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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.

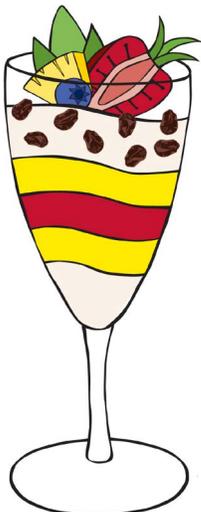
My new fruit or vegetable

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

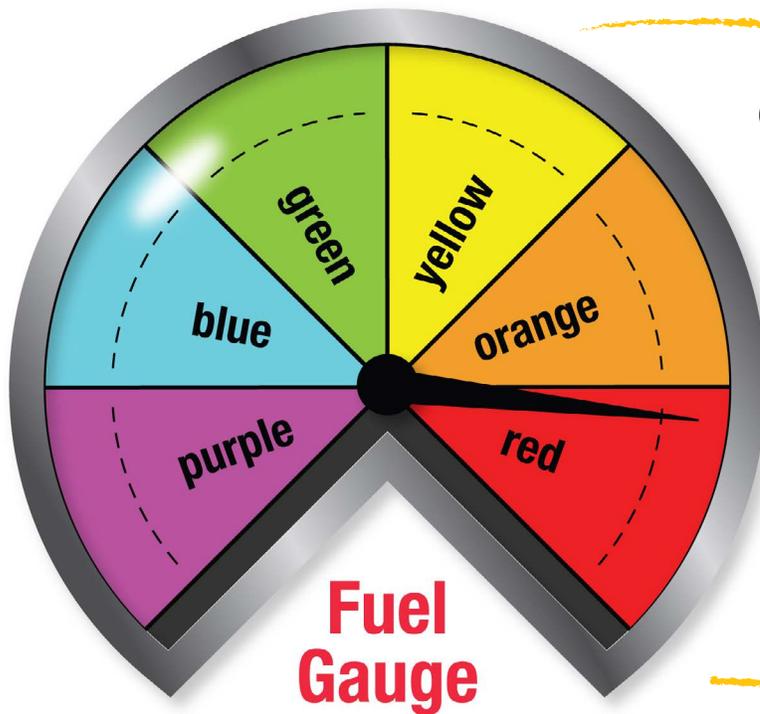
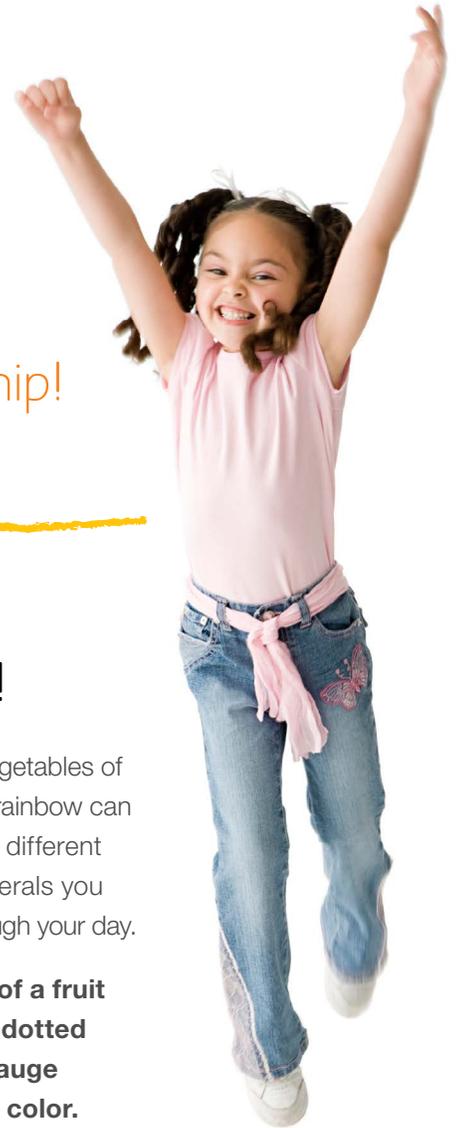
1 cup low-fat vanilla yogurt

1/3 cup raisins

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

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 did the apple skin say to the apple?

A: I've got you covered.

Q: What fruit always travels in groups of two?

A: Pears

Q: What does corn say when it's picked?

A: Ouch! My ears.

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 with 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



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

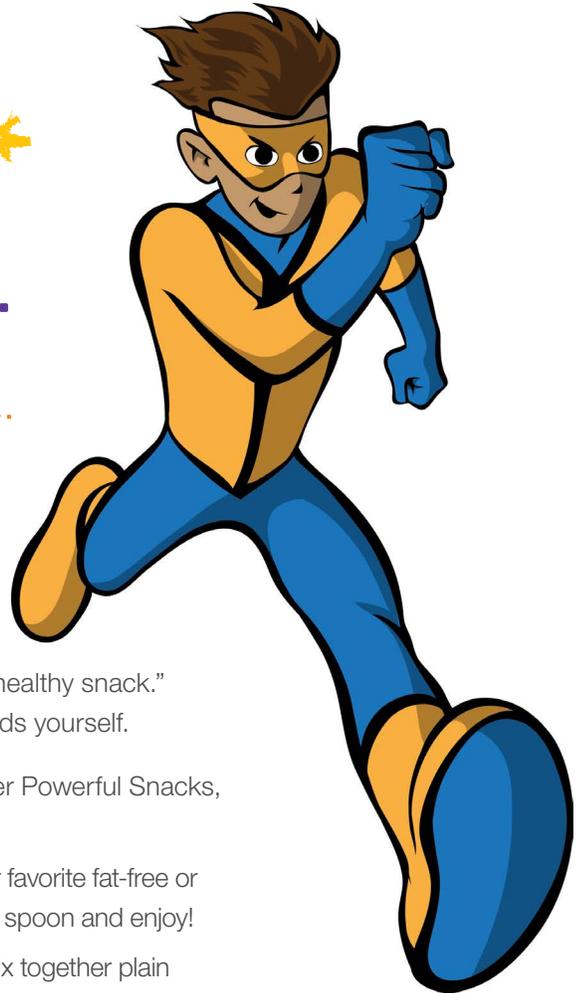
- a. Swiss Cheese b. Blue Cheese c. Macaroni & Cheese d. Sharp Cheese



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



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.

Hero Rap

Match these words to the rap below:



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.

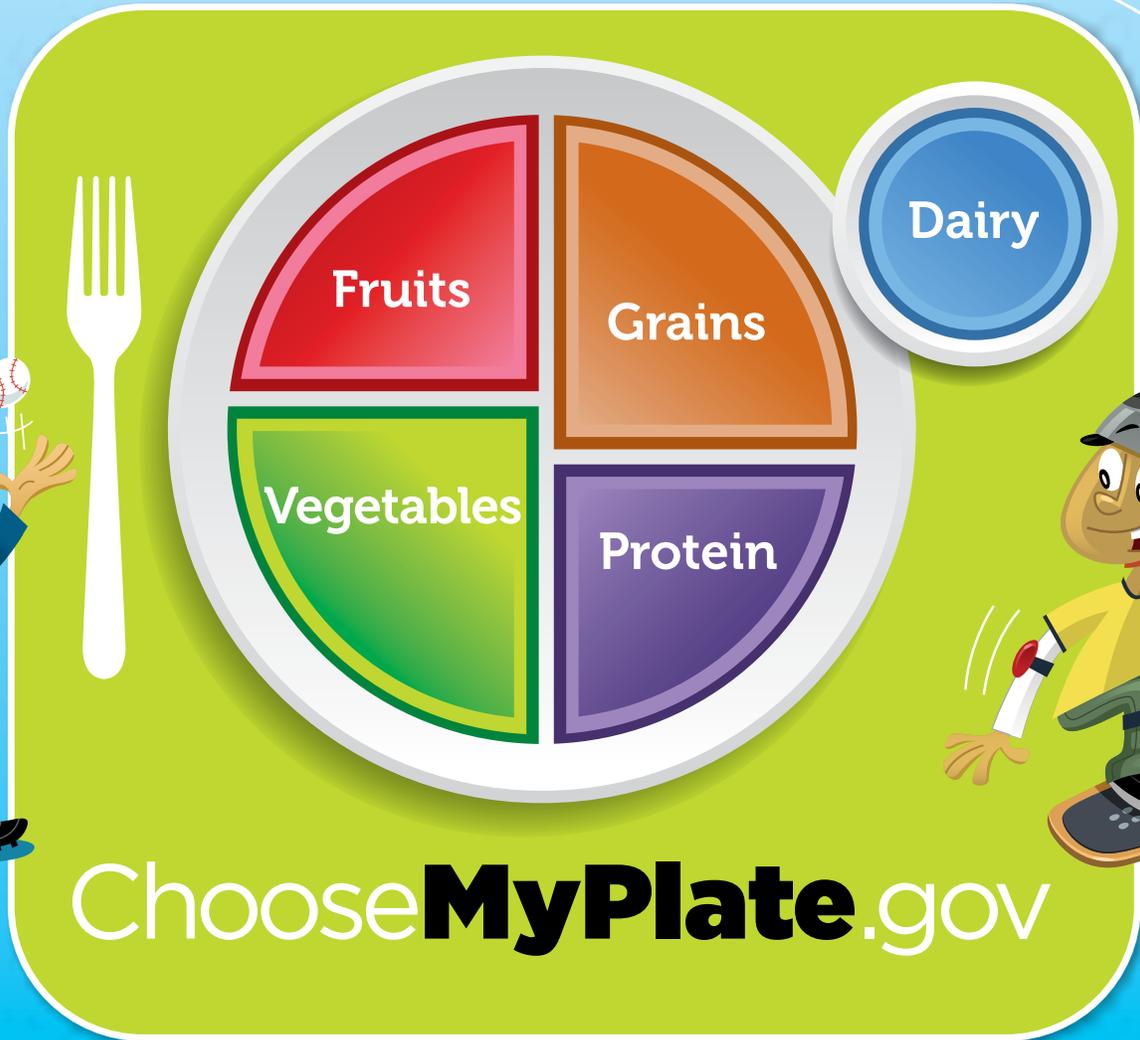
Eat fruits and low-fat _____ each day

For the Super Kid energy

To keep rappin' away!

Eat Smart To Play Hard

Use **MyPlate** to help you fuel up with foods from each food group.



Choose **MyPlate**.gov

Keep on Moving!

You need at least **60 minutes** of physical activity **each day**. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!



FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.



VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.



PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.



DAIRY Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



Know Your “Sometimes” Foods Look out for foods with added sugars or solid fats. They fill you up so that you don’t have room for the foods that help you eat smart and play hard.



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