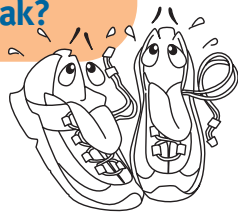


Move More. Sit Less.

FUNNIES

What has 2 tongues, but can't speak?



Power Panther says... Be a doer, not a watcher - go out and be active! Instead of watching TV, take a walk. I can walk 1 mile in 15 minutes - can you?



WORD SEARCH

Look at the words in the Word List on the left. They go up, down, backwards, and on an angle. The leftover letters spell the answer to the secret word.

Word List

- row
- carrots
- waffle
- dance
- egg
- ziti
- yogurt
- breakfast
- dunk
- rice
- bread
- basket
- football
- salsa
- pear
- burrito
- peas
- swim

SECRET WORD: _ _ _ _

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

Bored? Turn on the music and dance around the house.

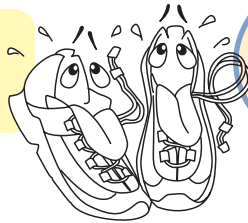


POWER POINTS

Muévete Más. Siéntate Menos.



Tiene 2 lenguas pero no habla... ¿Qué es?



Power Panther dice... Sé un jugador, no un espectador—juega y mantente activo! En lugar de ver TV, ve a caminar. Yo puedo caminar 1 milla en 15 minutos, ¿y tú?



Power Panther™ dice... Aliméntate Bien y Juega Fuerte.
www.fns.usda.gov/eatsmartplayhard



BUSCA PALABRAS

Mira las palabras en la lista de la izquierda. Se encuentran hacia arriba, abajo, al revés o en diagonal. Las letras que sobran forman la palabra secreta.

Lista de Palabras

- arroz
- piña
- zanahoria
- frutas
- panqueque
- nadar
- wafle
- cereales
- uvas
- gol
- desayuno
- jugos
- nueces
- nadas
- jugar
- salsa

PALABRA SECRETA: _____

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

¡Una Idea Poderosa!

¿Estás aburrida? ¡Pon música y baila por toda la casa!




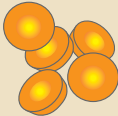


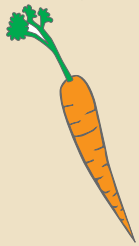
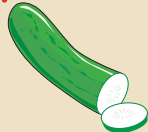






Let's Go On A Snack Hunt



Inside/Outside

Draw a line to match the outside to the inside.
Trace the first letter of the name of the fruit or vegetable.

C	ucumber		
P	ineapple		
T	omato		
C	arrot		

-  -Purple
-  -Red
-  -Yellow
-  -Orange



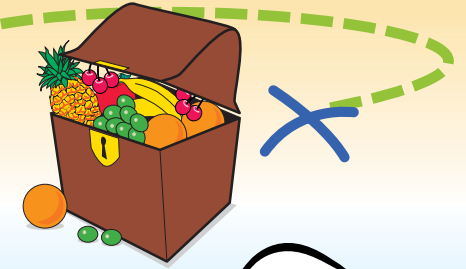
Color By Fruit

Find crayons that match the colors of the fruits.
Color the spaces on Power Panther to make a cool picture.

Power Panther™ says... Eat Smart. Play Hard.™
www.fns.usda.gov/eatsmartplayhard



Vamos a Buscar un Bocado



Adentro/Afuera

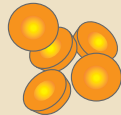
Dibuja una línea para empatar lo de afuera con lo de adentro.

Traza la primera letra del nombre de la fruta o el vegetal.

P
epino



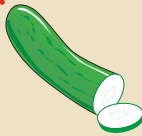
P
ña



T
omate



Z
anahoria



Morado



Anaranjado



Amarillo



Rojo



Colorea de Acuerdo a la Fruta

Busca lápices del mismo color que las frutas. Colorea los espacios en Power Panther para crear un cuadro divertido.

Power Your Moves



Word Scramble

Cross out all the fruit and vegetable names horizontally within the word puzzle below and reveal the message.

APPLEKIWI EATWATERMELON
 PINEAPPLE5BANANAORANGE
 CAULIFLOWERGRAPEFRUIT
 SQUASHFRUITSTOMATOPEAS
 BEANSSPINACHANDBROCCOLI
 RADISHCARROTKRACELERY
 MANGOVEGETABLESPLUM
 ASPARAGUSBLUEBERRYPEAR
 CHERRY EACHPEACHLETTUCE
 ONIONRASPBERRYDAYLEMON



Funnies



Q: What do you call tired popcorn?

Fruits and vegetables are my secret power-pack to help me play hard every day.

WORLD TRAVELER

WHICH STATE IS THE LARGEST GROWER OF EACH OF THESE FRUITS AND VEGETABLES? MATCH 'EM UP!

Fruits/Vegetables	States
Pineapple <input type="radio"/>	<input type="radio"/> Florida
Sweet Potato <input type="radio"/>	<input type="radio"/> California
Blueberries <input type="radio"/>	<input type="radio"/> Washington
Cauliflower <input type="radio"/>	<input type="radio"/> North Carolina
Eggplant <input type="radio"/>	<input type="radio"/> Michigan
Apples <input type="radio"/>	<input type="radio"/> Hawaii

Chili Popcorn

Put some spice in your life!

You need:
 4 cups popped popcorn;
 1 tablespoon melted, soft margarine;
 1 teaspoon chili powder;
 A dash of garlic powder.

Mix popcorn and margarine. Mix seasonings thoroughly; sprinkle over popcorn. Mix well.

Serve immediately and enjoy with family and friends! Makes four 1-cup servings.

Impulsa tus movimientos



Mezcla de palabras

Tacha todos los nombres de las frutas y los vegetales horizontalmente dentro de las letras a continuación y revela el mensaje.

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

Palomitas de maíz con chile en polvo

Necesitarás:
4 tazas de palomitas de maíz reventadas;
1 cucharada de margarina derretida; 1 cucharadita de chile en polvo; 1 pizca de ajo en polvo.

Mezcla las palomitas de maíz y la margarina. Mezcla los condimentos bien; Espolvóralos sobre las palomitas. Mezcla bien.

¡ Sirve inmediatamente y disfruta con la familia o los amigos! Sirve cuatro porciones de 1 taza.

Sugerencia
¿Te encuentras en un restaurante de comida rápida? Prueba un sándwich de pollo asado y una porción de ensalada.

Chistes

P: ¿Saltando, saltando, se visten de blanco, quien es?

Frutas y vegetales son mis baterías secretas para ayudarme a jugar mucho todos los días.



VIAJERO MUNDIAL

¿CUÁL ESTADO ES EL MAYOR PRODUCTOR DE CADA UNA DE ESTAS FRUTAS Y VEGETALES?
¡EMPÁTALOS!

Frutas/vegetales	Estados
Piña <input type="radio"/>	<input type="radio"/> Florida
Batata <input type="radio"/>	<input type="radio"/> California
Arándanos <input type="radio"/>	<input type="radio"/> Washington
Coliflor <input type="radio"/>	<input type="radio"/> Carolina del Norte
Berenjena <input type="radio"/>	<input type="radio"/> Michigan
Manzanas <input type="radio"/>	<input type="radio"/> Hawaïi



Food and Nutrition Service

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July 2007



Respuesta a Mezcla de Palabras:
Come 5 frutas y vegetales cada día.

Respuesta para el Viajero Mundial: Coliflor-California, Piña-Hawaïi, Batata-Carolina del Norte, Arándano-Michigan, Manzanas-Washington, Berenjena-Florida

Respuesta al Chiste:
Palomitas de maíz.

Power Up With Breakfast

Fruit Shake



FUNNIES
What happens when you tell an egg a joke?

Power Panther Word Jumble

Unscramble the letters to come up with breakfast foods. Write only one letter to a space.

ALBGE

RELACE

KHESA

TIFRU

OSTAT

It's time to solve the jumble phrase. Use the letters in the circles in each word to fill the circles below and discover the jumble phrase.



Breakfast is one of my favorite meals. It gets me going. If I'm in a hurry, I grab a breakfast shake or eat leftovers from dinner.



POWER POINTS
Eat a peanut butter and banana sandwich for a quick breakfast.

Power Panther™ says... Eat Smart. Play Hard.™
www.fns.usda.gov/eatsmartplayhard



Pack Your Snacks & Go!

I spend lots of time on the go! I carry snacks for energy to keep me moving. Planning ahead makes eating healthy easy!



Snacking with Power Panther™

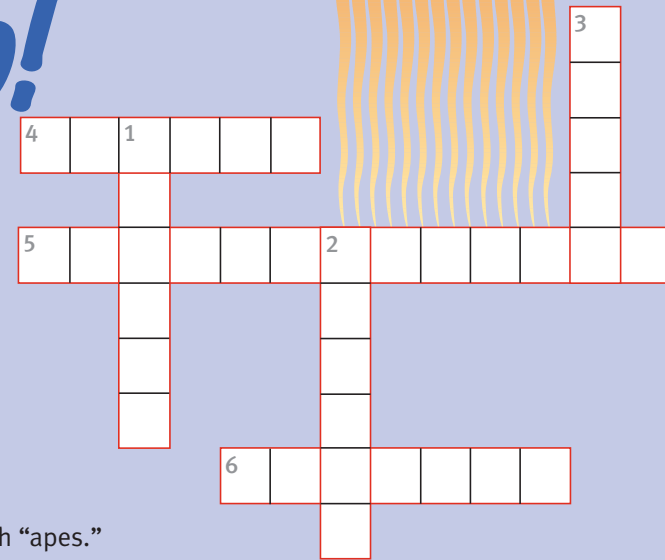
Fill in the missing letters. Use the clues below to find some of Power Panther's™ favorite travel snacks.

Down:

1. Fruit that grows on a vine and rhymes with "apes."
2. A long, green vegetable that begins with "c" and the end rhymes with "see."
3. Fruit that grows on a tree and is as juicy as can be.

Across:

4. Food made from milk and begins with "Yog."
5. A type of cookie whose name begins with "gra" and tastes great with milk.
6. These orange vegetables grow underground and when eaten make a crunchy sound.



Tip:

Pack carrots, nuts, or dried fruits for a snack at school or play.

Snack Mix



You need energy to keep you moving. Try this recipe to help you get the energy you need to MOVE!

You need:
1 cup mini pretzels;
1 cup raisins;
1 cup of nuts (your choice);
1/2 cup sunflower seeds.



Mix ingredients together.

Store in airtight container.



Makes twelve 1/4-cup servings. ENJOY!



Funnies

Q: Why did the orange stop in the middle of the road?



Funnies Answer: Because he ran out of juice!

Crossword Answers: Grapes; Celery; apple, yogurt, graham cracker, carrots.

¡Empaca tus bocadillos y vete!



¡Me paso mucho tiempo viajando! Llevo bocadillos para que me den energía y pueda seguir andando. ¡Planear con anticipación facilita el comer saludablemente!

De Merienda con Power Panther™

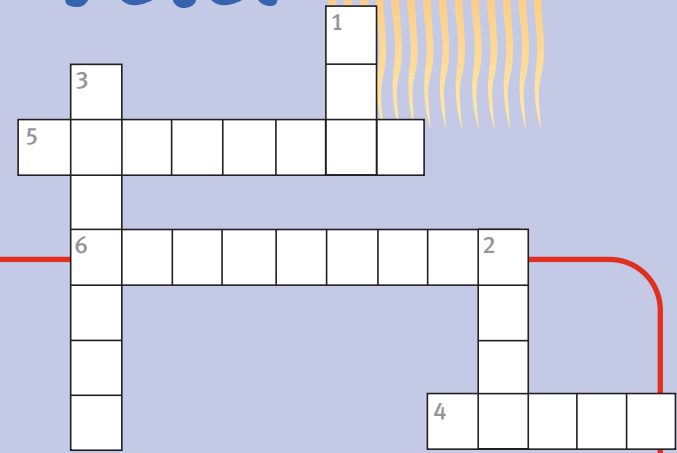
Llena las letras que faltan. Usa las pistas a continuación para averiguar algunos de los bocadillos favoritos que **Power Panther™** lleva cuando se va de viaje.

Verticales:

1. Una fruta que crece en una vid.
2. Un vegetal largo y verde que comienza con "a" y que es bien sabroso con mantequilla de maní.
3. Una fruta que crece en un árbol y que es sumamente jugosa.

Horizontales:

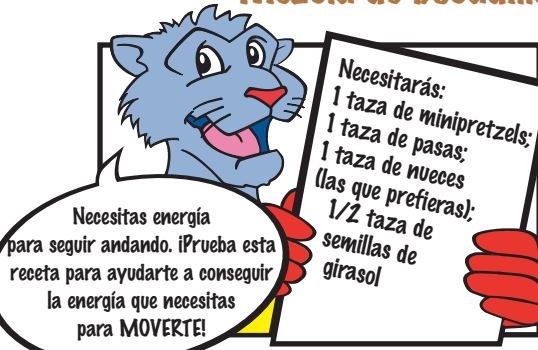
4. Comida que se hace de la leche y a la que se le puede poner sabor a fruta.
5. Unos bocadillos de cereal entero que crujen en la boca y que son cuadrados.
6. Este vegetal color naranja crece debajo de la tierra y cruje cuando se come.



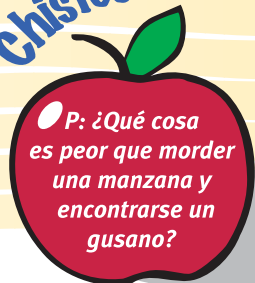
Sugerencia

Llévate zanahorias, nueces o frutas secas para bocado en la escuela o cuando juegas.

Mezcla de bocadillos



Chistes



Respuesta al Chiste:

Respuestas para el crucigrama: Uva, apio, manzana, yogur, galletas, zanahoria.

Encontrarse sólo la mitad del gusano.



Food and Nutrition Service

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July 2007



Rustle Up Good Grub

and get moving!

WILD WEST Word Search

Use your pencil to rope the hidden words in the puzzle.

WORD LIST:

- chili
- beans
- fishing
- running
- tortilla
- cheese
- cornbread
- horseback-riding
- oatmeal
- beef
- tomatoes
- camping
- swimming
- rice

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

Toasted Cheese and Tomato Sandwich

You need:
 2 slices of whole wheat bread;
 2 slices of low-fat American Cheese;
 1 slice fresh tomato.

Get an energy boost with this tasty sandwich.

Toast the bread lightly. Top one slice of bread with 1 slice of cheese, the tomato, and another slice of cheese as shown.

Cover with the other slice of bread.

Pop in the microwave until the cheese melts (about 15 seconds). Allow sandwich to cool.

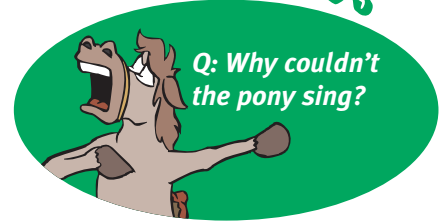
Enjoy with a glass of low-fat or fat free milk and a piece of fruit.



Howdy Partner!
 I spend a lot of time on the run. To keep me going, I keep fruit and vegetable snacks close, so I can eat well, even when I'm on the range.

tip: Make your moves! Be physically active at least 60 minutes a day.

Funnies



Q: Why couldn't the pony sing?

Reúne comida buena y ¡muévete!

BÚSQUEDA DE PALABRAS EN EL Lejano Oeste

Usa tu lápiz para atrapar con el lazo las palabras ocultas entre las letras a continuación.

LISTA DE PALABRAS

- chile
- frijoles
- pesca
- correr
- tortilla
- queso
- pan de maíz
- nabo
- avena
- montar a caballo
- carne de res
- tomates
- acampar
- nadar
- arroz

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

Sándwich de pan tostado con queso y tomates

Aumenta tu energía con este delicioso sándwich.

Necesitarás:
 2 rebanadas de pan de trigo integral;
 2 rebanadas de queso procesado americano;
 1 rebanada de tomate fresco.

Tuesta el pan ligeramente. Pon 1 rebanada de queso, 1 rebanada de tomate y otra rebanada de queso encima de una rebanada de pan, como se muestra.

Cubre con la otra rebanada de pan.

Calienta en el horno de microondas hasta que se derrita el queso (aproximadamente 15 segundos). Deja que el sándwich se enfríe.

Cómelo con un vaso de leche y un pedazo de fruta.

¡Hola, compañero! Me paso mucho tiempo andando por todas partes. Para seguir andando, tengo a mano bocadillos de frutas y vegetales para que pueda comer bien, incluso cuando estoy en la pradera.

Sugerencia
¡Muévete! Asegúrate de estar activo físicamente por lo menos 60 minutos cada día.

Chistes

P: ¿Qué le dijo la lechuga al tomate?



Why is Physical Activity Important?

Being physically active is fun, helps you look and feel your best, and gives you more energy to do other things.

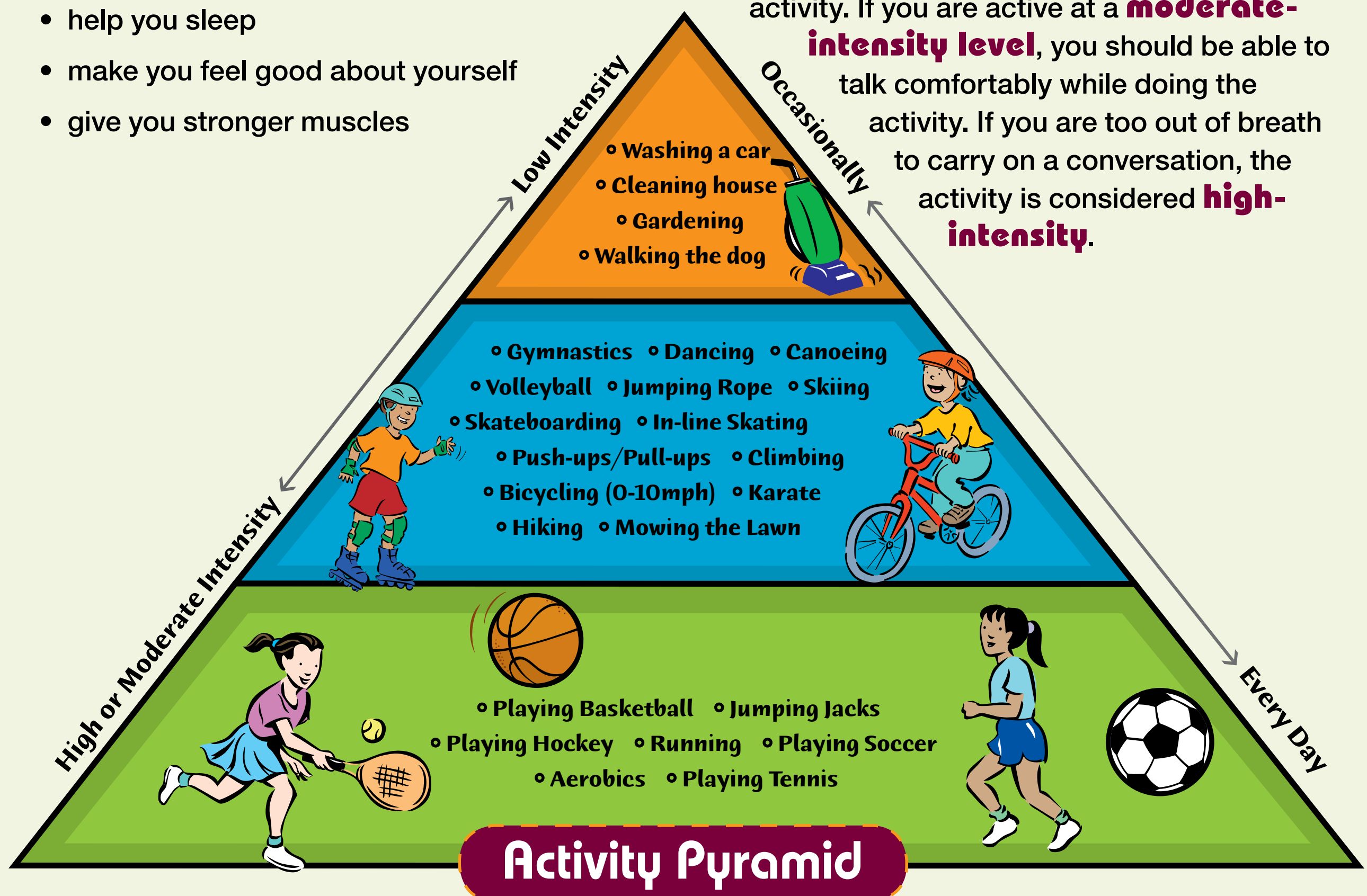
Physical activity helps your body work better, too! It can:

- improve blood circulation throughout your body
- help keep weight under control
- improve blood cholesterol levels
- boost your energy level
- help you sleep
- make you feel good about yourself
- give you stronger muscles

**The more active you are,
the faster your heart beats.**

Because your heart is a muscle, it becomes stronger and more efficient when you exercise it. You definitely want your heart to be strong enough to pump blood throughout your body! To benefit most from physical activity, try to get at least 60 minutes of moderate- or high-intensity activity each day.

If you are active at a **low-intensity level**, you should be able to sing while doing the activity. If you are active at a **moderate-intensity level**, you should be able to talk comfortably while doing the activity. If you are too out of breath to carry on a conversation, the activity is considered **high-intensity**.



Get Moving Today!

Physical Activity Log

Grades
3-5



American Alliance for
Health, Physical Education,
Recreation and Dance



American Heart
Association

Learn and Live®

Directions: Fill out the form and bring it back to class.
Encourage others in your family to also participate. Consider keeping track for one month.

DUE DATE _____

NAME _____

GRADE _____ CLASS PERIOD _____

Week 1	Week 2
Date: _____	Date: _____
Monday: 20 Push-ups & 25 Curl-ups _____	Monday: 20 Push-ups & 25 Curl-ups _____
Tuesday: Choice activity: _____ # min. _____	Tuesday: Choice activity: _____ # min. _____
Wednesday: 20 Push-ups & 25 Curl-ups _____	Wednesday: 20 Push-ups & 25 Curl-ups _____
Thursday: Choice activity: _____ # min. _____	Thursday: Choice activity: _____ # min. _____
Friday: 20 Push-ups & 25 Curl-ups _____	Friday: 20 Push-ups & 25 Curl-ups _____
Guardian Signature: _____	Guardian Signature: _____
Week 3	Week 4
Date: _____	Date: _____
Monday: 20 Push-ups & 25 Curl-ups _____	Monday: 20 Push-ups & 25 Curl-ups _____
Tuesday: Choice activity: _____ # min. _____	Tuesday: Choice activity: _____ # min. _____
Wednesday: 20 Push-ups & 25 Curl-ups _____	Wednesday: 20 Push-ups & 25 Curl-ups _____
Thursday: Choice activity: _____ # min. _____	Thursday: Choice activity: _____ # min. _____
Friday: 20 Push-ups & 25 Curl-ups _____	Friday: 20 Push-ups & 25 Curl-ups _____
Guardian Signature: _____	Guardian Signature: _____

Choice Activity must be an exercise that raises heart rate, minimum time of 30 minutes. Suggestions: walking, jogging, biking, skating, inline skating, skateboarding, swimming, sports (basketball, soccer, hockey, etc.)

If you make a different choice, write it here. Make sure that your teacher approves it before you begin using the activity on your chart.

My Special Choice Activity is: _____

Be an All-Star



Breakfast gives me energy to go and grow. I am a breakfast all-star and you can be one, too!

Funnies

Q: Why did the cook get arrested?

Fruit Sundae (serves 4)



Try this flavorful snack at home!

You need:
2 cups of your favorite fruit;
1 cup (8 oz.) plain or low-fat vanilla yogurt;
2 cups ready-to-eat cereal;
4 large glasses or paper cups.



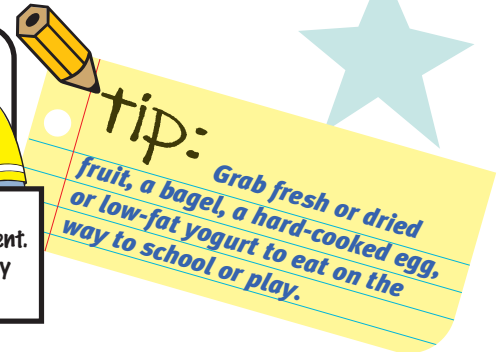
Wash fresh fruit (i.e., remove seeds and pits), drain canned fruit or thaw frozen fruit.

Place 2 tbsp. of fruit in the bottom of the cup. Spoon 2 tbsp. yogurt on top of the fruit layer.

Spoon 2 tbsp. cereal on top of the yogurt. Repeat twice.



This will make three layers of each ingredient. Enjoy with your family & friends.



Tip: Grab fresh or dried fruit, a bagel, a hard-cooked egg, or low-fat yogurt to eat on the way to school or play.

FOOD FIND

Power Panther™ has a big game today and needs your help to find his breakfast foods! Use your detective skills to find the hidden foods in the baseball park that are listed below:



YOGURT
STRAWBERRIES
MILK
OATMEAL

BANANAS
FIGS
EGG
APPLE
WAFFLES

ORANGE JUICE
MUFFIN
PANCAKES
WHOLE WHEAT TOAST



Food and Nutrition Service

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July 2007



Funnies Answer: Because he beat up an egg!

Food Find: Answers available online at <http://www.fns.usda.gov/eatsmartplayhard/kids/library/library.htm>

Sé una Estrella

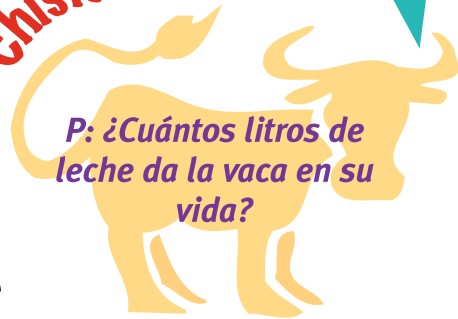


El desayuno me da energía para andar y crecer. Soy una estrella del desayuno, ¡y tú puedes serlo también!



Chistes

P: ¿Cuántos litros de leche da la vaca en su vida?



Sundae de frutas (4 porciones)



¡Prueba esta sabrosa receta en casa!

Necesitarás:
2 tazas de tu fruta favorita;
1 taza (8 onzas) de yogur sin sabor o de vainilla bajo en grasa; 2 tazas de cereal listo para comer; 4 vasos corrientes o desechables grandes.



Lava la fruta fresca (o sea, quítale las semillas y pepas), abre una lata de frutas y vacía el jugo o descongela fruta congelada.

Coloca 2 cucharadas de fruta en el fondo del vaso. Ponle 2 cucharadas de yogur encima de la capa de frutas.



Añade dos cucharadas de cereal encima del yogur. Repite dos veces.



Eso te da tres capas de cada ingrediente. Disfruta con tu familia y tus amigos.



Sugerencia

Llévate fruta fresca o seca, un bagel, un huevo duro o yogur bajo en grasa para comer de camino a la escuela o a jugar.

LA COMIDA

ENCUENTRA

Power Panther™ tiene un juego importante hoy y necesita tu ayuda para encontrar sus alimentos para el desayuno. Usa tus habilidades de detective y encuentra las comidas escondidas en el parque de béisbol que se muestran más abajo:



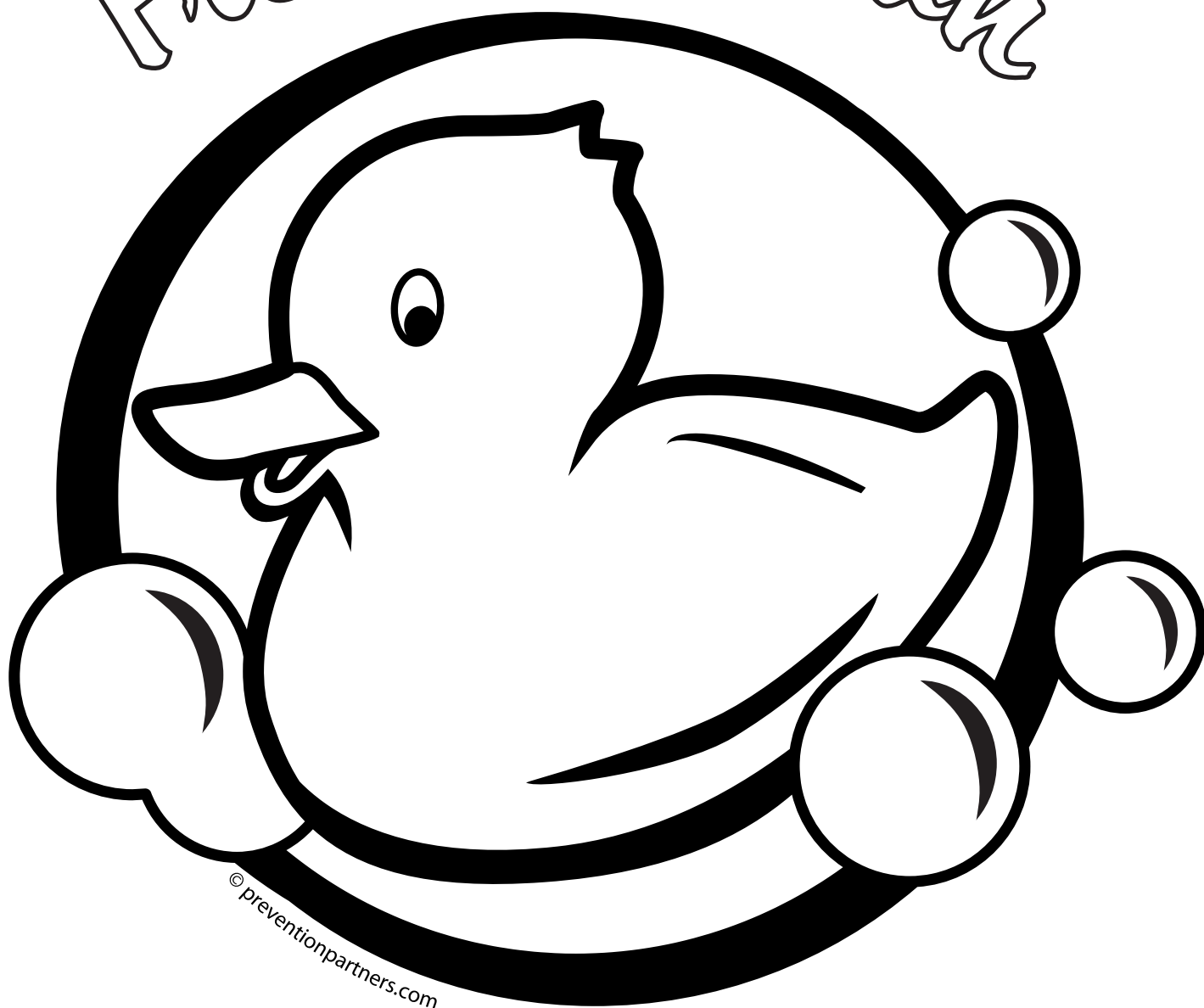
YOGUR
FRESAS
LECHE
AVENA

BANANAS
HIGOS
HUEVO
MANZANA
WAFFLES

JUGO DE NARANJA
BOLLO DE PAN
PANQUEQUES
PAN TOSTADO DE TRIGO ENTERO

Name: _____ Age: _____ Event: _____

Fresh & Clean

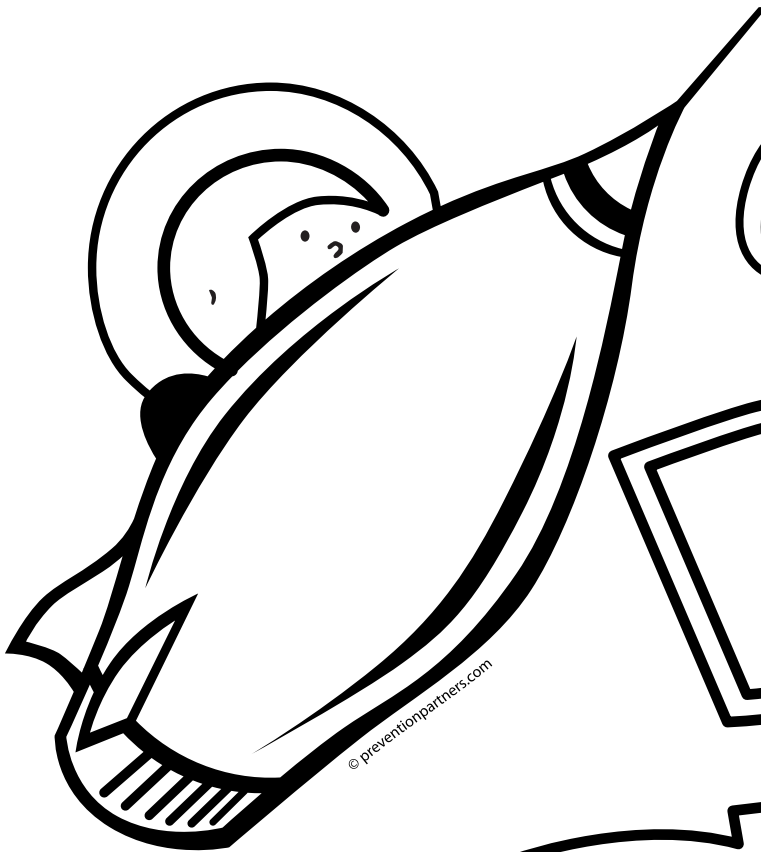


Smoke-Free

Name: _____ Age: _____ Event: _____

HEALTHY CHOICES

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BIG

DEAL

We Don't Like Smoke! Poem

Read the following rhyme to children and demonstrate the actions for each line. Then have children stand next to a partner. Say the rhyme and do the actions together. Repeat several times.

I don't like smoke! (Point with one hand to self.)
You don't like smoke! (Point with one hand to partner.)
We all don't like smoke! (Stretch out both arms and point to all.)

We Don't Like Smoke! Poem (Spanish)

¡No nos gusta que fumen!

Read the following rhyme to children and demonstrate the actions for each line. Then have children stand next to a partner. *Párense junto a un(a) compañero(a)*. Say the rhyme and do the actions together. *Vamos a recitar una rima y a señalar con la mano o con los brazos, según lo que diga la rima*. Repeat several times.

¡A mí no me gusta que nadie fume! (Point with one hand to self.)
¡A ti no te gusta que nadie fume! (Point with one hand to partner.)
¡No nos gusta que nadie fume! (Stretch out both arms and point to all.)

I don't like smoke!
You don't like smoke!
We all don't like smoke!

About the Circulatory System

The heart and blood vessels are called the **circulatory system** because blood circulates through the body.

The heart is the important pump that makes it all work.

When the heart pumps, the blood first flows into tubes called **arteries**. The arteries that leave the heart are large tubes. The biggest one, called the **aorta**, is an inch wide. But the arteries soon branch again and again, to form many smaller tubes. These **blood vessels** carry blood to all parts of the body. The farther from the heart, the more blood vessels there are, and the smaller they are. The tiniest blood vessels, called **capillaries**, are so small you would need a microscope to see them.

Capillaries join to form larger blood vessels.

The bigger ones are called **veins**. These tubes carry blood back toward the **heart**. The closer to the heart, the fewer the veins there are, and the larger they are.

The largest veins empty blood into the heart. The body's **blood vessels** carry blood in a circle: moving away from the heart in **arteries**, traveling to various parts of the body in **capillaries**, and going back to the heart in **veins**.

