

Rustle Up Good Grub and get moving!

WILD WEST Word Search

Use your pencil to rope the hidden words in the puzzle.

WORD LIST:

- chili
- beans
- fishing
- running
- tortilla
- cheese
- cornbread
- horseback-riding
- oatmeal
- beef
- tomatoes
- camping
- swimming
- rice

H T A X O H X O B L F Z A H K
 O U C O W I J A L W C T S E V
 R C H I L I D T D A A A C C E
 S Y E D I F C M O E E F L S H
 E P E C T C Q E Y Y E I C N N
 B L S S Z O Z A E E Y S A A T
 A K E Q P R K L B E R H M K F
 C W Z C L N J D W C O I P E R
 K Q A S I B U R S R L N I S D
 R T A R M R U N N I N G N H E
 I O B S D E E S Y P I A G Y N
 D R T O M A T O E S E M L S V
 I O F H W D C I U B E I Y T E
 N S W I M M I N G G X L Q E R
 G I B S Q V T O R T I L L A X

Toasted Cheese and Tomato Sandwich

Get an energy boost with this tasty sandwich.

You need:
 2 slices of whole wheat bread;
 2 slices of low-fat American Cheese;
 1 slice fresh tomato.

Toast the bread lightly. Top one slice of bread with 1 slice of cheese, the tomato, and another slice of cheese as shown.

Cover with the other slice of bread.

Pop in the microwave until the cheese melts (about 15 seconds). Allow sandwich to cool.

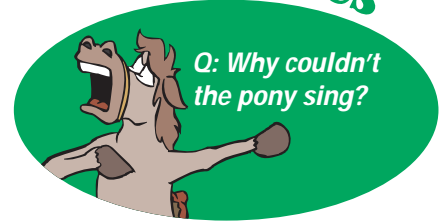
Enjoy with a glass of low-fat or fat free milk and a piece of fruit.



Howdy Partner!
 I spend a lot of time on the run. To keep me going, I keep fruit and vegetable snacks close, so I can eat well, even when I'm on the range.

tip: Make your moves! Be physically active at least 60 minutes a day.

Funnies



Q: Why couldn't the pony sing?



