



Program Of
MONTANA'S
BIG SKY
STATE GAMES

Presenting Sponsor



Week 7 Mar. 16-20

Did you know? Los Angeles Lakers head basketball coach Phil Jackson was born in Deer Lodge, Montana. Basketball is a fun team sport to play in a gym or on an outdoor court. Get a group of friends together for a 3-on-3 or a 5-on-5 game and have fun!

Big Sky Fit Kids (2009) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Skip sugary drinks:

Pop, punch, Kool-Aid®, and most sports drinks have lots of sugar – as many as 10 to 12 teaspoons of sugar in one can or bottle! Too much sugar is not good for your teeth or weight. If you want to have a sugary drink sometimes, drink one can or less per day. Remember to brush your teeth (or rinse your mouth with water) as soon as you can after drinking it.



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

www.eatrightmontana.org/eatrighthealthyfamilies.htm

Prepared by Dayle Hayes, MS, RD

Brain Buster

Q: What do bananas do best in gymnastics?

A: The splits.

Bananas are a great source of potassium. Potassium helps your muscles not to get cramps, especially after hard activities like running, dancing or playing sports. Bananas are very yummy too! Try slicing up a banana and mixing it with other fruits for a delightful fruit salad.

After-School Power Snack Idea:

Adult assistance needed

Spider Cracker Critter

Top your favorite crackers with cheese, followed by another cracker. Next use four long carrot strips around the crackers to resemble the legs. (You may use a short carrot piece for the head.) Enjoy!

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