

Have Fun with Food and Activity

Up, down, diagonal or backwards, your body can move in some pretty interesting ways. See if your mind can move the same way by finding all the hidden words from the word bank below.



FUEL UP

FRUITS

RUNNING

VITAMIN C

WHOLE GRAINS

VEGETABLES

DAIRY

SIXTY MINUTES

SELF-ESTEEM

CALCIUM



Fuel Up Tip of the Day

Pay attention to nutrition labels and serving sizes. For instance, a package of whole wheat bread might only show the nutritional information for one slice. So if you plan on making a sandwich, you're going to have to use that head of yours and double the information.