

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.

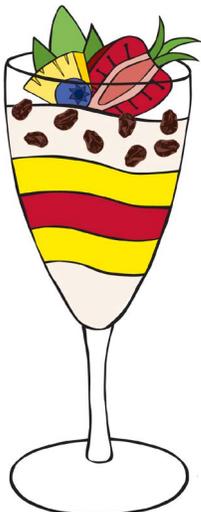
My new fruit or vegetable

mango

How does it taste, smell, feel?

sweet

Draw a picture of it



Champion's POWER Packed Snack (makes 4 servings)

2 cups canned crushed pineapple, packed in juice

1 firm medium banana, peeled and sliced

1 cup fresh or frozen berries, thawed

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 four glasses.