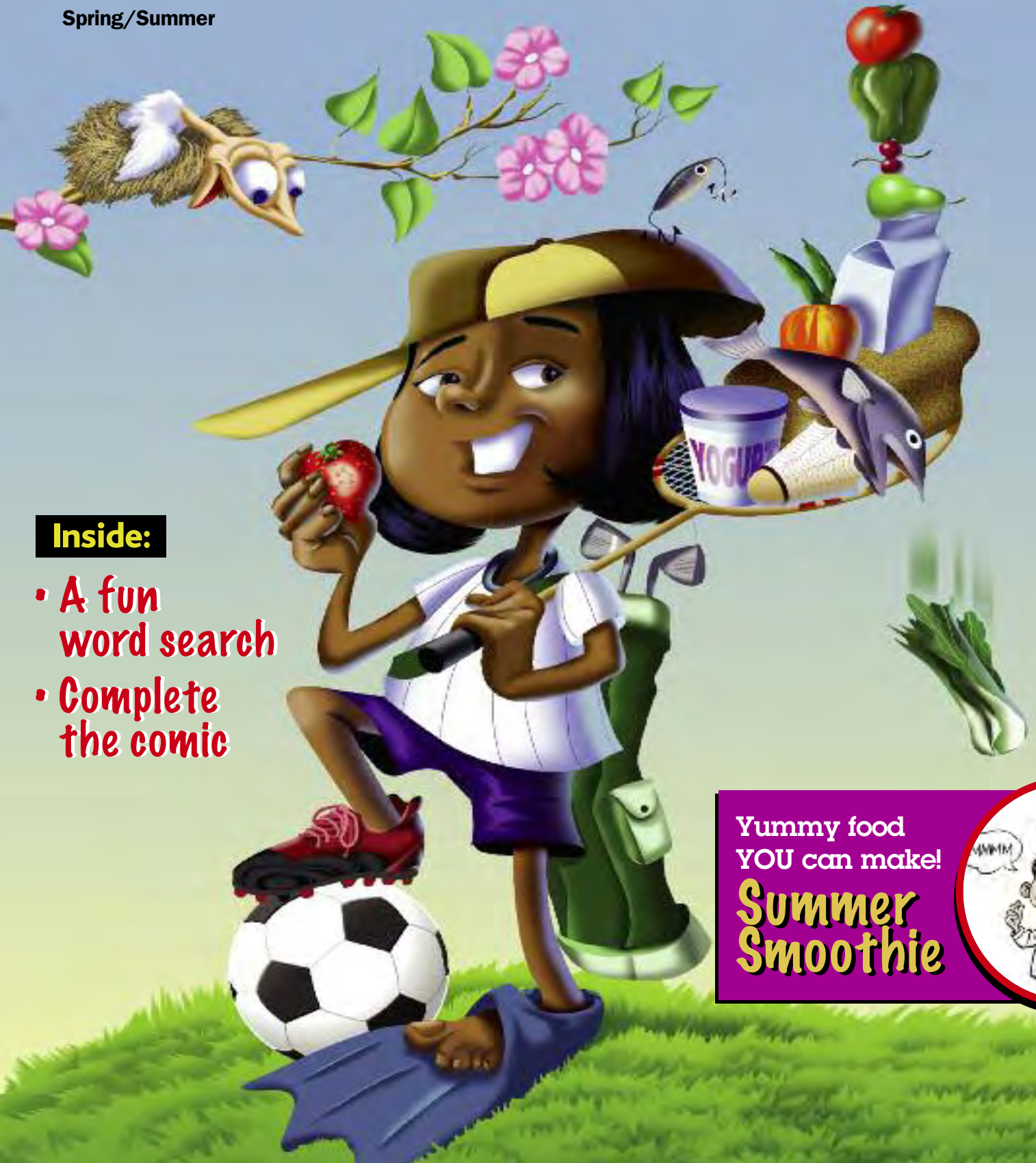


FUEL UP FOR FUN

Eat Right Be Active for Kids 6 to 8 Years Old

Spring/Summer



Inside:

- A fun word search
- Complete the comic

Yummy food
YOU can make!

Summer Smoothie



Fun with Friends **Camp-out**

Play outside all day and then take the fun indoors and sleep inside (or outside if your parents let you). You can:



1. Cool off!
Run, skip or hop through a sprinkler.

2. Make fruit and cheese kabobs.
Ask an adult for help.



3. Set up camp.
Use a real tent or a play tent or make your own by hanging a bedsheet over two chairs or a clothesline.

4. Have a scary goodnight.
Go for a nighttime hike with a parent. Back home, sing campfire songs or tell spooky stories.



Ask the Egg

Need advice?
Mr. Eggplant has the answers.

Dear Mr. Eggplant,
I'm worried about my dad. He doesn't eat enough vegetables and fruit. What can I do?

Worried William

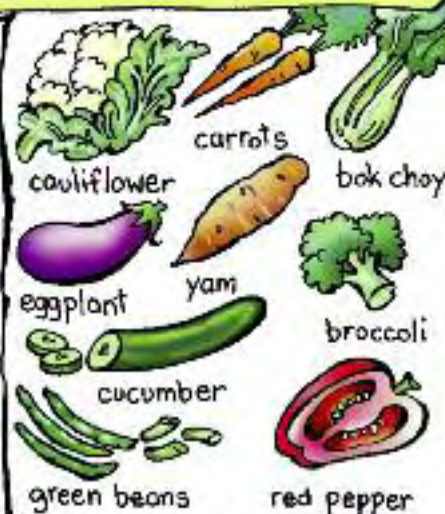
Dear Worried,
The easiest thing to do is to let him see you eat vegetables and fruit - he may copy you. Just don't give up, even if it takes 10 or more tries.

Your friend, Mr. E.

P.S. Try this yummy word search!



p	e	g	g	p	l	a	n	t	b	r	a	c
b	l	r	h	u	b	a	r	b	l	e	c	a
r	a	u	p	e	a	c	h	a	u	d	h	n
o	x	a	m	a	k	t	s	h	e	p	e	t
c	a	q	y	o	h	c	k	o	b	e	r	a
c	a	p	r	i	c	o	t	a	e	p	r	l
o	a	b	g	p	e	f	n	a	r	p	y	o
l	c	u	c	u	m	b	e	r	r	e	a	u
i	y	a	m	c	a	w	x	a	y	r	j	p
g	r	e	e	n	b	e	a	n	s	a	l	e
a	c	a	u	l	i	f	l	o	w	e	r	a
u	n	a	y	r	r	e	b	w	a	r	t	s
t	o	m	a	t	o	c	a	r	r	o	t	s



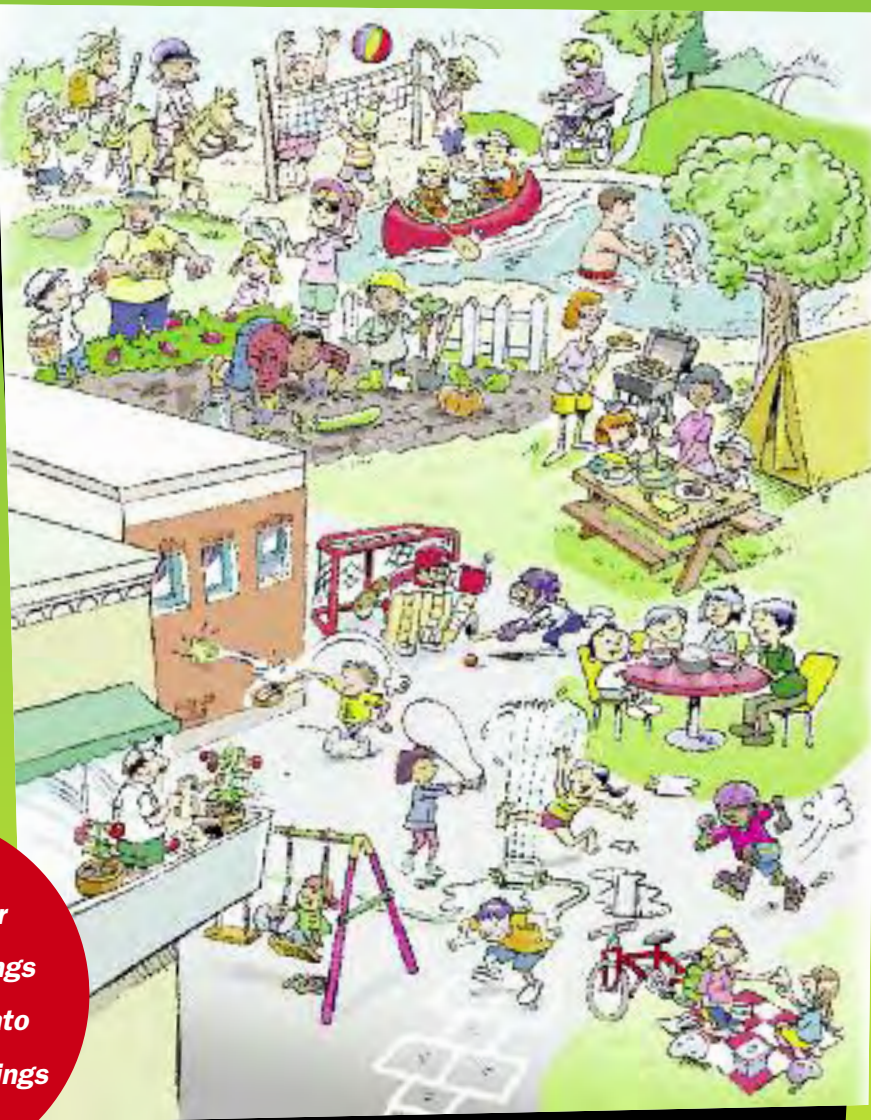
Have fun trying something new!

Find and circle...

1. Your favourite physical activity, sport or game.

2. Your favourite food or food activity.

3. Something new you would like to try.



Now ask your Mom or Dad to do the same.

*I spy a skipper
A park with swings
A big, ripe tomato
And a bike that rings*

Kim's Excellent Adventure From Slowpoke to Superkid

You decide how this story goes. First, read out only the **purple words** and circle one choice from each group. Then read the whole story out loud using the circled words.



Recipe



Summer Smoothie

Experiment with your favourite fruit combination!

With an adult's help, blend until smooth!

1 cup 250 mL
 1/2 cup 125 mL
 1 tbsp
 1 cup 250 mL
 4 ice cubes

fruit fresh, frozen or canned
 1% Yogurt
 Frozen Concentrated Orange Juice
 1% Milk or soy beverage

Serves two

You made it!

Food Groups: Food Groups, Vegetables and Fruit, Milk and Alternatives, Vegetables and Fruit, Milk and Alternatives

Fun coupons! Fill them in. Cut them out and give to your Mom or Dad.

Unwind 'n' Dine Coupon

For: Crazy busy _____
 (fill in Mom or Dad)

From: Cool _____
 (fill in your name)

Good for one "unwinding" date with your number one fan – ME. Choose any physical activity. I'll join you AND help you pack a healthy snack too for us to take along.

Try-Something-New Coupon

For: Adventurous _____
 (fill in Mom or Dad)

From: Thrill-seeker _____
 (fill in your name)

Let's do something new! You choose. We could hike, canoe, visit a pick-your-own farm, plant some vegetables, try a new recipe or learn a new sport.

Parents, Walk the Talk...

You are your child's most important role model. When children see their parents enjoying new foods, wearing the proper safety gear (e.g., bike helmet) and being active, they will do the same.

Pressed for time? Trade in some TV and computer time for family time. Together you can cook, eat and be active outdoors.



▲ **FIND OUT MORE:** Get a **FREE** copy of **Eat Right Be Active: A guide for parents and caregivers** ages 6-8 at www.Ontario.ca/EatRight.

Speak to a registered dietitian for free!
 Call EatRight Ontario **1-877-510-510-2**.



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