Fuel Up to Play 60

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!

Clues Across
1. Number of nutrients low-fat and fat-free milk provide.
4. 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.
7. This, found in the vegetable group, helps us see in the dark and helps keep our skin healthy.
9. The fruit group provides this, which helps your body heal cuts and bruises and fight infections.

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

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

Crack the Code

1. Milk has thirteen essential __________.
2. Eat more low-fat and fat-free dairy foods, __________ and whole grains.
3. Get __________ of physical activity a day.
4. Get your __________ rich __________.
5. Daily exercise can improve your __________.

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

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.

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.

Calcium

Calcium is important in growing healthy bones and teeth. It usually occurs in milk, meat, legumes, and green leafy vegetables.

Beans

Beans are part of this group. Dry beans and peas are part of this group as well as the vegetable group.

Vegetables

Eat more dark green and orange vegetables, dry beans and peas.

Fruits

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

Calcium

Calcium is important in growing healthy bones and teeth. It usually occurs in milk, meat, legumes, and green leafy vegetables.

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.*

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.

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.

Calcium

Calcium is important in growing healthy bones and teeth. It usually occurs in milk, meat, legumes, and green leafy vegetables.

Beans

Beans are part of this group. Dry beans and peas are part of this group as well as the vegetable group.

Vegetables

Eat more dark green and orange vegetables, dry beans and peas.

Fruits

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

Calcium

Calcium is important in growing healthy bones and teeth. It usually occurs in milk, meat, legumes, and green leafy vegetables.

Twists & Turns

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

Keep It Moving!

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

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.

Keep It Moving!

Answers


Tips: Don't get too hung up on the numbers or crossing words. Sometimes it's the words themselves that are the clues. Keep it fun and creative. Try something adventurous like hiking or rock climbing, or something calming like yoga or tai chi.

2016 © Fuel Up is a service mark of National Dairy Council.