

- 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.

Fuel Up Tips

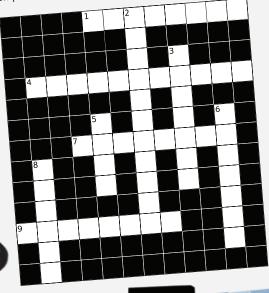
Flavored milks, such as chocolate, vanilla and strawberry, contain the same nutritional benefits as white milk!

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 Craziness

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



Crack the Code





and whole grains. 3. Get ______ of physical activity a day.



Code





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 iuice 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. SELF-ESTEEM

VEGETABLES

FRUITS

WHOLE GRAINS RUNNING SIXTY MINUTES **FUEL UP** DAIRY VITAMIN C CALCIUM

Η ٧ TUNC F W R R S Z D U C S Ε Ν G G G CU G U Ε W 11 M Ε Ζ γ H Μ Υ

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.

Answers

Hmmm, gladly choose low-fat or fat-free cheese. 7 True. Cheese or the dentist?

as doing it all at one time. easier for you to get your 60 minutes of physical activity in, plus its Just as beneficial 6 True. Breaking up your activity can make it

of cream from forming at the top of the milk. Smooth and tasty! Homogenization is actually a process to keep a layer **5** False. Pasteurization is the process mentioned.

vitamin A helps you see and your skin stay healthy 4 False. Vitamin C in fruit helps fight infections and

 ${f 3}$ True. FYI: fortified means, "to strengthen," so that works out nicely, body tissue and carbohydrates give you energy. 2 False. Proteins help you build muscle and repair

I True. Try doing that many math problems in an hour.

Keep It Moving!

True or False

agemi-ìlas **ट**

3 sixty minutes 4 calcium, foods I nutrients 2 fruits, vegetables

Crack the Code

O nimetiv **e** stiuit **8** A nimetiv **7** 4 whole grains **5** bike **6** balance 1 thirteen 2 imagination 3 calcium Crossword Craziness

True or False

Farmers can milk over 100 cows per hour.

Carbohydrates help you build muscle and repair body tissue.

When fortified, a glass of milk provides an excellent amount of Vitamin D.

_ Vitamin A, found in fruits, helps fight infections.

Milk is homogenized to destroy certain microorganisms without radically altering the quality or taste.

You can break up your 60 minutes of physical activity into smaller periods.

Asking for "more cheese, please!" has been known to help keep your teeth healthy.

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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