



# power up

FAMILY  
MAGAZINE

HOW DO FRUITS AND  
VEGGIES GROW?

TURN SHOPPING INTO  
A FRUIT AND VEGGIE  
ADVENTURE

KIDS IN THE KITCHEN:  
LET'S ROCK 'N' ROAST



# WELCOME KIDS AND FAMILIES

## It's time to Try for 5 with colorful fruits and veggies!

Fruits and veggies power you up, to help you learn and play. So, explore and discover new ways to Try for 5 each day! You can find them in a garden, in a freezer or even in a can, No matter where you find them, when you Try for 5, give yourself a hand!

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For more ways to help your family PowerUp  
visit [healthpartners.com/powerupfamily](http://healthpartners.com/powerupfamily)



**Andrea Singh, MD**  
Pediatrician and mom of two

## HELLO FAMILIES,

Every day, families tell me it can be a challenge to Try for 5 fruits and veggies. That includes shopping, preparing and getting everyone to actually eat them. As a doctor and parent, I've found kids are more receptive when they see me excited to try different fruits and veggies. Here are more ways to help build curiosity to **try**:

- **Grow your own veggies.** We're all more likely to try when we've have a hand in growing our own.
- **Turn shopping into an adventure.** Shopping is a fun opportunity for kids to start exploring and seeking out different colorful fruits and veggies
- **Get kids in the kitchen.** All chefs thrive on trying what they prepare.
- **Use all your sensational senses.** Trying doesn't only mean taking a bite. Seeing, smelling and touching fruits and veggies helps warm us up to taking a first bite.
- **Be creative.** If there's one thing kids love the most, it's letting creativity flow. Turn fruits and veggies into silly shapes and colorful works of art to share with others.

Get started right here with this PowerUp Family Magazine. It's power-packed with lots of fun and tasty ways to spark curiosity around fruits and veggies and get everyone excited to Try for Five.

Bon appétit!

**Andrea Singh, MD**



## GET GROWING



### LOOK + FIND

Can you find these three things? Rain boot, soil, watering can



## HOW DO FRUITS AND VEGGIES GROW?

They don't start out at a market or a store,  
They grow in fields, gardens, or even indoors.  
Picked and packed to get ready for your plate,  
Fresh, canned or frozen they all taste great.

## WHICH OF THESE FRUITS AND VEGGIES HAVE YOU SEEN GROWING?



TOMATOES



PEPPERS



APPLES



CORN



BLUEBERRIES

## WHERE DO I GROW?

Draw a line from the fruit or veggie to where you would find it growing.



PLUM



CUCUMBER



BRUSSEL SPROUTS



RASPBERRY



SWEET POTATO

BUSH



TREE



VINE



UNDERGROUND



STALK



## LET'S EXPERIMENT: GREENHOUSE IN A JUG

Jumpstart growing veggies at home, without a garden. Recycle any clear plastic jug into a mini greenhouse. Plant the seeds, give them water and sun and watch them grow.



CLEAR JUG

+



SOIL

+



SEEDS

+



WATER

=



GREENHOUSE

Go to [healthpartners.com/powerupfamily](http://healthpartners.com/powerupfamily) for complete instructions on how to build the greenhouse and care for your veggies.

## SILLY STUFF

Why shouldn't you tell secrets in a cornfield?  
**There are too many ears!**

How did a farmer fix his jeans? **With a cabbage patch!**



## START SHOPPING



## TURN SHOPPING INTO AN ADVENTURE

Shopping with our senses can be so fun,  
See, smell or touch until you find the right one.  
Pick fresh, canned or dried in your own colorful style,  
Find others behind the cool door in the frozen food aisle.

### LOOK + FIND

Can you find these three things? Broccoli, pepper, shopping cart



## CAN YOU FIND THESE FORMS OF CHICKPEAS WHERE YOU SHOP?



DRIED



CANNED



HUMMUS



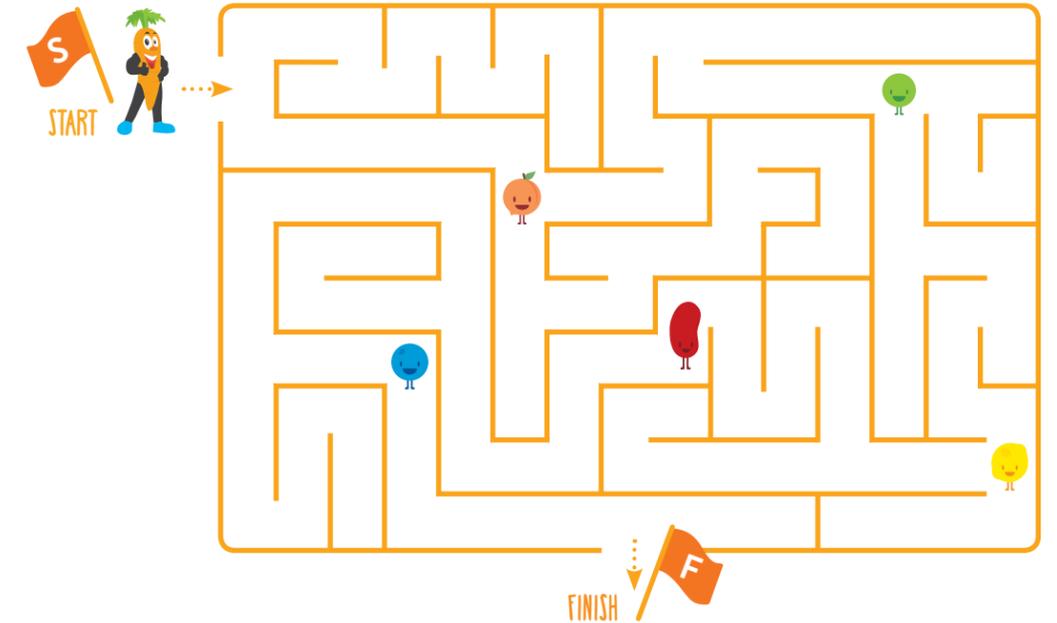
FALAFEL



ROASTED

## FRUIT AND VEGGIE MAZE

Move Chomp through the maze and help him PowerUp and pick up 5 fruits and veggies along the way.



## KIDS IN THE KITCHEN: SMOOTHIE MAGIC

Did you know that blending these colorful fruits and veggies makes a great smoothie? What color do you think it will be?



Find the answer and the recipe to this Green Pineapple Smoothie at [healthpartners.com/powerupfamily](https://healthpartners.com/powerupfamily).

## SAVVY SHOPPERS WASTE LESS FOOD

Before shopping, make a list with weekly meals in mind. For fresh fruits and veggies, get what you know you'll be able to prepare and eat to help reduce food waste.



## BEGIN PREPARING



## PREPARE FRUITS AND VEGGIES

If your fruit and veggie recipes are getting old, Step into the kitchen and try something bold! A sauce, a seasoning or even extra heat, Turns fruits and veggies into a new and tasty treat!

### LOOK + FIND

Can you find these three things? Tomato, onion, cutting board



## WHICH OF THESE WAYS HAVE YOU TRIED YOUR VEGGIES?



RAW



STEAMED



ROASTED



WITH A DIP



SEASONED

## TIME TO SHARPEN YOUR CHEF SKILLS

Draw a line from the kitchen tool you'll need to prepare each of the images below.



KNIFE



BLENDER



SLICER



BOX GRATER

CORED APPLE



CHOPPED PEPPERS



SHREDDED CARROTS



SMOOTHIE



Want to sharpen your chef skills? Learn more at [healthpartners.com/powerupfamily](https://healthpartners.com/powerupfamily).

## KIDS IN THE KITCHEN: LET'S ROCK 'N' ROAST

Turn up the heat and try roasting veggies for a yummy new treat. Here's a simple guide to making your own sweet potato fries.



SWEET POTATO



VEGETABLE OIL



450 DEGREES



15 MINUTES



SWEET POTATO FRIES

Find more ways to roast other yummy veggies at [healthpartners.com/powerupfamily](https://healthpartners.com/powerupfamily).

## ROOT FOR ROASTED VEGGIES

**Why do roasted veggies rock?** Because when you put them in the oven on high dry-heat, they turn deliciously sweet. **How?** The high heat brings out their natural sugars (called caramelization: car-a-mel-i-za-tion).



## HAVE FUN TRYING



### LOOK + FIND

Can you find these three things? Towel, pot, blueberries



## WHAT DOES IT MEAN TO TRY?

Curious about a new fruit or veggie, but feeling a little shy? Start with looking at it and smelling it for your first try. It might look like a tree or smell super sweet, And who knows, it might even taste like a delicious treat. Just start to explore and let your senses take flight, As they help you get ready to take your first bite!

## WHICH OF THESE BUMPY FRUITS AND VEGGIES HAVE YOU TRIED?



RASPBERRY



CABBAGE



CORN



EDAMAME



CAULIFLOWER

## TEXTURE TESTER

Sometimes when we taste a fruit or veggie, it isn't just the taste, but how it feels in our mouth that determines whether or not we like it. That's what "texture" means. Draw a line from the fruit or veggie to its matching texture.

JUICY

LEAFY

CRUNCHY

STRINGY

CHEWY

DRIED MANGO

JICAMA

WATERMELON

SPINACH

CELERY



## LET'S EXPERIMENT: USE YOUR SENSE-O-METER

Write down two fruits or veggies you've been curious about and put them through your sense-o-meter. Then circle thumbs up or down for each of the senses.

Which fruits or veggies do you want to put through your sense-o-meter?

1. \_\_\_\_\_

LOOK 



SMELL 



TOUCH 



TASTE 



2. \_\_\_\_\_

LOOK 



SMELL 



TOUCH 



TASTE 



## TASTY FACT

Our sense of taste and texture changes with time. So it's always good to keep trying. Is there a fruit or veggie that you didn't like before, but now you do?



ENJOY SHARING



LOOK + FIND

Can you find these three things? Apple, blender, straw



SHARING FRUITS AND VEGGIES

Fruits and veggies make the perfect centerpiece for sharing, Turn them into rainbows, trees or art ... be creative and daring! Whether for a meal, celebration or snack, Once you try them in this fun way, you'll never go back.

WHICH OF THESE FRUITS AND VEGGIES HAVE YOU SHARED?



CAN FOOD BE ART?

Yes, it can! What fun names would you give these fruit and veggie masterpieces?



NAME:



NAME:

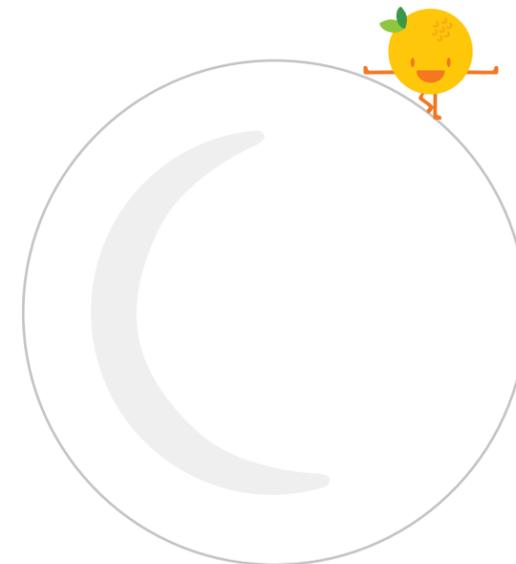


NAME:

LET'S EXPERIMENT: HAVE FUN WITH FRUITS AND VEGGIES

Cutting fruits and veggies into different shapes or giving them silly names makes them so much more fun to try. Create your own fruit and veggie art by drawing a fun picture on the plate. What fruits and veggies will you use?

Give your masterpiece a fun name:



SHARE AND CONNECT

Grab a friend or family member and this deck of cards to strike up fun and interesting chatter as you share a meal or snack together. Find the Table Talk deck at [healthpartners.com/powerupfamily](http://healthpartners.com/powerupfamily).





## WARM WEATHER FUN



### LOOK + FIND

Can you find these three things? Paddle, life jacket, rope



## WHAT'S YOUR FAVORITE WAY TO MOVE IN THE WARM SUN?

The sun is shining, it's a good time to move; There's lots of fun ways to get in your groove. Run or roll. Hop or hike. Slide, swim or paddle. Whatever you like.

### WHICH OF THESE FUN WAYS TO MOVE HAVE YOU TRIED?



TENNIS



SPRINKLER



TAG



HIKING



CATCH

## WARM WEATHER SAFETY

Draw a line from the warm weather activity to the item you'll need to stay safe.

PLAYING HARD AND SWEATING



HELMET

HIKING IN LONG GRASS



LIFE JACKET

PLAYING OUTSIDE IN THE SUN



DRINK WATER

CANOEING OR BOATING



BUG SPRAY FOR TICKS

BIKING OR SKATING



SUNSCREEN

## DO IT YOURSELF: POWERUP PLAY MAZE

Design a maze or obstacle course with sticks, jump ropes, pool noodles, string, chairs, toys or anything you have. Make your way through the maze walking backwards, doing the crab walk, kicking a ball or hopping on one foot!



## CHOMP CHALLENGES



### LOOK + FIND

Can you find these three things? Red shoe, fence, blue headband



## ARE YOU UP FOR THE CHALLENGE?

Take these challenges on, if you dare,  
Beat the clock or add your own flare.

Test your speed, strength or balance before the time is done,  
Or go head-to-head with a friend ... for even more fun!

## WHERE ARE SOME OF YOUR FAVORITE PLACES TO PLAY AND MOVE?



PLAYGROUND



YARD



HOME



SCHOOL



OPEN GYM



## CHALLENGE YOURSELF!



### SPEED: BALLOON CHALLENGE

How long can you keep one, two or three balloons in the air without letting them hit the ground?  
(No balloons? Use napkins or crumbled tissue paper)

**More difficult option:** While one balloon is in the air, try doing one or two jumping jacks (or a somersault) before the balloon hits the ground.



### STRENGTH: WHEELBARROW PUZZLE CHALLENGE

Set up a puzzle on the ground (or make your own with cardboard or paper). Scatter the pieces around. Hold a friend by their ankles, so they can walk on their hands and collect each piece and fit it into the board until the puzzle is complete.



### BALANCE: TALL TREE BALANCE CHALLENGE

Stand tall like a tree, with both arms straight up in the air. See how long you can balance on one foot. Which foot can you balance on the longest?

## MASTER THE CHOMP STOMP

Watch and learn The Chomp Stomp dance at:  
[healthpartners.com/powerupfamily](https://healthpartners.com/powerupfamily).

Then grab your family or a pal and challenge them to a Chomp Stomp dance off!



## CHORE CHAMPION



### LOOK + FIND

Can you find these three things? Sheet, telephone pole, bed



## NO-BORE FAMILY CHORES

Turn chores into games that kids want to play, Do a derby, a dash or a disco ... every day! There won't be any grumbles with a chore competition, Turn this into a fun family tradition.

### WHAT FUN GAMES COULD YOU INVENT FOR THESE CHORES ?



YARDWORK



MAKING THE BED



DUSTING



PICKING UP TOYS



WASHING WINDOWS

## NO-BORE CHORE GAMES

Turn these once boring chores into fun games that everyone wants to play. Set a timer or add a little friendly competition.



### LAUNDRY DERBY

Set a timer for one minute. Race to gather dirty laundry and toss it into a pile. Largest pile wins.



### TRASH DASH

Whose turn is it to take out the trash or recycling? Set a timer and make it a race.



### DISHIN' DISCO

Start some music and dance your way to done dishes and a clean kitchen. See how many songs it takes to finish the job.



### SOCK SLAM DUNK

Match and fold socks. Then shoot them into a basket. Who ever has the most socks in their basket when the socks are gone, wins!



## POWERUP MYSTERY CHORE JAR

Cut several strips of paper. Write a different chore on each piece of paper and a few wild strips. Put all the chores in a jar. Everyone draws a piece of paper until they are all gone to determine their chores.

Draw a wild strip? You can change out one of your chores with any chore you want.

## POWERUP CHORE CHAMPION CHART

PowerUp your chores with a chore chart! Track your chores and pick a reward that gets you eating better and moving more. Find the PowerUp Chore Champion Chart at [healthpartners.com/powerupfamily](http://healthpartners.com/powerupfamily).



## BOREDOM BUSTERS



## BORED? LET'S EXPLORE!

What do you do when you're restless and bored? That's your first clue that it's time to explore! Think up new games, because your mind is so keen, Your good ideas are more fun than those screens.

### LOOK + FIND

Can you find these three things? Blanket, scooter, pirate hat



## WHAT'S YOUR GO-TO WAY TO GROOVE?



JUMPING JACKS



POSE LIKE A WARRIOR



PLAY HOPSCOTCH



TWIST AND SPIN



STRETCH LIKE A DOG OR CAT

## INDOOR LASER CHALLENGE

All you need is a roll of crepe paper (or yarn) and tape. Then design different levels of difficulty. Move your way through each level without touching the laser.



CREPE PAPER

+



TAPE

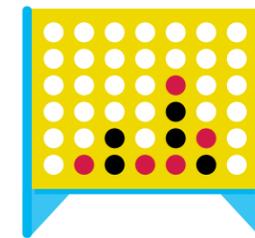
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LASER CHALLENGE

## TRANSFORM A BOARD GAME (LIKE CONNECT 4®) INTO AN ACTIVE GAME

Place each set of the colored game pieces a distance away from the game board. Each player races back and forth grabbing only one piece at a time. First player to get four of their colored game pieces in a row wins!



## LOOKING FOR A FUN WAY TO EXPLORE THE OUTDOORS?



Grab the PowerUp Parks Passport and head out for a fun nature adventure. You can print your passport at [healthpartners.com/powerupfamily](http://healthpartners.com/powerupfamily).



## COOL WEATHER PLAY

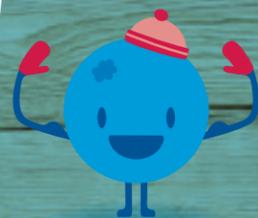


### LOOK + FIND

Can you find these three things? Pink pompom, red mitten, yellow rope

## BRRR! IT'S COLD!

Don't let the cool weather chill your thrill,  
The key to staying warm is to not sit still.  
Have fun dreaming up new and wacky ways to groove,  
But be sure to dress in layers, if you go outside to move.



## WHICH OF THESE ACTIVITIES WOULD YOU LIKE TO TRY?



## KEEP CHOMP WARM

Help dress Chomp to keep him warm while playing outside.  
Color the cold weather gear and draw a line to where each item goes on Chomp.



SCARF



BOOTS



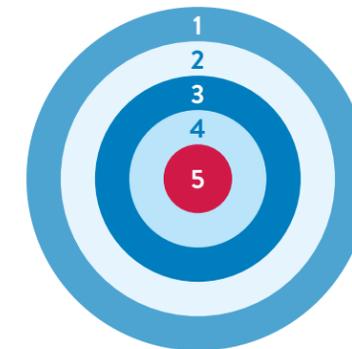
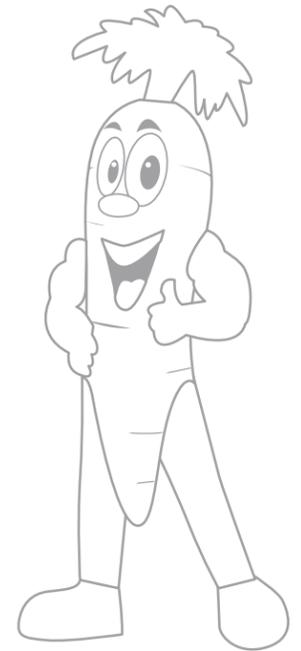
HAT



MITTENS



JACKET



## DO IT YOURSELF: MAKE YOUR OWN PITCH BRRR-FECT TARGET

Draw a target on cardboard. Give each ring a different point value. Hang it up. Roll some snow balls and then aim for the bullseye with each pitch. No snow? No worries. Any ball will do. Try throwing with your right and left hand.

## KEEP WARM. KEEP PLAYING!

**Dress like an onion** ... in layers. Then you can peel layers of clothing off or add more, as you need to stay warm.

**Keep the wet out and feet dry.** Slip plastic bags over your socks before you step into your boots or shoes.



# WELCOME KIDS AND FAMILIES

It's time to find your groove,  
with whatever makes you move!

PowerUp is a fun way to keep you in the groove,  
Every day just Try for 5 and make your body move!  
Inside, outside, rain or shine,  
It feels great to move more ... anytime!



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**James Mapellentz, MD**  
Pediatrician and dad of four

## HELLO FAMILIES,

Every day, I hear how kids are constantly using their phones, tablets and televisions. As a doctor and parent, I know firsthand how important and challenging it is to power-down screens and PowerUp our bodies.

Our bodies and brains need physical activity to be healthy. The good news is that kids already love to play and move. Plus, the whole family can join in the fun. We can inspire kids to move more with active family games, a walk or a dance party. Learn a new sport together or turn chores into active games or silly challenges. We all feel better when we set aside the screens and make moving a joyful and healthy part of every day.

You can get started with this PowerUp Family Magazine. It's power-packed with lots of fun ways to help your kids and family find new ways to move each day.

Let's all PowerUp!

**James Mapellentz, MD**





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BRRR! IT'S COLD!

MASTER THE  
CHOMP STOMP

BORED? LET'S  
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