



Presenting Sponsor



Week 7 Mar. 15-19

Did you know? The average square mile of land in Montana contains 1.4 elk, 1.4 pronghorn antelope, and 3.3 deer. It's fun to try to spot all the different animals around Montana. Go outside and take a hike while you watch for wild animals! Just make sure you stay on the trail and don't disturb the wildlife!

Big Sky Fit Kids (2010) Nutrition Challenge

Tasty Tips for Fit Kids from Eat Right Montana

Eat a GREEN FOOD every day:

- Go great all day with **GREEN** fruits – Granny Smith apples, kiwi fruits, green grapes, pears, honeydew melon, or a sweet fruit salad made with combination of your favorite fruits!!
- Go great all day with **GREEN** vegetables. There are so many, it's hard to choose: broccoli trees, pea pods, beans, peppers, and cool leafy salad stuff, like lettuce and baby spinach.



www.eatrightmontana.org/eatrighthealthyfamilies.htm

Prepared by Dayle Hayes, MS, RD

Brain Buster

Q: What is a vampire's favorite sport?

A: Batminton!

Staying active, whether you play outside at recess or play your favorite sport, is necessary to be a fit and healthy kid!

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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