



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.

Fuel Up Tips

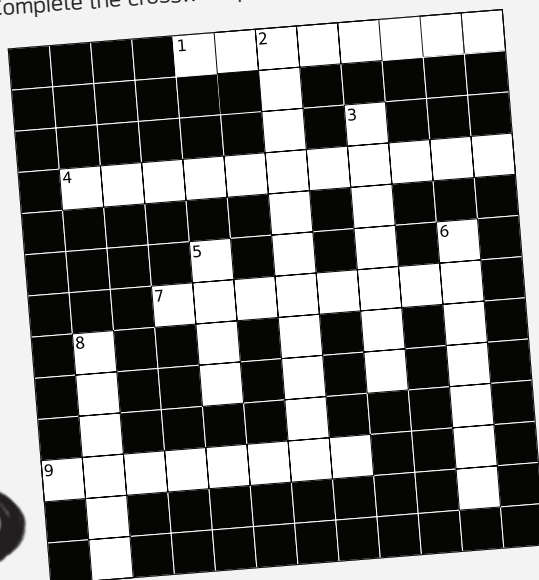
Flavored milks, such as chocolate, vanilla and strawberry, contain the same nutritional benefits as white milk!

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

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 _____.

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



