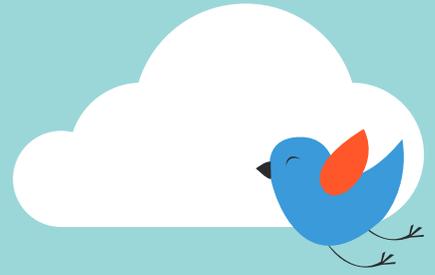


HealthPartners

powerup



COUNTDOWN ACTIVITY BOOK



powerup



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.

Chomp, our **PowerUp** super-hero, adds to the fun with games, activities and surprise visits too.

Find events, recipes, games and join the fun at POWERUP4KIDS.ORG.

POWERUP COUNTDOWN MATCHING GAME!

Trace the line to match the number to the PowerUp countdown tip!



FIVE



FOUR



THREE



TWO



ONE



ZERO

meals every day

sugary drinks

fruits and veggies

colors or more

hour of play

hours of screen time or less each day

Fruit + Veggie Word Search



Eating at least five colorful fruits and veggies a day helps you:

1. Grow up strong and healthy
2. Boost your brain power
3. Stay energized
4. Add color and crunch
5. Try new, fun foods

Find each word from the fruit + veggie word list below, and circle it.

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

FIVE
FRUITS AND
VEGGIES
EVERY DAY!

Write your five favorite fruits & veggies:

1. _____
2. _____
3. _____
4. _____
5. _____

Fruit + veggie word list:

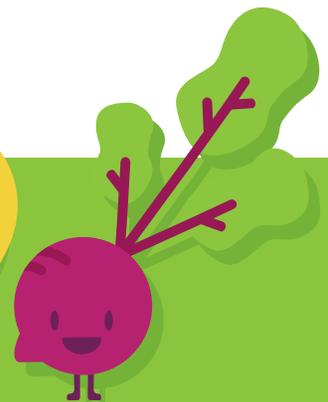
PINEAPPLE	PUMPKIN	TOMATO	SQUASH
ORANGE	BANANA	APPLE	PEPPER
CARROT	KIWI	BEAN	

Name one you would like to try: _____



TRY FRUIT FOR DESSERT.
GRAPES OR APPLES DIPPED
IN YOGURT ARE YUMMY!

VEGGIES MAKE GREAT SNACKS.
TRY FROZEN PEAS RIGHT OUT
OF THE FREEZER!





FOUR COLORS OR MORE!



Unscramble
the names of
veggies going
into the bowl!

OTAOTM

SAPN-EAP

IONNO

LICORCOB

SDIARH

EPERPP

MCBREUUC

TRACOR

WRLILOFECUA

LETTUCE ENTERTAIN YOU!

Lettuce and greens come in many varieties. Try a few and see what you like best: Romaine, Kale, Turnip or Mustard Greens, Spinach, Green Leaf Lettuce

Match the fruits + veggies!

PowerUp with colorful, tasty fruits + veggies.

Can you match these fruits and veggies with their names?

Write the correct number in the box.



- | | | | | |
|---|---------------------------------------|---------------------------------------|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Parsnips | <input type="checkbox"/> Watermelon | <input type="checkbox"/> Carrots | <input type="checkbox"/> Green Grapes |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Egg Plant | <input type="checkbox"/> Oranges | <input type="checkbox"/> Honeydew |
| <input type="checkbox"/> Potatoes | <input type="checkbox"/> Corn | <input type="checkbox"/> Strawberries | <input type="checkbox"/> Blueberries | <input type="checkbox"/> Kiwi |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Red Peppers | <input type="checkbox"/> Bananas | <input type="checkbox"/> Avocados | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Red Tomatoes | <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> Red Apples | <input type="checkbox"/> Pineapple |

1 	2 	3 	4 	5 
6 	7 	8 	9 	10 
11 	12 	13 	14 	15 
16 	17 	18 	19 	20 
21 	22 	23 	24 	25 

ANSWERS: Blackberries-20, Pomegranate-13, Potatoes-23, Cauliflower-15, Brussels Sprouts-9, Parsnips-11, Cucumbers-21, Corn-24, Red Peppers-5, Watermelon-18, Egg Plant-16, Strawberries-22, Bananas-8, Sweet Potatoes-14, Carrots-2, Oranges-10, Blueberries-4, Avocados-3, Red Apples-25, Green Grapes-12, Honeydew-19, Kiwi-6, Pumpkin-17, Pineapple-1.



POWER UP WITH 3 MEALS

Eating three meals each day will help to fuel your body and power your brain all day long!

THREE MEALS EACH DAY!

Pick one or more foods from each of the food groups to create a power-packed meal!

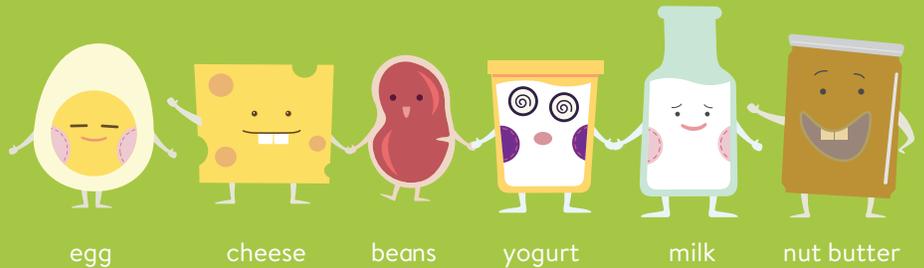
Breakfast: yogurt + fruit + granola sprinkles

Lunch: turkey + whole grain tortilla + carrot sticks + berries

Dinner: chicken + pasta + squash + apples slices

Draw your own favorite combo on the plate!

Proteins & Milk



egg

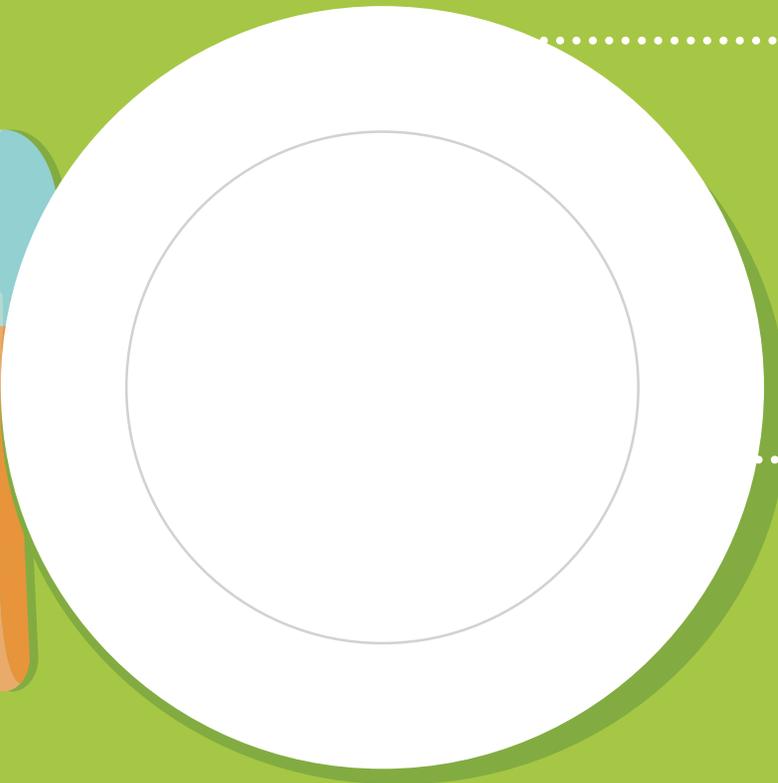
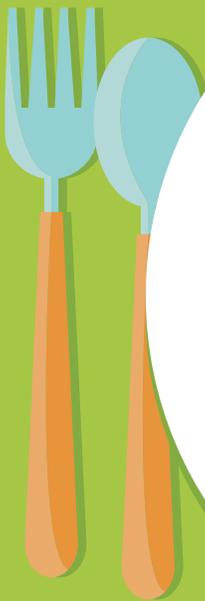
cheese

beans

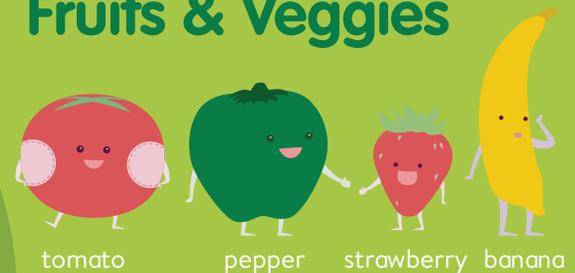
yogurt

milk

nut butter



Fruits & Veggies



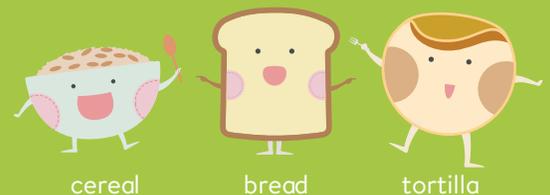
tomato

pepper

strawberry

banana

Whole Grains



cereal

bread

tortilla

Color Your Lunchbox!

Grab some markers and crayons and draw your favorite lunch!!



DON'T FORGET
TASTY FRUITS
AND VEGGIES!!



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TWO HOURS

OF SCREEN
TIME OR LESS
EACH DAY!

What do you
do instead of
screen time?

Instead of watching
TV, playing video
games, tablet or
computer time,
what do you like
to do?

Write or draw your
answer in the box.



A large white rectangular area for writing or drawing answers.

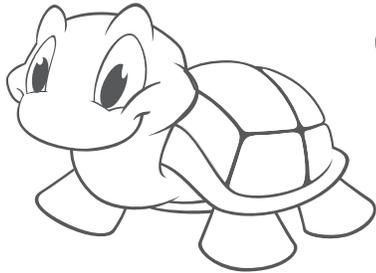
Animal Aerobics!

PowerUp your body with 1 hour of play. These wild animal aerobics are fun to do outside at a park or when hiking on a trail.

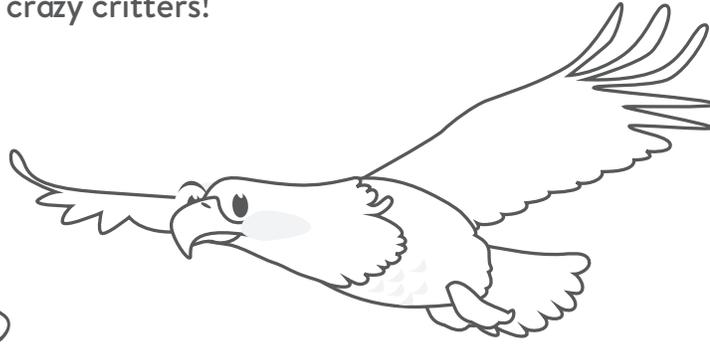
Have fun coloring these crazy critters!



ONE HOUR OF PLAY!



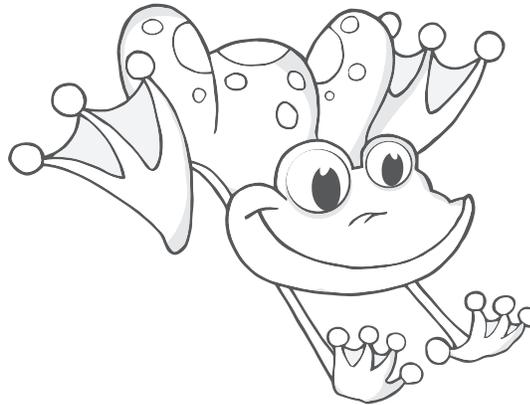
Wood Turtle Stomp
Stomp your feet 10 times



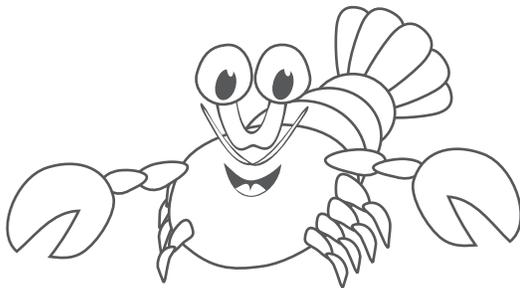
Eagle Eye Fly
Stretch your arms out like eagle wings and pretend to fly



Red Fox Pounce
Jump straight up 10 times



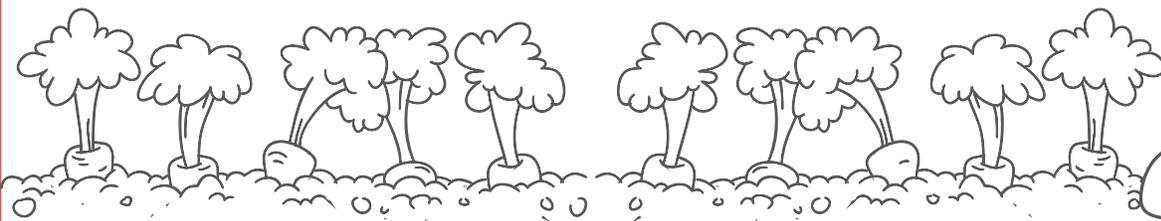
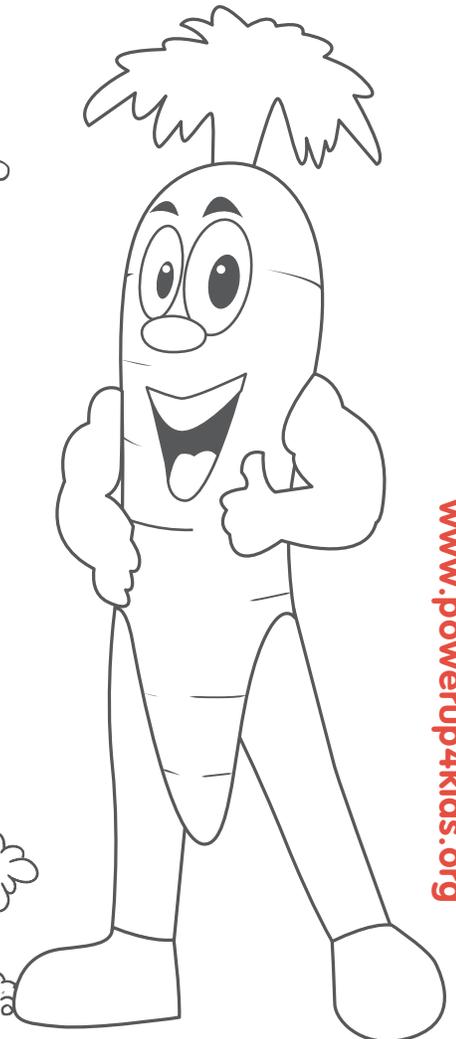
Leopard Frog Leap
Hop like a frog 10 times



Crayfish Crunch
Do 10 sit-ups

PowerUp like Chomp

Squat down and pretend to pick 10 carrots from the ground





Be a Sugar Detective!

Look for these words in the ingredients list on your drink. If you find one, your drink is probably sugary.

- Sugar
- High fructose corn syrup
- Cane syrup
- Maltose
- Honey
- Molasses

Sugary drinks – like soda, sports and fruit drinks – aren't the best for kids (or any body)!

Sugary drinks will drain your brain power. When in doubt, milk or water is always the best choice.

ZERO SUGARY DRINKS!

THIRSTY?

Choose to lose the sugar.

CIRCLE the best choice.



WATER or ENERGY DRINK



MILK or SODA



SPORTS DRINK or WATER



Help Chomp get through the maze to the water!

Be sure to avoid the sugary drinks, because they will **ZAP** your energy!



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WANT MORE
POWERUP?



WANT
KID-FRIENDLY
RECIPES?

VISIT US AT
POWERUP4KIDS.ORG

PowerUp with tips, recipes,
activity sheets and more.



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recipes and more.



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