

WHAT IS NUTRITION?

- * Nutrition is the way our bodies take in and use food.
- * Foods that are good sources of nutrition are called nutrients. Nutrients are important to your health, because they give us energy, growth, and healing powers.
- * There are 6 types of nutrients: carbohydrates, fats, proteins, vitamins, minerals and water.



RECIPE

SMOOTHIE

Makes 2 servings (Takes only 5 minutes!)

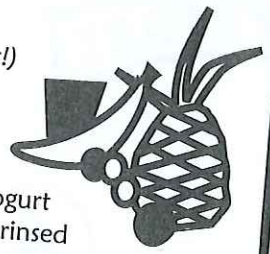
Ingredients:

- 1 medium-sized, ripe banana, peeled
- ¾ cup pineapple juice
- ½ cup lowfat/nonfat vanilla or plain yogurt
- ½ cup strawberries, stem removed and rinsed

Directions:

Break banana into small pieces and put in the blender with juice, yogurt, and berries. Secure lid and blend until smooth. Pour into cups and serve immediately.

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FRUITS & VEGGIES



BASKETBALL

Ready

- 2 baskets (laundry baskets, garbage cans, boxes, etc.)
- 5 tossables (bean bags, rolled up socks or paper, etc.)

Set

- Place baskets side by side (about 2 paces apart)
- Name one basket "Fruits," the other "Veggies."

GO!

1. Throw a tossable toward one of the baskets. If it makes it into the Fruit basket, name a fruit. If it goes into the Veggie basket, name a veggie.
2. Score 2 points for each basket you make.
3. How many points can you score in 5 minutes?



READ ALL ABOUT IT!

Lunch at the Zoo

by Brenda Cartee Lee

The Berenstain Bears and Too Much Junk Food

by Stan and Jan Berenstain

Little Pea

by Amy Krouse Rosenthal and Jen Corace

Gregory the Terrible Eater

by Mitchell Sharmat

SPARK™
K-2

Race with the SPARK Kids!

For every 10 minutes that you are active, color a circle with a letter in it. Copy the letter into the message line below. As you move along the track, you earn more letters to fill in. Ideas for being active are scattered along the trail. Keep active and reach the finish line to see what the SPARK Kids want you to know!

START

Y

O

U

Play catch

Jump rope

A

E

R

A

Ride your bike

Hopscotch

S

P

A

Play tag

R

!

FINISH

Clean your room

A

T

S

K