



Program Of
MONTANA'S
BIG SKY
STATE GAMES

Presenting Sponsor



Week 5 Mar. 2-6

Did you know? Football player Jerry Kramer, born in 1936 in Jordan, Mt, made the NFL's all-pro team five times during his career from 1958 to 1968 with the Green Bay Packers. Can you name any other professional athletes from Montana?

Big Sky Fit Kids (2009) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Dip into some creamy yogurt:

Yogurt has the nutrition power of milk and cheese – a healthy dose of protein, calcium, vitamins, and more! Plus it comes in yumma-licious flavors. What's your favorite flavor?? Enjoy your yogurt any way you like it – in a carton, in a smoothie, in a frozen tube, or in a cup topped with fruit (like frozen berries, canned peaches, and a sliced banana).



www.eatrightmontana.org/eatrighthealthyfamilies.htm

Prepared by Dayle Hayes, MS, RD

Brain Buster

Q: Why can't you tell a secret in the farmer's garden?

A: Because the potatoes have eyes and the corn have ears.

Mix it up and choose a variety of colors!! Don't just eat the same veggies but choose different ones or mix them together to get a variety of vitamins and minerals that help your body grow big and strong. Make a list of ten different vegetables.

Q: Which vegetable is your favorite?



After-School Power Snack Idea:

Adult assistance needed

Ham-Take Along

Place a cheese slice on a ham slice and roll up. Cut each roll in half. Grab crackers and cucumbers for a great on the go snack.



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