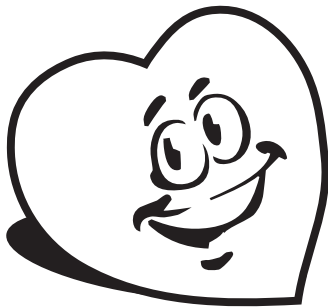
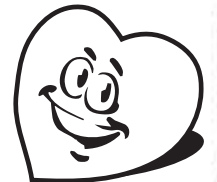


Healthy meals...fast



Happy Hearts agree, healthy meals at home are the best that can be!

Connect the dots and color all the Happy Hearts on the page!

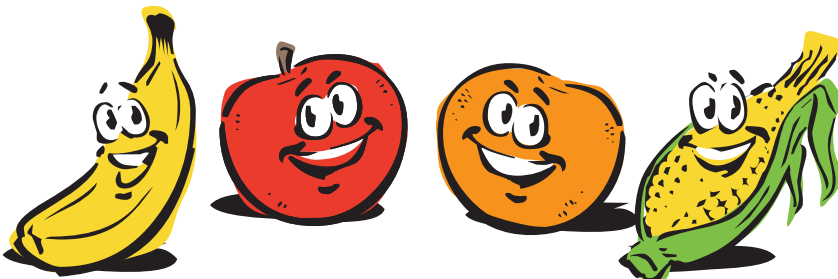


Happy Hearts agree, Healthy Meals...Fast... are as easy as 1-2-3.

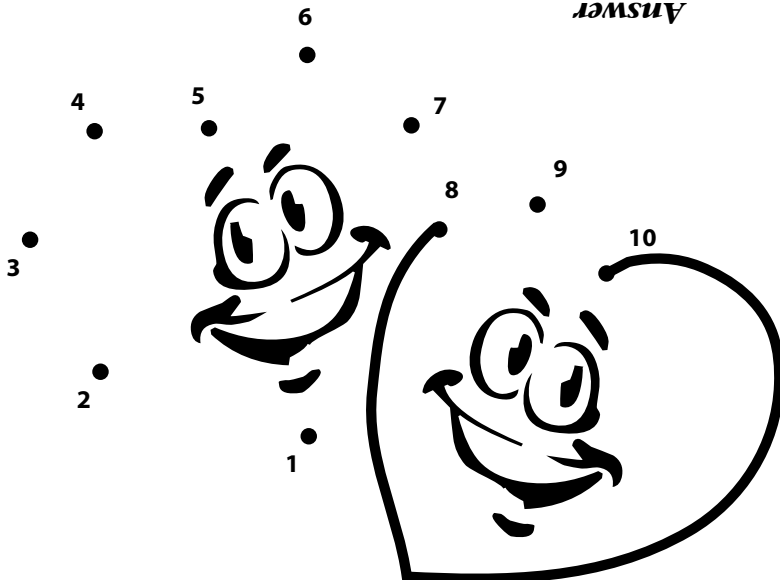
Some foods are FAST! No muss, no fuss, they are ready-to-eat on the go!

Happy Hearts agree, fruit is TASTY fast food for ME!

Circle the one food that is different from the rest.



Answer
Corn is a vegetable and it is cooked before eating.



Count and color 1-2-3 and Go for Active Play!

- 1** Stretch high to the sky and way down low!
- 2** Hop to the left and then to the right!
- 3** Wiggle your arms, fingers, legs, and toes.

**Ready-set-GO!
Healthy Meals... Fast**

Brought to you by:



Healthy meals...fast

Tic-Tac-Toe!

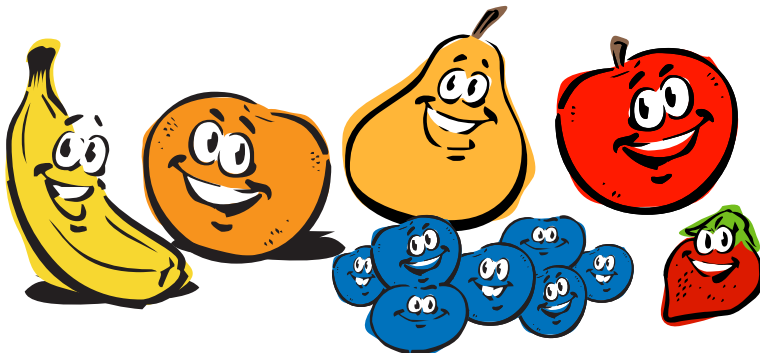
Find a partner to play Tic-Tac-Toe with a Healthy Meal "twist"!

1. Choose a menu box.
2. Complete the menu by choosing your favorite fruit from those below. Write it in the space provided.
3. Depending on which partner is playing, place a "Σ" or "⊙" in the box.

See who wins their favorite healthy menus! Share your favorite menu square with your family for a fast and tasty meal!

| | | |
|--|--|---|
| Taco Salad (Fruit) _____ Low Fat Milk | Chicken Stir Fry Quick Rice (Fruit) _____ Yogurt | Pasta and Meat Sauce Green Beans (Fruit) _____ Low Fat Milk |
| Sliced Low Fat Meat roll-ups with grated carrots Whole Wheat Bread (Fruit) _____ Yogurt | Pizza Cucumber Slices (Fruit) _____ Yogurt | Chicken Tortilla Soup Frozen Pea Pods (Fruit) _____ Low Fat Cheese |
| Turkey Wrap with Chopped Tomatoes Baked Chips (Fruit) _____ Low Fat Milk | Bean Burrito Zucchini Slices (Fruit) _____ Low Fat Cheese | Sandwich with Spinach Leaves Pretzels (Fruit) _____ Low Fat Milk |

**Orange Wedges, Green Grapes, Pear, Kiwi, Peach, Strawberries
 Apple Slices, Blueberries, Banana**



ON the fast TRACK?



Track your minutes in motion for one day!

Write the number of minutes of:

- ___ PE (ask your teacher if you aren't sure)
- ___ Recess
- ___ Playing with your friends or family
- ___ Anything else that keeps you moving
- ___ Total Minutes

Add them up. Do you have at least 60 minutes?

If not, CHALLENGE yourself and your family to have *at least* 60 minutes every day!

Brought to you by:

