

WIN Kids Lesson • WIN the Rockies • www.uwyo.edu/winterrockies  
• Dept. 4238, 1000 E. University Ave. • University of Wyoming  
Laramie, WY 82071-4238. Supported by award 000499 through  
IFAFS (Initiative for Future Agriculture and Food Systems)  
Competitive Grants Program/USDA.



enjoy healthful & pleasurable eating



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cut

fold

\_\_\_\_\_ 's Fiber Fill-Up  
Name

A high-fiber food I enjoy eating is:

\_\_\_\_\_

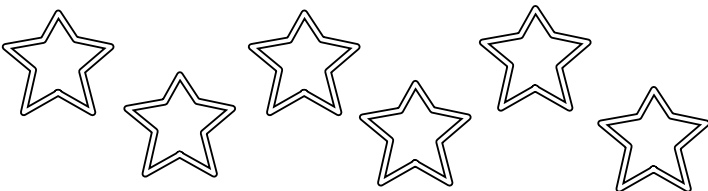
Ways I can get this food: (example - using pinto beans -- choose chili at school lunch, help make bean salad at home)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fill in a star each time you eat this food!



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Name

A high-fiber food I enjoy eating is:

\_\_\_\_\_

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