

S.E.E. *your* FOOD

Taste

Hear

Touch

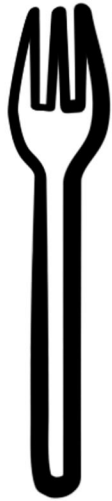
HEAD

use your Senses

Smell

See

Sense Explore Experience

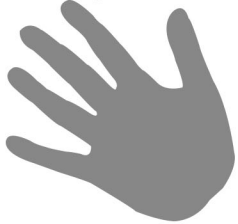


HEART

reflect on how you feel

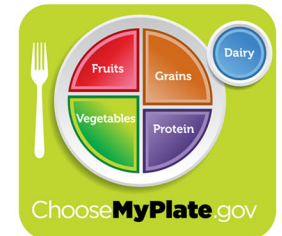
HANDS

give thanks



HEALTH

use myplate as your guide



University of California
Agriculture and Natural Resources

4-H Youth Development Program