Pie**

YES NO MAYBE

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**Turkey**

YES NO MAYBE

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