

Guide to Good Food

Chapter 6 Safeguarding the Family's Health

Tools:

- **Printer (color optional)**
- **4 sheets of 8.5" x 11" paper**
- **Scissors**

Directions:

1. **Print**
2. **Fold paper in half vertically**
3. **Cut along dashed lines**

Guide To Good Food Chapter 6

David Baud



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