

# Healthy Pace for Eating

*If I eat too fast, I might get a stomachache, cough, or choke. That is not healthy!*



*If I eat slowly, I can enjoy my food and be healthy!*



*To enjoy my food and be healthy, I can:*

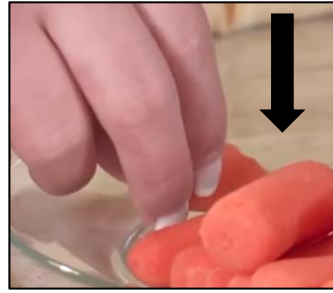
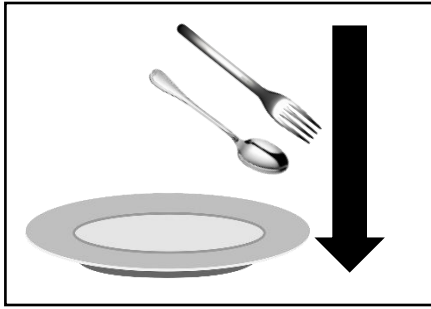
**Take a bite**



**Chew food into small pieces and swallow**



**Put fork, spoon, or food down**



**Take a drink and put my glass down**



**Pause and keep eating**



**I can enjoy my food and be healthy!**