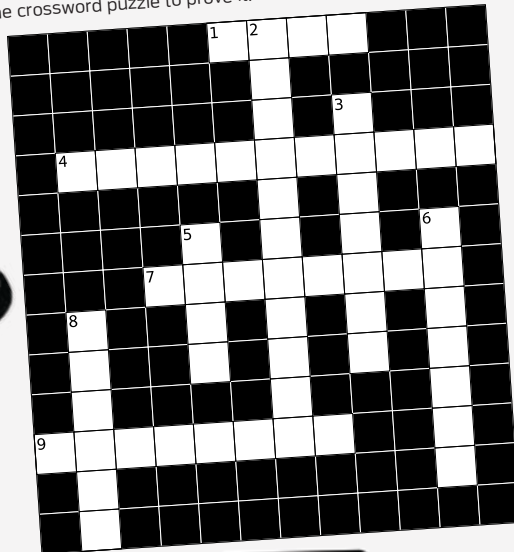


FUEL UP TO Play 60



Crossword Craze

Think you know what it takes to keep your body happy? Fuel up on some dairy foods and finish the crossword puzzle to prove it.



Clues Across

- Number of nutrients low-fat and fat-free milk provide.
- This popular category in the grains food group helps supply the energy we need to play, learn, sleep and helps keep our bodies running 24-7.
- This, found in the vegetable group, helps us see in the dark and helps keep our skin healthy.
- The fruit group provides this, which helps your body heal cuts and bruises and fight infections.

Clues Down

- Use this to find creative ways to get a healthy breakfast.
- Found in milk, this can help keep bones strong and bodies happy.
- Ride this to school. It's a great way to help get your daily 60 minutes of physical activity.
- Maintaining this means energy in (the foods and beverages you consume) equals energy out (how much you move).
- Fresh, frozen, canned or dried - any way you slice 'em, these are a great nutritious choice.

Have Fun with Food and Activity!

Up, down, diagonal or backwards, your body can move in some pretty interesting ways. See if your mind can move the same way by finding all the hidden words.



- FUEL UP
- FRUITS
- RUNNING
- VEGETABLES
- DAIRY
- SIXTY MINUTES
- VITAMIN C
- WHOLE GRAINS
- SELF-ESTEEM
- CALCIUM

Fuel Up Tips

Flavored milks, such as chocolate, vanilla and strawberry, contain the same nutritional benefits as white milk!

Cheese is a great way to power up with protein. It's a great on-the-go snack for all ages or combine it with fruits, veggies, whole grains, nuts or lean meats for a balanced snack.

Parfaits are the coolest dairy treats going! Mix toppings such as whole grain cereals, fruits, and nuts to any low-fat yogurt and layer to create a nutritious heap of fun!

Eat Healthy.
Get Active.



MICHAEL JOHNSON
CINCINNATI BENGALS
DEFENSIVE END

To learn more about Fuel Up To Play 60 visit
FuelUpToPlay60.com

It's easy to Fuel Up To Play 60!

Help Michael Fuel Up To Play 60 by connecting him to each food group.

Grains

Eat 6 ounces every day, including at least 3 ounces of whole grain bread, crackers, rice, or pasta.* Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product.



Vegetables

Eat 2 1/2 cups every day.* Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Eat more dark green veggies, orange veggies, dry beans, and peas.



Fruits

Eat 1 1/2 cups every day.* Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Meat and Beans

Eat 5 ounces every day.* Foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group.



Milk

Enjoy 3 cups of low-fat or fat-free milk every day.* All fluid milk products and many foods made from milk are considered part of this food group.



*Based on an 1,800 calorie diet. Source: 2005 U.S. Dietary Guidelines for Americans.

Fuel Up with nutrient-rich foods, such as low-fat and fat free dairy, fruits vegetables, and whole grains. Yogurt parfaits, 1% chocolate milk, and salads are just a few examples of nutrient-rich foods. Play for 60 minutes every day.



What You Eat Matters!

- Breakfast is the most important meal of the day!
- Kids who eat breakfast have energy to start their day and get moving, maintain a healthier weight, and have improved academic performance.
- The fiber, vitamins and minerals in fruits and veggies will help keep you healthy.
- Getting at least three servings of dairy each day is a deliciously easy way to help build and maintain strong, healthy bones, muscles and teeth!
- Whole grains are carbohydrates (our body's main source of energy), are important sources of fiber, and contain many vitamins and minerals.

Beat boredom by finding new ways to stay active. Try something adventurous like hiking or rock climbing, or something calming like yoga or tai chi.

Now, see how much you know about dairy.

True or False:

1. _____ Farmers can milk over 100 cows per hour.
2. _____ Proteins are people who are "for the advancement of teenagers."
3. _____ Your muscles love riboflavin. It helps convert food into energy.
4. _____ When fortified, a glass of milk provides an excellent amount of Vitamin D.
5. _____ Milk is homogenized [huh-moj-uh-nahyz] to destroy certain microorganisms without radically altering the quality or taste.
6. _____ Asking for "more cheese, please!" has been known to help keep your teeth healthy.
7. _____ Your red blood cells and nerves really love Vitamin B-12.



Answers

1. True: Try doing that many math problems in an hour.
2. False: Protein is an important nutrient found in milk.
3. True: Plus, riboflavin is so fun to say.
4. True: FYI: fortified means, "to strengthen," so that works out nicely.
5. False: Pasteurization is the process mentioned. Homogenization is actually a process to keep a layer of cream from forming at the top of the milk. Smooth and tasty!
6. True: Cheese or the Dentist? Hmmm, gladly choose low-fat or fat-free cheese.
7. True: Vitamin B-12 helps form red blood cells and helps nerves function properly.



Now, see how much you know about dairy.

Have Fun with Food and Activity!
 (1) nine, (2) imagination, (3) calcium, (4) whole grains, (5) bike, (6) balance, (7) vitamin a,
 (8) fruits, (9) vitamin c.
 Crossword Crazi-ness

