



Program Of
MONTANA'S
BIG SKY
STATE GAMES

Presenting Sponsor



Week 11 Apr. 13-17

Did you know? The U.S. Army's 25th Infantry Bicycle Corps was formed in 1888 at Fort Missoula to test the military potential of bicycles. The corps rode their bikes 1,900 miles to St. Louis. The Army decided that the bicycle would never replace the horse. Take your bike out for a ride or invite your friends or family to all go on a bike ride. Don't forget your helmet!

Big Sky Fit Kids (2009) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Eat a RED FOOD every day:

RED fruits are so, so sweet – delicious and smart to eat. Pick your favorite red fruit, like watermelon, Gala apples, red grapes, strawberries, raspberries, and those fun raisins.

RED veggies are awesome too and very, very good for you. Enjoy bright red tomato sauce on your pizza or spicy red salsa with your tacos, burritos, and quesadillas.



www.eatrightmontana.org/eatrighthealthyfamilies.htm

Prepared by Dayle Hayes, MS, RD

Brain Buster

Q: What do you have when 324 blueberries try to get through the same door?

A: Blueberry Jam!

Eat your fruits at every meal. You can also have fruit for snack time, but always enjoy a variety. Making a berry or fruit smoothie can make an excellent after school treat for everyone to enjoy. Make a list of ten different fruits.

Q: Which fruit is your favorite?



After-School Power Snack Idea:

Adult assistance needed

Veggies in a blanket

Warm two tortillas. Spread vegetable cream cheese onto the tortillas. Next add in carrots, cucumbers and lettuce or spinach. Roll up and enjoy!



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