"Did you know there are 'everyday' snacks and 'sometimes' snacks?" *—Mr. Eagle*

Coyote tries to talk the children into eating anything they want when they are hungry. He tempts them with cookies, soda pop and chips. Mr. Eagle warns the children not to be tricked into choosing unhealthy foods and drinks. He describes healthy foods as "everyday foods," and sugary treats as "sometimes foods." Mr. Eagle tells Coyote not to try to trick the children again.

MAKE WISE CHOICES

Tricksters, such as Coyote, are traditional characters that teach important lessons through their jokes and pranks. In this story, Coyote is like the TV commercial that tries to tempt us into buying unhealthy snacks and sugary cereals. Some "coyote" commercials even make false claims that these unhealthy foods are good for us. Next time you choose a snack, remember Coyote's sneaky grin and don't be fooled by "tricky treats."

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