



Eat Healthy & Be Active

Up, down or diagonal...search for the words in red below and you may discover eating right and being active isn't so hard after all!



D	S	P	I	N	A	C	H	F	V	A	Z	F	B	B	W	G	U	I	J
K	F	I	L	D	M	I	Y	J	O	E	S	I	F	L	E	R	R	R	B
F	I	A	V	I	W	T	O	M	A	T	O	S	I	S	U	I	I	U	F
J	O	D	N	P	A	H	H	A	T	O	B	H	L	E	T	A	A	G	A
Y	P	F	M	O	L	U	U	H	T	Z	F	F	U	U	E	A	E	A	E
I	I	B	I	K	K	L	A	C	R	M	I	H	A	I	J	E	I	E	U
V	J	A	L	E	T	A	T	I	I	U	E	I	S	R	P	B	U	R	R
E	U	I	K	H	H	D	C	A	A	E	A	A	E	Z	I	F	F	J	S
F	M	D	E	O	E	E	L	G	R	A	M	E	L	O	N	K	J	U	I
R	P	O	P	L	D	A	D	F	W	H	W	A	Z	E	E	L	K	M	E
U	R	I	O	K	O	D	J	E	B	A	E	S	R	O	A	A	A	P	W
N	O	M	N	N	G	F	K	I	Z	P	L	E	I	U	P	S	S	R	U
N	P	I	C	H	E	E	S	E	F	A	R	K	S	D	P	B	D	O	B
I	E	N	A	O	D	G	W	B	J	U	I	A	T	J	L	V	B	P	F
N	L	U	K	B	F	G	I	R	D	E	N	F	H	H	E	I	F	E	A
G	A	T	R	I	R	F	M	J	B	A	S	J	D	F	E	A	K	K	J
A	K	E	O	K	D	A	E	K	N	P	E	I	F	B	A	D	A	Z	K
K	J	S	T	E	F	D	F	A	F	H	J	A	J	A	U	I	O	S	D
S	D	A	A	S	A	I	B	D	I	L	F	S	I	I	W	W	B	G	B
D	G	O	D	W	O	O	E	B	U	E	L	D	L	O	E	E	E	D	F

Eating foods from each of the 5 food groups every day helps build a healthy you. These nutrient-rich foods fuel growing bodies, so check out the examples below and be sure to fuel up.

Eat Healthy

Milk

3 servings a day to keep you strong. One serving looks like:

- 1 cup (8 oz) of low-fat or fat-free **milk**
- 1 1/2 oz of natural low-fat or fat-free **cheese** (about one slice or 4 cubes)
- 1 cup (8 oz) of low-fat or fat-free yogurt

Fruit

3 servings a day to keep you moving. One serving looks like:

- 1/2 small apple
- 1/2 large **banana**
- 1/2 small wedge of **melon**

Vegetables

5 servings to keep you active. One serving looks like:

- 1/2 large **tomato**
- 1 cup raw **spinach**
- 1 medium carrot or 6 baby carrots

Grains

6 servings total but make sure to get 3 from WHOLE grains. One serving looks like:

- 1 slice whole-grain bread
- 1/2 cup cooked brown **rice**
- 1/2 cup cooked **oatmeal** (1 oz)

Meat and Beans

5 servings to keep you healthy. One serving looks like:

- 1 oz meat, turkey, chicken or **fish** (3 oz = deck of cards)
- 1 **egg**
- 1 T. peanut butter

Along with "fueling up," make sure to play at least 60 minutes every day. When you're active you feel better about yourself and have more energy; plus your heart, muscles and mind get a workout, too.

Be Active

- ⇒ Ride your **bike** to school - see if others want to start a ride-to-school club.
- ⇒ Go **running** or **walk the dog**.
- ⇒ Take a hike - if you don't live near trails, try **stairs** and listen to some great music while you climb them.
- ⇒ **Jump rope** - try this: get two friends and a long rope...maybe two..and learn some new moves.
- ⇒ Play a sport - football, baseball, volleyball or try ultimate Frisbee, four-square, dance, bowling or go for a **swim!**

If you don't have time to play for at least 60 minutes at one time...no problem. You can break that time up throughout the day and as long as it adds up to 60 minutes, you're doing great.

Get Involved

Visit www.FuelUpToPlay60.com for more information about Fuel Up to Play 60, and how you and your school can join the movement.



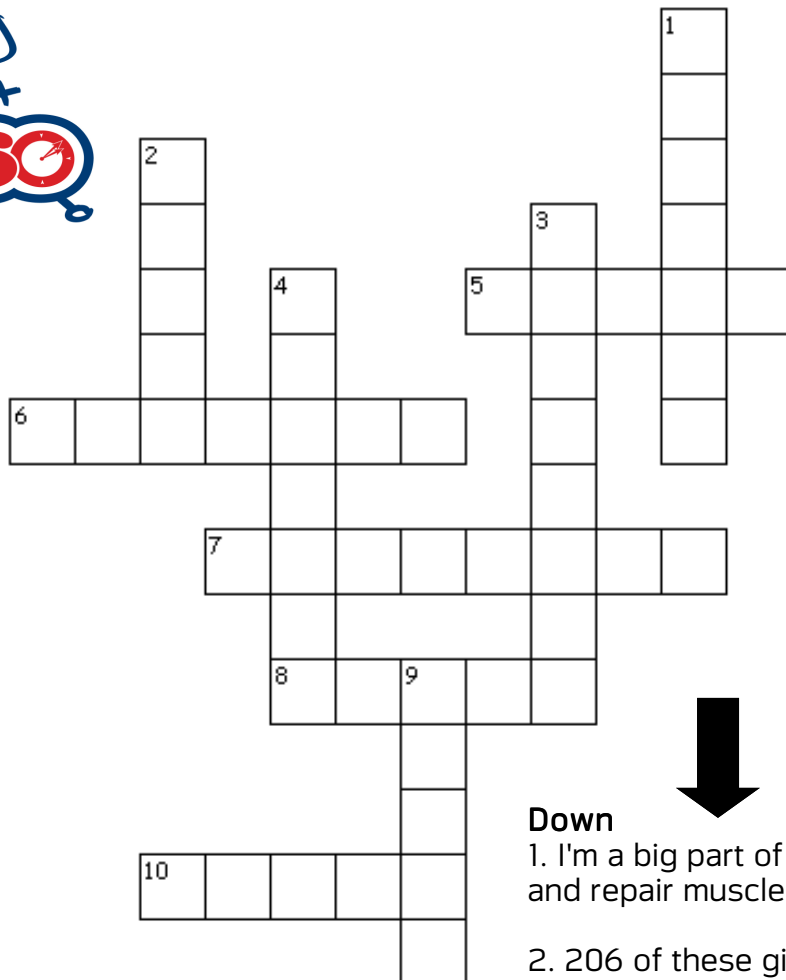
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“SO, WHAT’S THE BIG DEAL!?”

“Do I really need dairy, fruits, veggies, whole grains and meat?”

“Why is physical activity important!?”

Use the word bank to complete this crossword puzzle and find out.



Word bank:
 Calcium
 Protein
 Vitamin C
 Heart
 Fiber
 Vitamin A
 Bones
 Sixty
 Muscles
 Music



Across

- 5. I help your digestive system work properly and am found in fruits, vegetables and whole grains.
- 6. You use me to play, move, dance, walk, stand up, and even to smile.
- 7. I help your eyes adapt to the dark and keep your skin healthy. Find me in vegetables.
- 8. Try listening to me while you walk your dog, dance with your friends or jump rope.
- 10. This muscle loves aerobic activity.



Down

- 1. I'm a big part of helping your body build and repair muscle.
- 2. 206 of these give your body shape, support and protection.
- 3. I help heal cuts and bruises, and fight infections. You'll find me in fruit.
- 4. I'm found in dairy foods and help build strong bones and teeth.
- 9. I'm the number of minutes you should be physically active every day.

Down: 1. Protein, 2. Bones, 3. Vitamin C, 4. Calcium, 9. Sixty
Across: 5. Fiber, 6. Muscles, 7. Vitamin A, 8. Music, 10. Heart



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