



Presenting Sponsor



Week 12 Apr. 20-24

Did you know? The state nickname is the "Treasure State." Other nicknames include "Land of Shining Mountains," "Big Sky Country," and "Last Best Place." Can you name your favorite activities for exercise?

Big Sky Fit Kids (2009) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Eat a YELLOW or ORANGE FOOD every day:

Yummy YELLOW/ORANGE fruits are fun to eat – like the sweetness of tropical pineapples or mangos (fresh, canned, or dried). Oranges and tangerines are juicy and fun too!!

Awesome ORANGE/YELLOW veggies are great for snacks or meals – like crunchy baby carrots with low-fat Ranch dip or frozen carrots and peas cooked together.



www.eatrightmontana.org/eatrighthealthyfamilies.htm

Brain Buster

Q: What is a milk product with an unusual name and sometimes has fruit added to it?

A: Yogurt

Always be sure that you are getting enough calcium everyday. Why? Because calcium helps support strong bones and teeth. Shoot for three cups of milk per day.

Q: Can you name any other dairy products besides milk?

A: Cheese, Yogurt, & Ice Cream.

After-School Power Snack Idea:

Adult assistance needed

Turkey Rollups

Spread honey mustard on two slices of turkey. Wrap each prepared turkey slice around two sesame breadsticks, and you have a scrumptious afternoon snack!

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