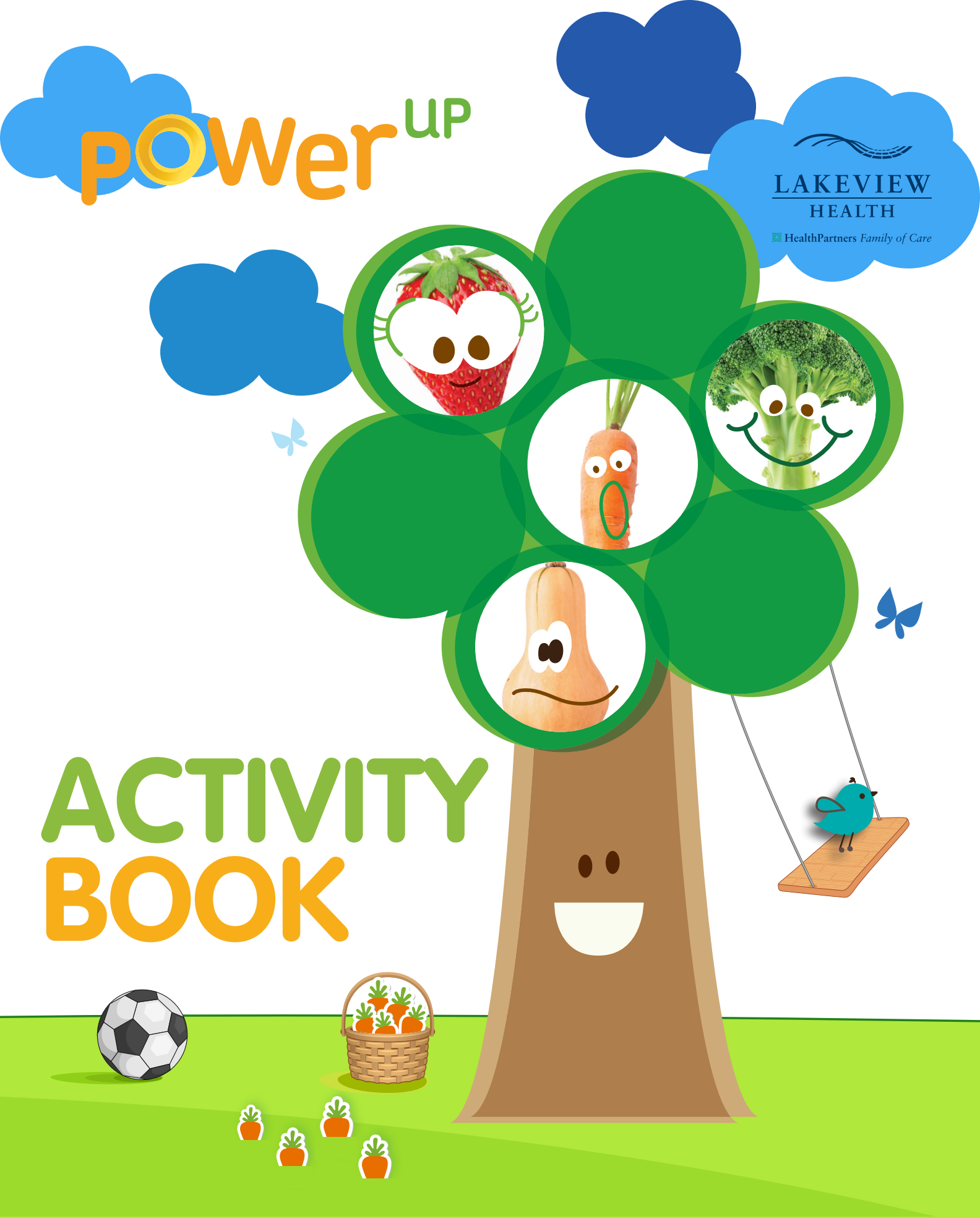


power<sup>UP</sup>

LAKEVIEW  
HEALTH

HealthPartners Family of Care

# ACTIVITY BOOK



# What is PowerUp?

PowerUp is a community-wide effort to make it easy, fun and popular for kids and families to eat better and be active. **We PowerUp** so that our kids can reach their full potential. Parents, schools, and the entire community are needed to PowerUp the Valley! Join us!

[powerup4kids.org](http://powerup4kids.org)

Blast Off! Let's PowerUp!



**FIVE** Fruits, Roots, and Vegetables!



**FOUR** Colors or more.



**THREE MEALS** every day.



**TWO HOURS** of SCREEN TIME... or less each day.



**ONE** hour of PLAY!



**ZERO.** Sugary Drinks!

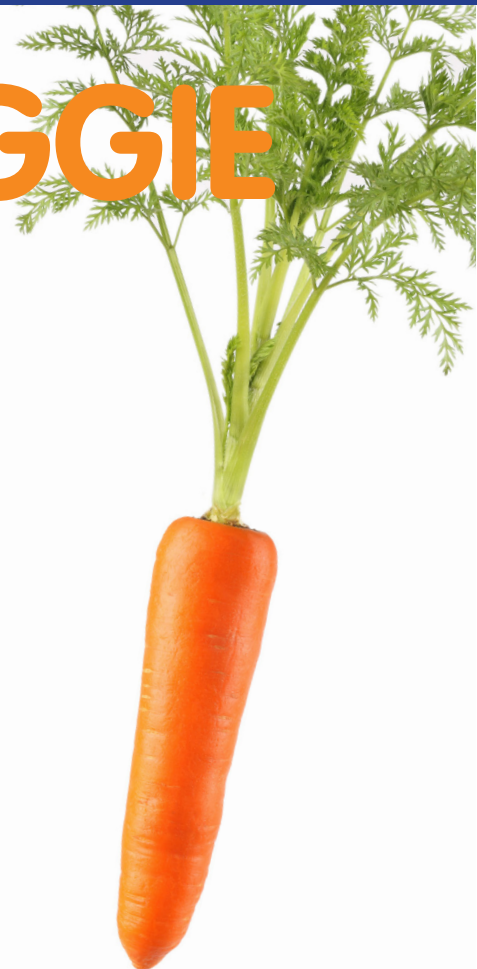


# FACE THE VEGGIE

Create faces on the veggies by coloring with markers or crayons!



*Help my friends find their face!*



# COLOR YOUR PLATE

It's easy to know you're getting the good stuff when your plate is pretty. Color in the foods using the number key. Enter your PowerUp Plate for a chance to win a prize! Send your colorful creation to [powerup4kids@lakeview.org](mailto:powerup4kids@lakeview.org) or mail to PowerUp 927 Churchill Street W, Stillwater MN 55082. Make sure to tell us your age, name, and phone number when you send it in! Visit [powerup4kids.org](http://powerup4kids.org) for all the details.

- |            |            |
|------------|------------|
| 1 - Green  | 5 - Orange |
| 2 - Red    | 6 - Purple |
| 3 - Yellow | 7 - Brown  |
| 4 - Blue   | 8 - Tan    |

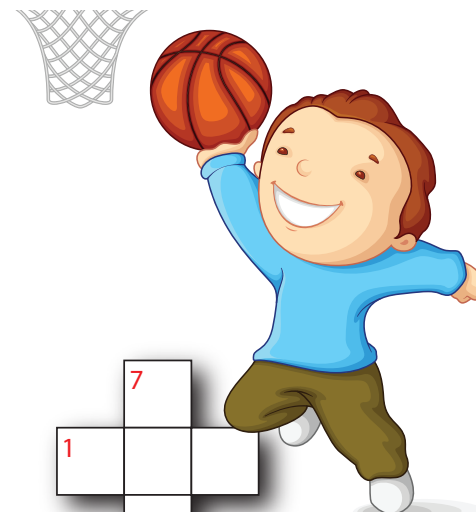


I'm fun to eat if you pretend I'm a tiny tree and you're a giant roaring monster.

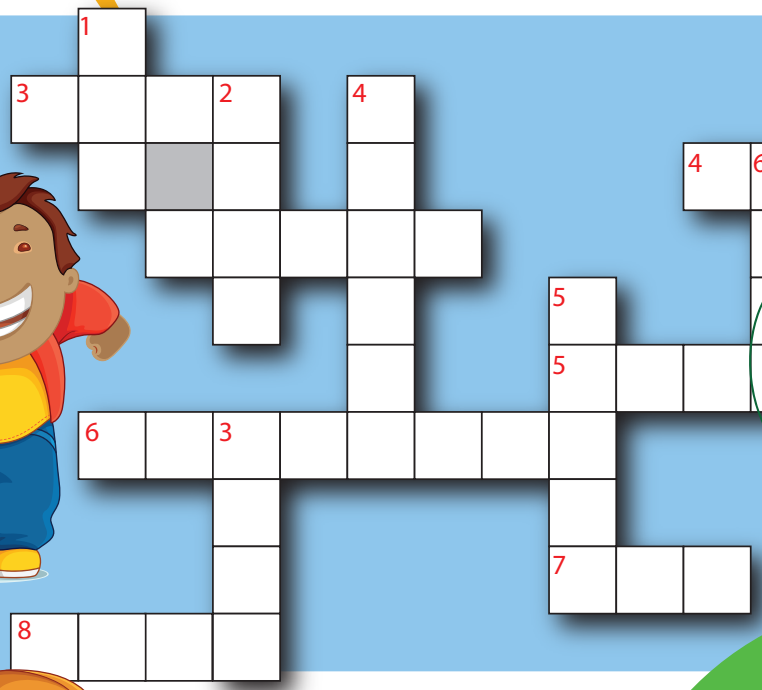
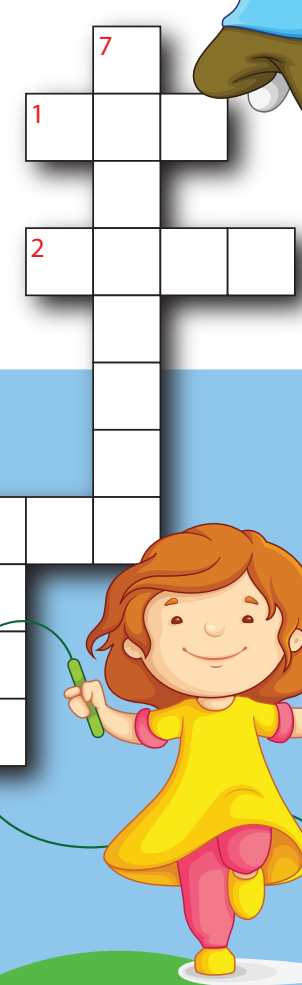


# CROSSWORD

Fill words in the squares using the clues in the circles.



- ACROSS**
1. Get out and have \_\_\_\_\_!
  2. Kick the \_\_\_\_\_
  3. \_\_\_\_\_ up and down.
  4. "\_\_\_\_\_ to the loo, my darling."
  5. What your teacher tells you, "\_\_\_\_\_, don't run in the hall."
  6. Hold this in both hands, swing it over your head and jump!
  7. "\_\_\_\_\_, you're it!"
  8. Sit on this and pedal away!

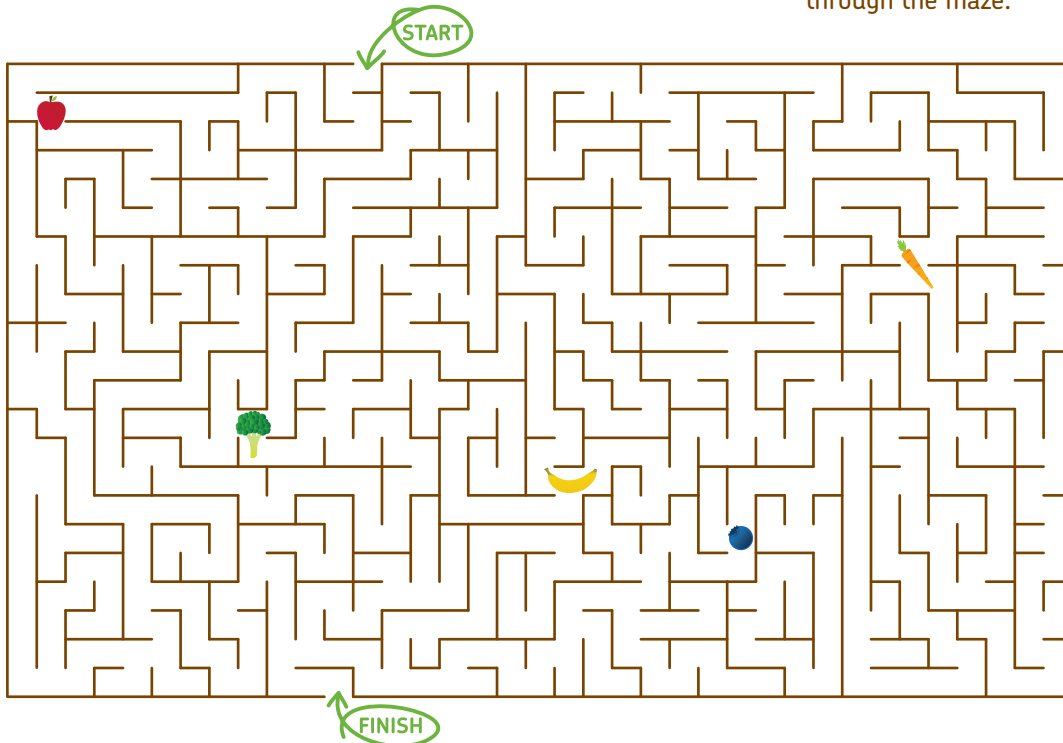


- DOWN**
1. \_\_\_\_\_ as fast as you can!
  2. Have a \_\_\_\_\_ date with a friend.
  3. It doesn't matter how you do it, just do this and have fun!
  4. A fun game played with a ball you kick down the field to the goal.
  5. When you play hard you will get warm and start to do this.
  6. What you do to a soccer ball.
  7. Big circle that twirls around your waist.



# A-MAZE-ING TASTE

Use the five yummy foods to guide you through the maze.



## JUICY JOKES

**Q:** What do two bananas do when they meet each other?

**A:** A banana shake!

**Q:** What is a vampire's favorite fruit?

**A:** A neck-tarine!

**Q:** Why did the tomato blush?

**A:** Because he saw the salad dressing.



## WORD JUMBLE



EPAPL



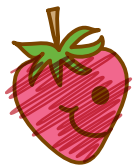
OTMOTA



NBAES



HSIADR



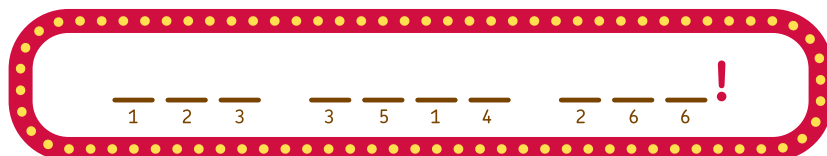
WRSTREYRBA



RCOOCLBI



Now, arrange the circled letters by number to tell you what to do with good-for-you foods:



# SPOT THE DIFFERENCE

These two pictures might look the same, but there are 10 tiny differences. See if you can circle all of them.



Whoa! Fearless fruits and vegetables! Don't forget to check their **eyes**, **teeth** and **parachutes**.



# FIND GOOD FOOD

Hi. I'm a talking tomato, here to remind you that tasty stuff is everywhere.  
Search for the names of good food in the alphabet soup below.



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

APPLE  
AVOCADO  
BAKED  
BANANA  
CHICKEN  
FIBER  
GRANOLA  
KIWI



LIMA BEANS  
OLIVE OIL  
PAPAYA  
RASPBERRY  
SPINACH  
TOMATO  
TURKEY  
YOGURT



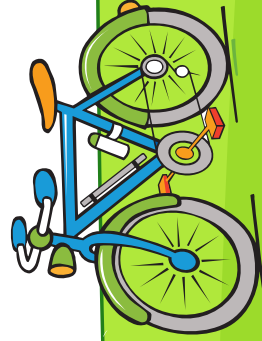


# POWER UP tracker

PowerUp with 5 fruits and veggies  
and 1 hour of active play every day!  
Track each day!

1. Color a  on the tree when you eat a fruit or veggie.
2. Color a  on the tree when you play.
2. Fill your tree to get PowerUp!

Help your kids PowerUp with tips, recipes, activity sheets and more at [powerup4kids.org](http://powerup4kids.org).



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

