



Presenting Sponsor



**Week 8 Mar. 23-27**

**Did you know?** Grizzly bears, can stand 8 feet tall, be 4 feet wide, and weigh up to 800 pounds. Despite their enormous size, the bears can run at speeds of 35 mph. Their diet ranges from bugs and fish to grasses. Grizzly cubs are only about 8 inches long and weigh less than 2 pounds. How fast do you think you can run?

## Big Sky Fit Kids (2009) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

### **Cut back on greasy fries:**

When you go out to eat fast food, eat fewer fries with your burger or sandwich. You can order one medium fries and share it with a friend (or your brother, sister, mom, or dad).

If you go to Wendy's®, McDonald's®, or Arby's®, you can enjoy a cool kid's meal with fruit instead of fries. (And, you can get body-building milk instead of pop too!!)



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

**Prepared by Dayle Hayes, MS, RD**

### **Brain Buster**

Q: What did the raspberry say to the blueberry?

A: I love you berry, berry much.

Berries are yet another great fruit to eat. Not only are they yummy, but they are really good for you.

Q: Can you think of any other berries?

A: Strawberries, Blackberries, & Huckleberries.

### **After-School Power Snack Idea:**

*\*Adult assistance needed\**

**Frozen Fruit Crunchies**

Combine cereal and chopped nuts on a plate. Cut a banana into bite-size pieces. Insert a skewer into strawberries and banana pieces. Dip the fruit in yogurt and then roll in the nut mixture. Freeze and enjoy!

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