

FUEL UP TO Play60

Clues Across

- Number of nutrients low-fat and fat-free milk provide.
- This popular category in the grains food group helps supply the energy we need to play, learn, sleep and helps keep our bodies running 24-7.
- This, found in the vegetable group, helps us see in the dark and helps keep our skin healthy.
- The fruit group provides this, which helps your body heal cuts and bruises and fight infections.

Clues Down

- Use this to find creative ways to get a healthy breakfast.
- Found in milk, this can help keep bones strong and bodies happy.
- Ride this to school. It's a great way to help get your daily 60 minutes of physical activity.
- Maintaining this means energy in (the foods and beverages you consume) equals energy out (how much you move).
- Fresh, frozen, canned or dried — any way you slice 'em, these are a great nutritious choice.

Fuel Up Tips

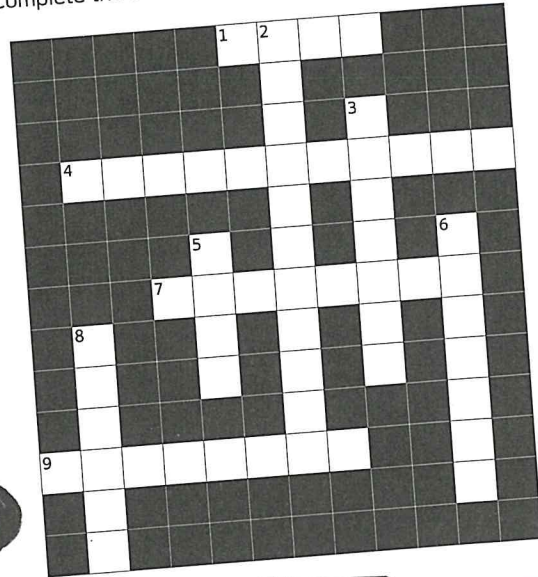
Flavored milks, such as chocolate, vanilla and strawberry, contain the same nutritional benefits as white milk!

Parfaits are the coolest dairy treats going! Layer toppings like whole grain cereals, fruits, and nuts with any low-fat yogurt to create a nutritious heap of fun!

Cheese is a great way to power up with protein, and a perfect on-the-go snack. Combine it with fruits, veggies, whole grains, nuts or lean meats!

Crossword Craze

Think you know what it takes to keep your body happy? Complete the crossword puzzle to prove it!



Crack the Code

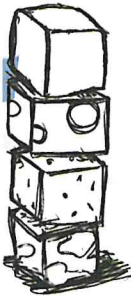
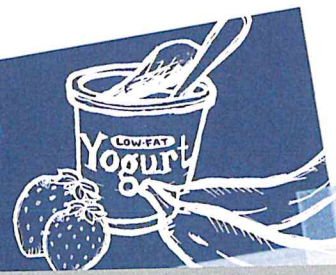
- Milk has nine essential _____.
- Eat more low-fat and fat free dairy foods, _____ and whole grains.
- Get _____ of physical activity a day.
- Get your _____ rich _____.
- Daily exercise can improve your _____.

Code

A	D	H	L	P	T	X
B	E	I	M	Q	U	Y
C	F	J	N	R	V	Z
	G	K	O	S	W	

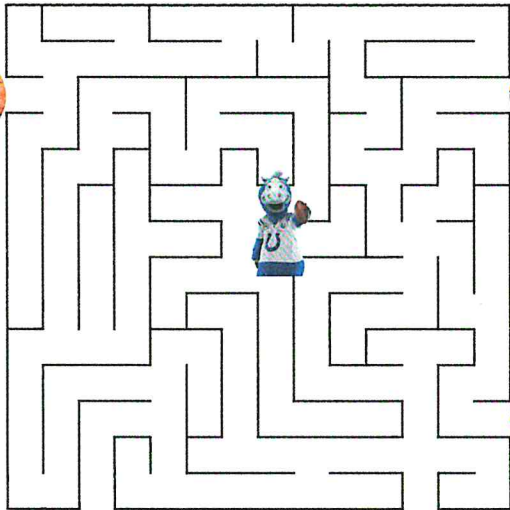
**Eat Healthy.
Get Active.**

To learn more about Fuel Up to Play 60, visit
FuelUpToPlay60.com



Twists & Turns

Help Blue Fuel Up To Play 60 by connecting him to each food group.



Grains

Eat 6 oz every day of foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain, at least half should be whole grain bread, crackers, rice, or pasta.*



Vegetables

Eat 2 1/2 cups every day.* Veggie juice counts too! Eat more dark green and orange veggies, dry beans and peas.



Fruits

Eat 1 1/2 cups every day.* Any fruit or 100% fruit juice counts! Fruits may be fresh, canned, frozen, dried, whole, cut-up, or pureed.



Meat & Beans

Enjoy 5 oz every day.* Foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group.



Milk

Enjoy 3 cups of low-fat or fat-free milk every day.* All fluid milk products and many foods made from milk are considered part of this food group.

*Based on an 1,800 calorie diet. Source: 2005 U.S. Dietary Guidelines for Americans

Keep It Moving!

Up, down, diagonal or backwards, your body can move in amazing ways! See if your mind do the same by finding all the hidden words.

DAIRY	RUNNING FUEL UP CALCIUM	WHOLE GRAINS SIXTY MINUTES VITAMIN C	SELF-ESTEEM VEGETABLES FRUITS									
S	J	B	F	K	T	U	N	C	C	V	H	Z
T	S	M	R	V	W	W	R	Y	R	I	A	D
S	E	U	U	R	I	H	Z	Z	U	S	T	S
I	L	I	I	G	N	T	T	D	E	I	M	N
M	F	C	T	U	L	G	A	L	R	P	P	I
G	E	L	S	O	J	R	B	M	L	R	W	A
B	S	A	N	Q	H	A	W	M	I	Q	E	R
X	T	C	D	G	T	G	W	G	Q	N	Z	G
I	E	F	U	E	L	U	P	H	N	K	C	E
W	E	U	G	U	G	N	I	N	N	U	R	L
A	M	E	U	B	J	K	N	L	E	P	X	O
Y	V	P	X	Z	I	T	J	O	P	J	A	H
S	I	X	T	Y	M	I	N	U	T	E	S	W

Fuel Up with nutrient-rich foods, such as low-fat and fat-free dairy, fruits, vegetables, and whole grains. Yogurt parfaits, 1% chocolate milk, and salads are just a few examples of nutrient-rich foods.



True or False

1. Farmers can milk over 100 cows per hour.
2. Carbohydrates help you build muscle and repair body tissue.
3. When fortified, a glass of milk provides an excellent amount of Vitamin D.
4. Vitamin A, found in fruits, helps fight infections.
5. Milk is homogenized to destroy certain microorganisms without radically altering the quality or taste.
6. You can break up your 60 minutes of physical activity into smaller periods.
7. Asking for "more cheese, please!" has been known to help keep your teeth healthy.



Answers

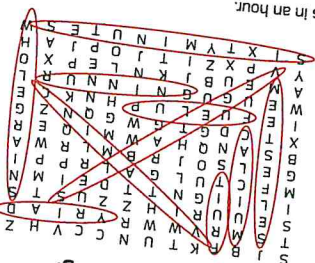
- 1 True. Try doing that many math problems in an hour.
- 2 False. Proteins help you build muscle and repair body tissue and carbohydrates give you energy.
- 3 True. FYI: fortified means, "to strengthen," so that works out nicely.
- 4 False. Vitamin C in fruit helps fight infections and vitamin A helps you see and your skin stay healthy.
- 5 False. Pasteurization is the process mentioned of cream from forming at the top of the milk. Smooth and tasty!
- 6 True. Breaking up your activity can make it easier for you to get your 60 minutes of physical activity in, plus it is just as beneficial as doing it all at one time.
- 7 True. Cheese or the dentist? Hmm, gladly choose low-fat or fat-free cheese.

True or False

- 1 nine 2 imagination 3 calcium
- 4 whole grains 5 bike 6 balance
- 7 vitamin A 8 fruits 9 vitamin C

Crack the Code

- 1 nutrients 2 fruits, vegetables
- 3 sixty minutes 4 calcium, foods
- 5 self-image



Keep It Moving!

Beat boredom by finding new ways to stay active. Try something adventurous like hiking or rock climbing, or something calming like yoga or tai chi.



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