

# Wellness

## CAMPUS

### MODULE 2 GLOW FOODS



# GLOW FOODS

Glow foods contain many **vitamins** and **minerals** that our bodies need to make our skin, eyes and hair healthy.

These vitamins and minerals also help our bodies to prevent sickness, like colds and cough.



# GLOW FOODS

We should make our plate as colorful as possible by eating many different colors of fruits and vegetables.

The more colors we have on our plate, the more vitamins and minerals we get.



## GLOW FOODS

**RED** fruits and  
vegetables  
are good for the  
heart.



## GLOW FOODS

**YELLOW and ORANGE**  
fruits help prevent  
sickness.



## GLOW FOODS

**YELLOW and ORANGE**  
vegetables give us  
healthy skin and good  
eyesight.



## GLOW FOODS

**GREEN** vegetables  
help keep us alert.



## GLOW FOODS

**PURPLE and BLUE fruits  
and vegetables  
also help prevent sickness.**

