



Program Of  
MONTANA'S  
**BIG SKY**  
STATE GAMES

Presenting Sponsor



**Week 1 Feb. 2-6**

**Did you know?** Three Forks, Mt is named for its location near the three rivers that converge to form the Missouri. Lewis and Clark first encountered the rivers in 1805, they named them the Gallatin, Madison and Jefferson. An excellent way to activate all the main muscle groups in the body is swimming, it is also a great way to stay in shape.

### Big Sky Fit Kids (2009) Nutrition Challenge Tasty Tips for Fit Kids from Eat Right Montana

**Eat breakfast every day:**

Breakfast is the best way to feed your brain and your body. When you eat a smart breakfast, you'll be able to do well in school and play hard at sports.

A smart breakfast is as easy as a bowl of your favorite cold cereal (like Cheerios® or Chex®) with cold milk and a sliced banana or handful of dried fruit, like raisins.



[www.eatrightmontana.org/eatrighthealthyfamilies.htm](http://www.eatrightmontana.org/eatrighthealthyfamilies.htm)

Prepared by Dayle Hayes, MS, RD

**Brain Buster**

Q. What did the mother ghost tell the baby ghost when he ate too fast?

A: Stop goblin your food.

When you eat slowly and chew your food properly it improves the digestion of food and will decrease over eating.



**After-School Power Snack Idea:**

\*Adult assistance needed\*

Blueberry Cracker Bites

Spread cream cheese evenly onto your favorite crackers and then top with your favorite fruit. (Blueberries, apples, grapes, etc.)



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