

## ***Guide to Good Food***

### ***Chapter 6 Safeguarding the Family's Health***

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- **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

**Kathleen Armour**



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