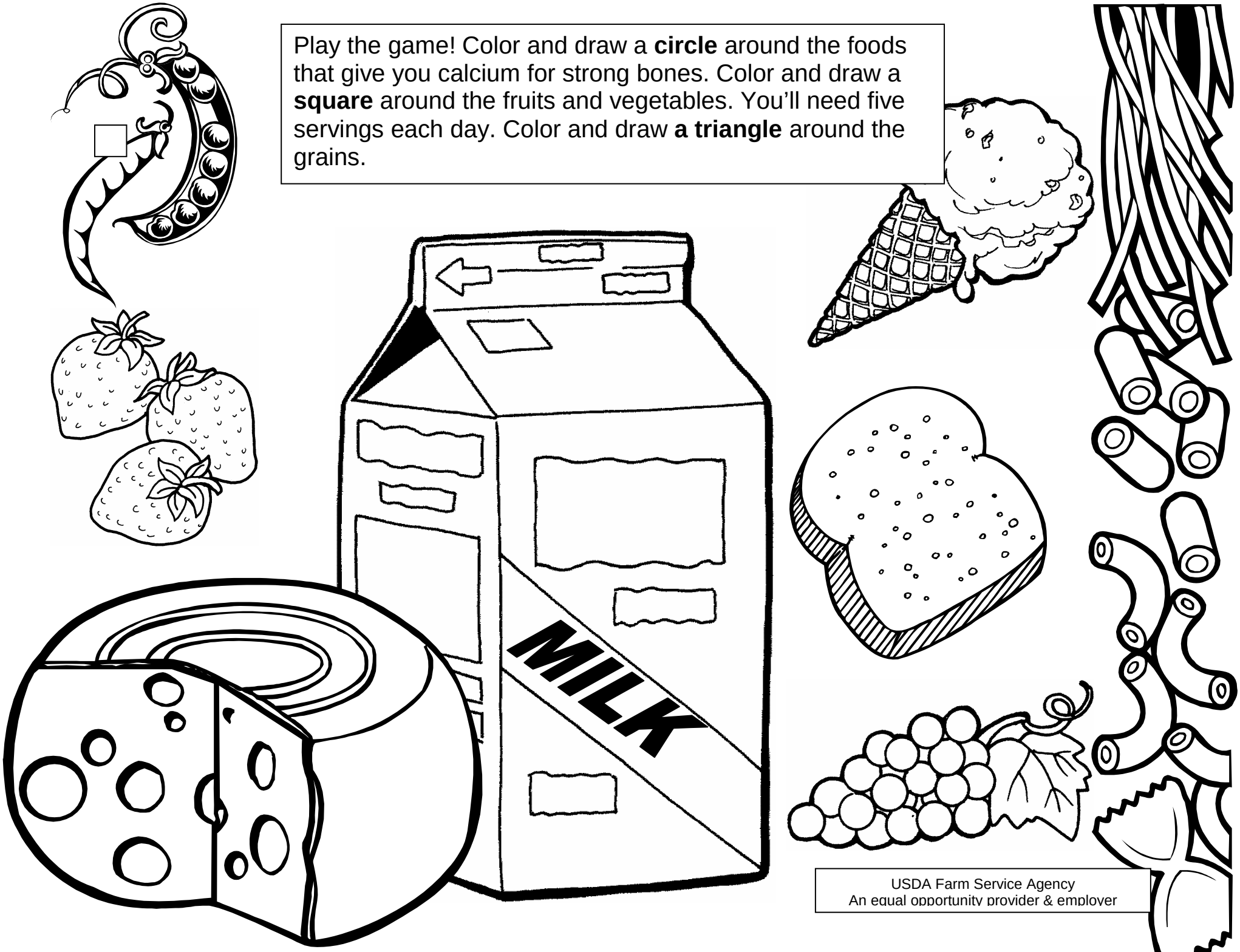
Play the game! Color and draw a **circle** around the foods that give you calcium for strong bones. Color and draw a **square** around the fruits and vegetables. You'll need five servings each day. Color and draw **a triangle** around the grains.



USDA Farm Service Agency
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