

Be a PAL[®] Activity Sheet

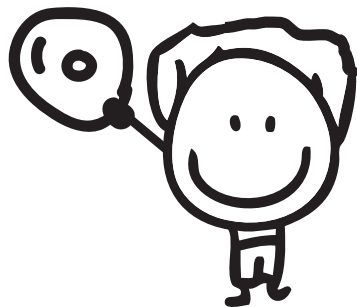
The Different Ways that People Eat

There are almost as many ways that people eat food as there are people in the world! Because every person is one-of-a-kind, our bodies sometimes need special things to keep us healthy.

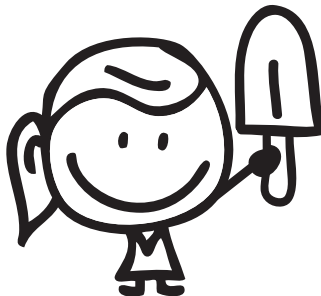
- Some people eat a certain way because of their **religion**.
- Some people eat a certain way because of their **beliefs**.
- Some people eat a certain way because of their **ethnic traditions**.
- Some people eat a certain way because of **where they grew up**.
- **Some people must avoid certain foods because they are allergic and certain foods can make them very sick.**

Thankfully, there are millions of different foods available, so we can take care of ourselves by eating only foods that keep us healthy and happy!

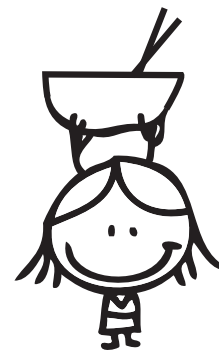
So the next time that you see someone with different foods on their plate, remember that what you eat is only part of who you are. It's okay to be different!



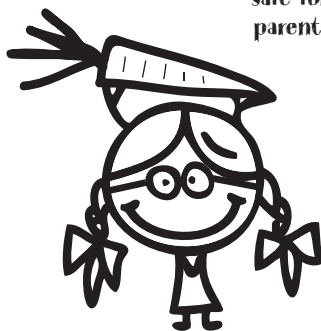
I follow a Kosher diet!



I have food allergies, but lots of treats are safe for me to eat. I just make sure my parents read the label and say it's okay!



I eat with chopsticks!



We don't eat meat at my house!



Mi abuela makes the best tacos!

**Save this handout so you won't forget how to Be A PAL[®],
and Protect A Life From Food Allergies!**



foodallergy.org

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