

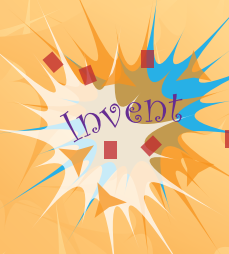





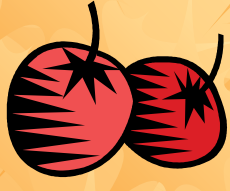








April Scorecard

 You Choose	 Equip	 Invent	 Pick	 You Choose
 Artichoke	 Pick	 Leap	 Grape tomatoes	 You Choose
 Cycle	 Pineapple	 You Choose	 Avocado	 Pick

Player name

It's up to you! There are all kinds of fun physical activities and fruits and vegetables to try. Every time you try a physical activity for 15 minutes, or eat a fruit or vegetable you get to cross off 1 square on your scorecard. 1 square = 1 point. If the square says *Pick* or *You Choose* you pick any fruit or vegetable and you choose the physical activity. For the *invent* square – you make up the activity. The more things you try, the more points you get! At the end of the month, if you get a score of 12 or higher, you're a winner!!

Total Score

Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to www.yesfood.iowa.gov for more information.



Funded by USDA's Snap-Ed Program, an equal opportunity provider and employer, in collaboration with the Iowa Dept. of Public Health.

Tell your family what you learned at school about pineapple.

Cycle

– Your legs give you the power for bicycling. And your riding position tells people if you're in it for the fun or the competition. For general street use and getting around, most people sit in an upright position. Cyclists in a race or competition sit with their upper body bent closer to their hands, in a 0° - 30° angle. This increases power and speed. Be sure to wear safety gear. What are you waiting for...grab your bike and go!

Teach your family a new game that you have learned.

Equip

– In tennis, gearing up with the right equipment is important. If you weigh more than 85 pounds, you should be using an adult racquet, less than 85 pounds, use a junior racquet (the longest one you can comfortably use). For the right shoes, pick ones with good traction, cushioning and side support. No racquet and ball? Create your own using household items. Did you see that? Advanced players can serve a ball at more than 100 miles an hour, making it travel 80 feet across the court in less than one second!

Leap

– Track and field, or "athletics," is the original Olympic® sport, dating at far back as 776 BC. It's about running fast, jumping high and throwing far. Track and field includes track events like sprints, long-distance running and relays; field events like long and high jumps, pole vault and javelin throws; road events like marathons and race walks; and combined events where athletes compete over two days in a series of events. In the 2000 Olympics, Marion Jones became the first woman to win five medals in athletics in the same Olympics! She won three gold and two bronze!

After School Snack:

FROZEN FRUIT CUPS

Serving size: 1 cup Makes 18 servings

Ingredients:

3 bananas

24 ounces fat free strawberry yogurt

10 ounces frozen strawberries, thawed and undrained

8 ounces crushed canned pineapple, undrained

Directions:

Line 18 muffin tin cups with paper baking cups. Dice or mash bananas and place in a large mixing bowl. Stir in remaining ingredients. Spoon into muffin tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer. Before serving, remove paper cups and let stand 10 minutes.

Fab Five Forms—fresh, frozen, canned, dried, and 100% juice.

Hey! /// Heads Up! /// Look Out! /// Tip Off! /// Enough Said

You can make this on your own, but ask an adult for help when opening cans.