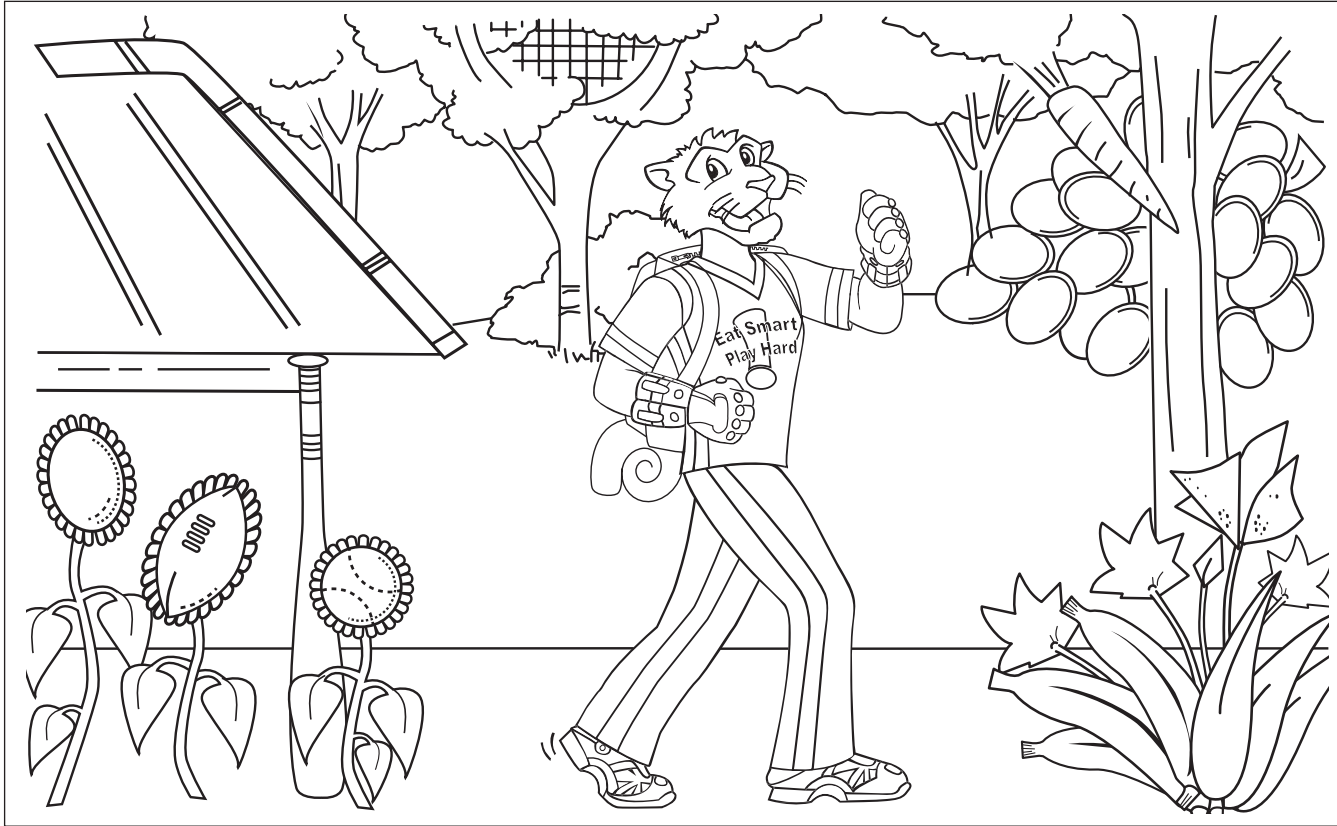


Balance Your Day With Food and Play



POWER POINTS

Split an order of fries or a dessert with a friend.



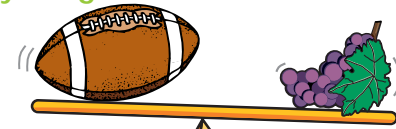
I'm going to the park to play with my friends. Can you help me find my 10 snacks and play things?

FUNNIES

Why did the tomato turn red?



I try to be physically active at least 60 minutes on most days. You should try. It's easy – walk the dog, play catch, or ride your bike.



Food and Nutrition Service

The USDA is an equal opportunity provider and employer.

July 2007



Hidden Puzzle Items: bananas, baseball and bat, carrot, football, grapes, hockey stick, tennis racket, toast, tortilla chips
Funnies Answer: It saw the salad dressing.

Power Panther™ says... Eat Smart. Play Hard.™
www.fns.usda.gov/eatsmartplayhard

