

Appendix C:

Messages and Supporting Content for Kids Ages 8-10 Years Old

Milk, Fruits, and Vegetables Messages and Supporting Activities for Kids!



These kid-friendly messages and activity sheets engage and motivate kids by appealing to their desires to have energy for play and sports. Use these resources to tap into kids' sense of fun and fantasy. Capture their attention and let them learn while having fun by encouraging kids to play the Track and Field Fuel Up Challenge Game (<http://www.fns.usda.gov/multimedia/games/trackandfield/index.html>) See communication tools for more information.

Messages for 8- to 10-Year-Old Kids

- 1 Eat smart to play hard. Drink milk at meals.
- 2 Fuel up with milk at meals. And soar through your day like a rocket ship.
- 3 Snack like a super hero. Power up with fruit and yogurt.
- 4 Eat smart to play hard. Eat fruits and veggies at meals and snacks.
- 5 Fuel up with fruits and veggies. And soar through your day like a rocket ship.



Fuel up with
milk at meals.

And soar through
your day like
a rocket ship.



Make fat-free or low-fat (1%) milk your rocket fuel.

Want to grow big and strong like an astronaut? You need milk to help build muscles and to provide fuel for your fun. Try these tips:

- Power up with breakfast. Drink a glass of low-fat milk with your food.
- Drink milk with snacks. Have a glass of low-fat milk at snacks to refuel your energy.
- Lunch, dinner, be a winner. Drink low-fat milk with meals.
- Play hard. Then renew your energy with a glass of low-fat milk.

FUEL FOR YOUR BRAIN

1: How many cups of milk per day does it take to fill your tank?

You can get the answer by solving these questions:

What's $1 + 1.5 =$ ___ ➔ That's how much you need if you are 8

What's $4 - 1 =$ ___ ➔ That's how much you need if you are 9 or 10

2: If you're looking for rocket fuel, what galaxy would you visit?

- a. Whirlpool Galaxy b. Milky Way Galaxy c. Bode's Galaxy d. Sculptor Galaxy

Milk gives you energy, so you can take off for the stars!

3: What kind of cheese has craters like the moon?

- a. Swiss Cheese b. Blue Cheese c. Macaroni & Cheese d. Sharp Cheese



Answers: 1. Two and 1/2 cups if you are 8 years old and three cups if you are 9 or 10. Make sure you fill your tank every day, so you have energy to fly to the moon! 2. Milky Way Galaxy; 3. Swiss Cheese

Eat smart to play hard.

Eat fruits and veggies at meals and snacks.

Fruits and veggies give you energy to help you be a champion when you run and play. Eat them every day at meals, snacks, or for dessert. Ask mom or dad to help you make this recipe and share it with your family and friends. Don't have or like pineapple? Be creative! Use whatever fruits you have at home.



"THE TRYING GAME"

Have you ever tried Amazing asparagus, Exciting eggplant, Peppy peppers, Spunky sweet potatoes, or Tangy mango? There are so many tasty fruits and vegetables, it's fun to see, touch, taste, and smell new ones you've never had before.

Use this chart to write about and draw the new fruits and vegetables you try. Can't think of any? Ask your family and friends to tell you their favorites and try some of those. You can even have a contest with your friends to see who is the Champion at trying new fruits and veggies.

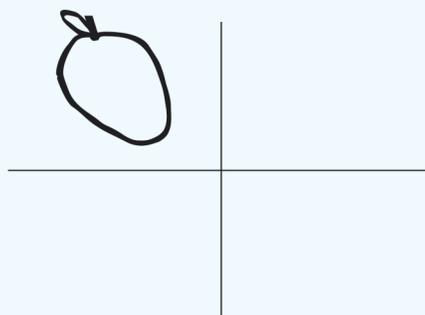
My new fruit or vegetable

How does it taste, smell, feel?

Draw a picture of it

mango

sweet



Champion's POWER Packed Snack—makes 4 servings

- 2 cups canned crushed pineapple packed in juice
- 1 cup fresh or frozen berries, thawed
- 1 firm medium banana, peeled and sliced

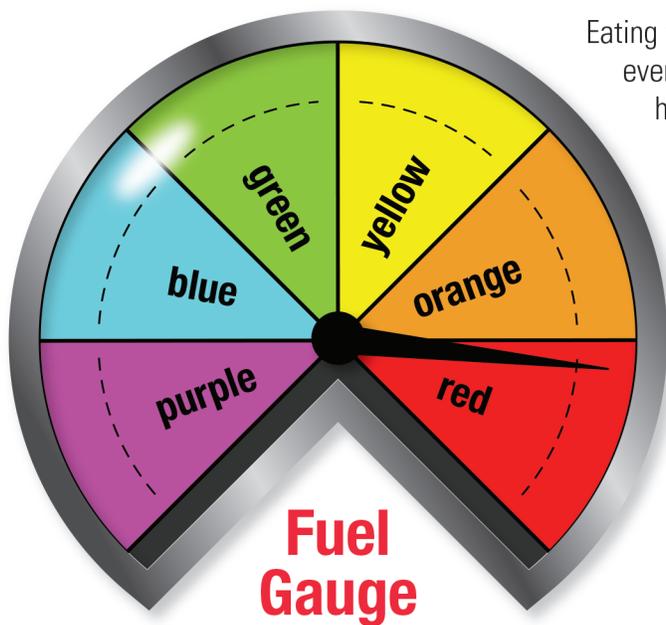
- 1 cup low-fat vanilla yogurt
- 1/3 cup raisins

Have fun putting a layer of pineapple, berries, yogurt, banana slices, and raisins into each of 4 glasses.

Fuel up with
fruits and veggies

And soar through
your day like a
rocket ship!

GET READY FOR LIFTOFF



Eating fruits and vegetables of every color in the rainbow can help give you the different vitamins and minerals you need to soar through your day.

Write the name of a fruit or veggie on the dotted lines in the fuel gauge that matches each color.



JOKES:

SuperKids love to laugh. Try these jokes with your friends.

Q: Why aren't bananas ever lonely?
A: Because they come in bunches.

Q: What fruit always travels in groups of two?
A: Pears

Q: What did the apple skin say to the apple?
A: I've got you covered.

Q: What does corn say when it's picked?
A: Ouch! My ears.

HA HA ROFL!
HA HA HA!

LOL!

Snack Like a super hero.

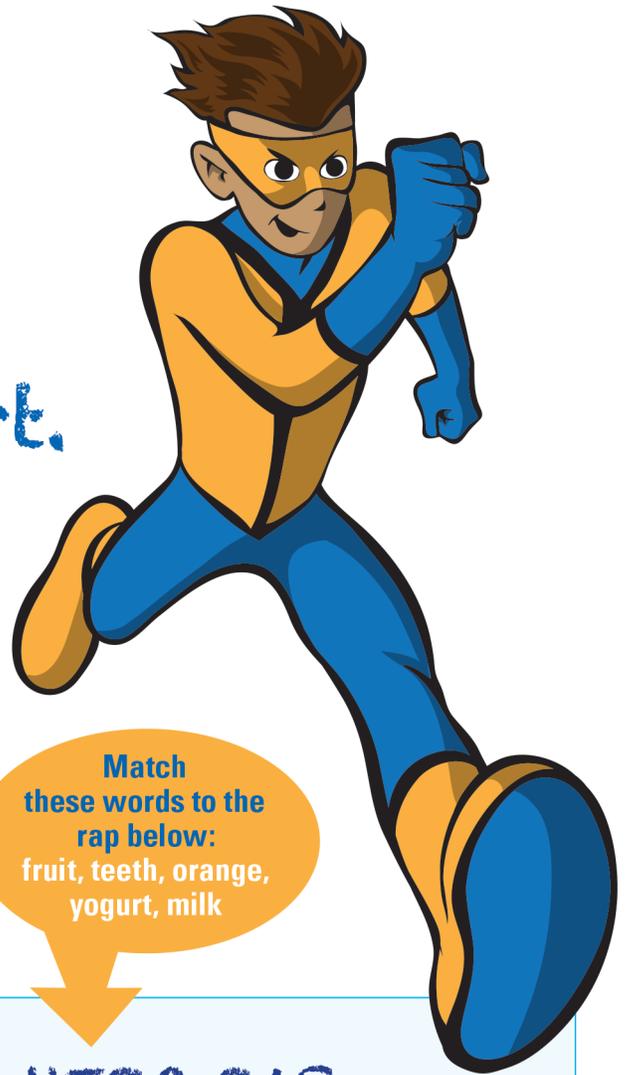
Power up with fruit and yogurt.

BE "SUPER" AT THE SUPERMARKET.

Help your family do the grocery shopping. Make your own list of the low-fat yogurt and other foods, like fruits, that keep Super Heroes strong. When you go to the store, say: "Guess what mom? I want to try something that's good for me." Or, "Believe it or not, I want to try a healthy snack." Then ask your Mom, Dad, or grandparent if you can pick out those foods yourself.

When you get home, ask if you can make your own Super Powerful Snacks, such as:

- **Muscle Popping Pops:** For a "cool snack," place your favorite fat-free or low-fat yogurt into an ice cube tray and freeze it. Grab a spoon and enjoy!
- **Super Smoothie:** In your favorite Super Hero glass, mix together plain low-fat yogurt with crushed fresh or frozen berries.



Match
these words to the
rap below:
fruit, teeth, orange,
yogurt, milk

HERO RAP

Now listen up and I'll be brief.

Calcium builds strong bones and _____.

Vitamin C helps scratches heal.

So grab an _____ and give it a peel.

For muscles to grow like you've never seen,

Drink low-fat _____ for its **protein**.

Mix low-fat yogurt with _____ to see

How sweet and tasty **Vitamin D** can be.

Eat fruits and low-fat _____ each day

For the Super Kid energy

To keep rappin' away!