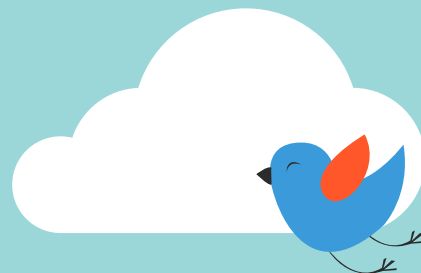
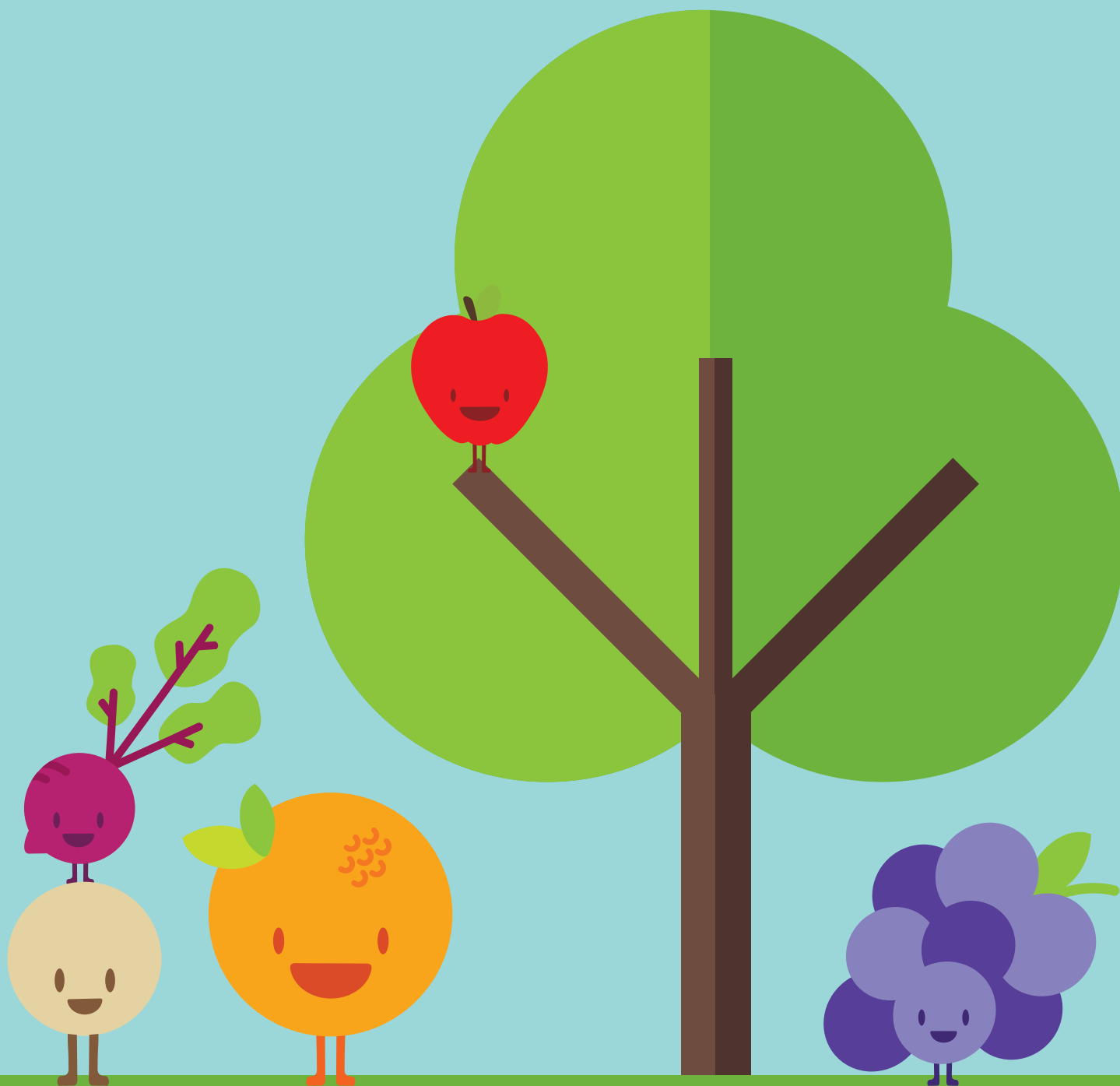




**powerup**



# COUNTDOWN 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.

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](http://POWERUP4KIDS.ORG).

## POWERUP COUNTDOWN MATCHING GAME!

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



**FIVE**



**FOUR**



**THREE**



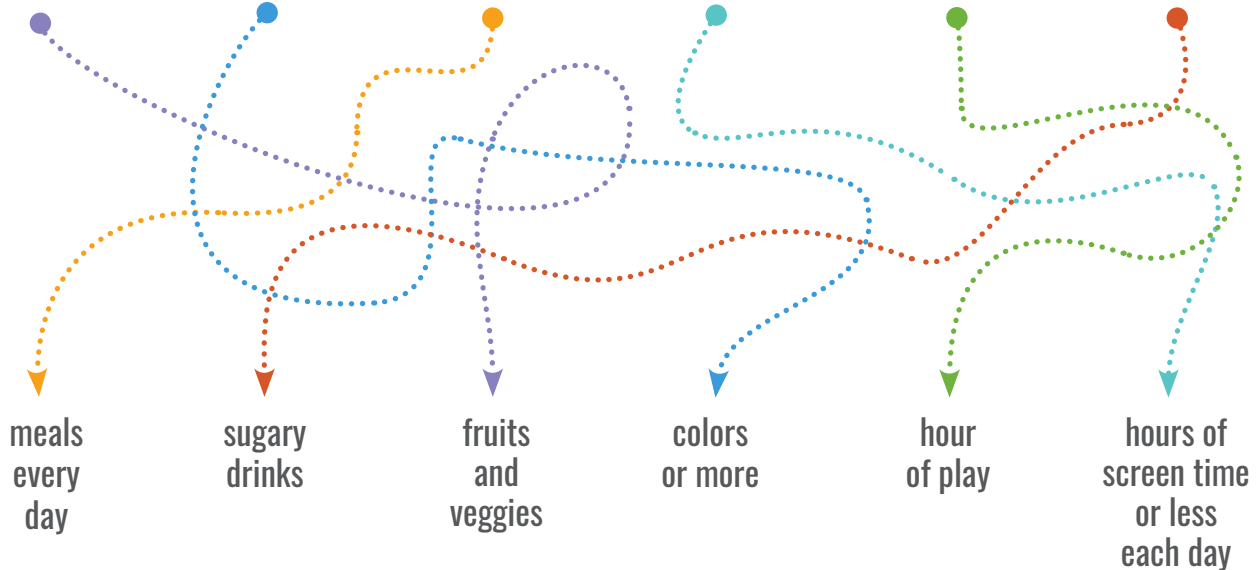
**TWO**



**ONE**



**ZERO**



# 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

Fruit + veggie word list:

PINEAPPLE  
ORANGE  
CARROT

PUMPKIN  
BANANA  
KIWI

TOMATO  
APPLE  
BEAN

SQUASH  
PEPPER

FIVE  
FRUITS AND  
VEGGIES  
EVERY DAY!

Write your five favorite  
fruits & veggies:

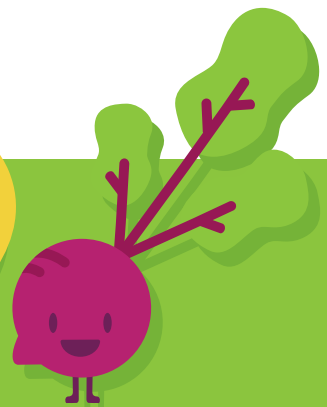
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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

WRLIOFECUA

### 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!

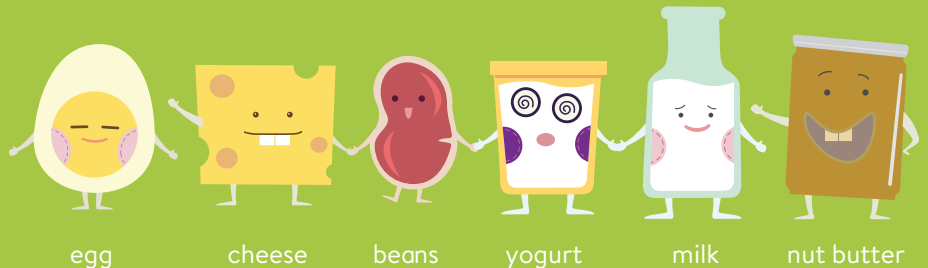
**Breakfast:** yogurt + fruit + granola sprinkles

**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



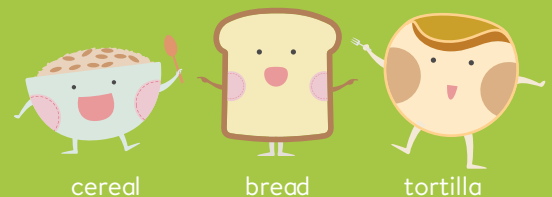
tomato

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!!



powerup



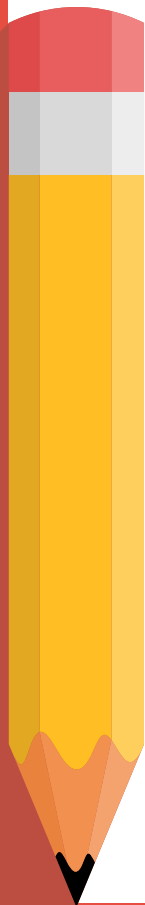


# TWO HOURS OF SCREEN TIME OR LESS EACH DAY!

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.





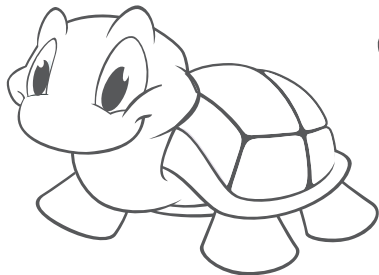
# Animal Aerobics!

**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!

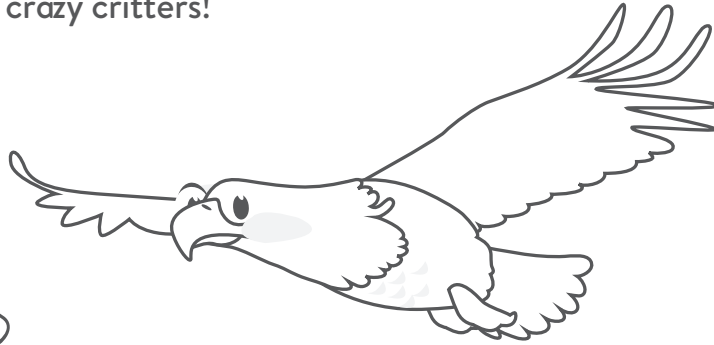


# ONE HOUR OF PLAY!



## Wood Turtle Stomp

Stomp your feet 10 times



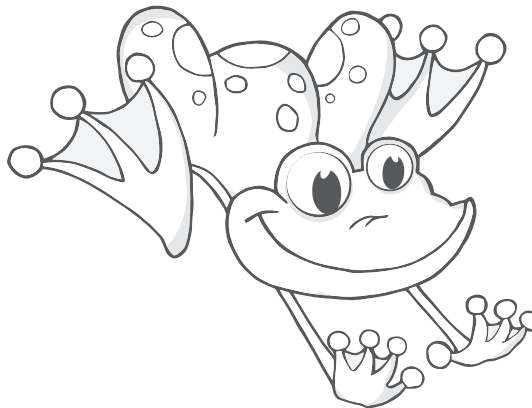
## Eagle Eye Fly

Stretch your arms out like eagle wings and pretend to fly



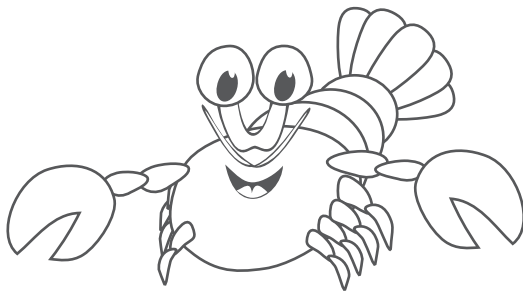
## Red Fox Pounce

Jump straight up 10 times



## Leopard Frog Leap

Hop like a frog 10 times

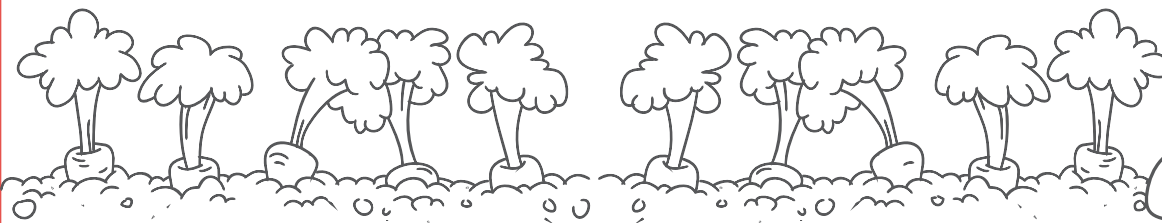
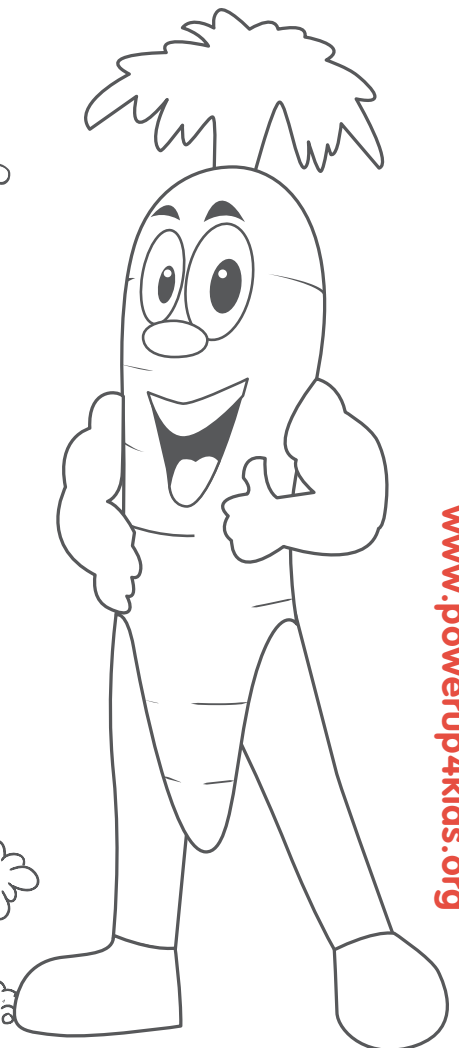


## Crayfish Crunch

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!



power<sup>UP</sup>



WANT MORE  
POWERUP?



WANT  
KID-FRIENDLY  
RECIPES?

VISIT US AT  
**POWERUP4KIDS.ORG**

PowerUp with tips, recipes,  
activity sheets and more.



.....  
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