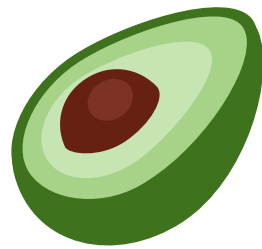


MODULE 6

my THRIVING TEMPLE



LESSON 3 WORKSHEET

SERENE FOODS

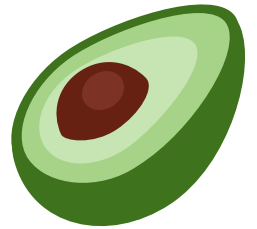
The fuel we ingest into our temple determines how it will function

1. List 3 foods that contain fatty acids

a. -----

b.-----

c.-----



2 All carbs are good for you.

a. True

b. Falsew

3. What foods should you minimize even if it is healthy?

a-----

b-----

