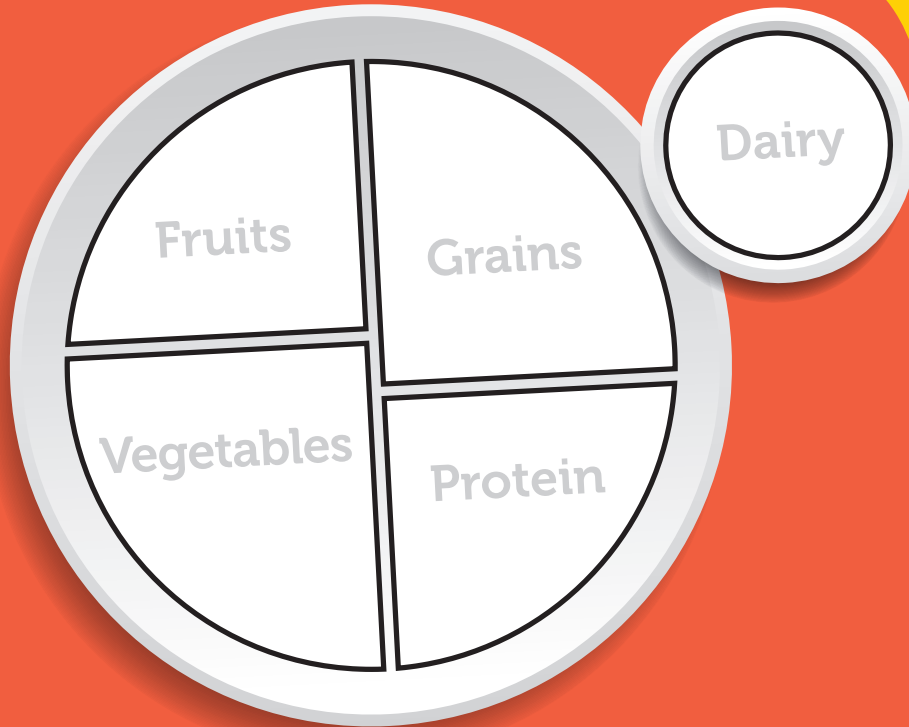




United States Department of Agriculture

# Summer Food, Summer Moves



Draw a healthy summertime meal here.



Quick! Do 10 Firecracker Jumps.  
Jump with your arms and legs  
exploding out.

## CRACK THE SECRET CODE

Use your detective skills and the code  
on the right to complete the activity.

1) Fill half your plate with and

2) Get 60 minutes of each day

3) Choose instead of

4) Balance your day with food and

5) Eat fruits and vegetables at and

6) Eat to play hard

## CODE

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

# LOL!



Q: WHAT DID THE FATHER TOMATO SAY  
TO THE BABY TOMATO ON A FAMILY WALK?

A: KETCHUP!

Q: WHAT VEGETABLES ARE A SAILOR'S ENEMY?

A: LEEKS!



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ANSWERS: 1) fruits, vegetables 2) physical activity 3) water, sugary drinks 4) play 5) meals, snacks 6) smart.