SuperKids Nutrition and California Raisins



Grade level 2-4



the Super Crew

Good nutrition
+ Fitness

= Healthy family



- Play sports or tag together what a better way to build team spirit and get the heart beat up!
- Have a cook-off who can make the best salad or side dish?
- Get a dance party going dance around the house with the whole family.
- Cleaning contests who can do the best job vacuuming?
- Gardening plants need food and water, just like us!
- When it's raining, try active games for the Wii, XBOX Kinect or PlayStation Move, like Wii Fit, Kinect Sports or The Michael Jackson Experience.

Crack the Code!

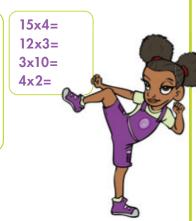
What food really knows how to move and groove?

Complete the following problems:

Match the answer with the letter in the Code Key Box, and write that letter in the blank. Each column is one word. Penny adds, "You can time yourself to see how speedy you are, and then try again later to see if you've improved!"

2x15=
4x6=
4x11=
16x3=
3x9=
18x2=
6x10=
44x2=
12x4=
3x8=

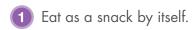
3x20=
2x12=
6x8=
3x14 =
24x2=
22x4=
7x6=



CODE KEY Some letters and numbers won't be utilized

A = 24	F = 27	K = 8	Q = 9	V = 6
B = 7	G = 5	L = 44	R = 60	W = 2
C = 30	H = 3	M = 23	S = 42	X = 51
D = 17	I = 48	N = 88	T = 11	Y = 49
E = 25	J = 13	O = 36	U = 19	Z = 3
		P = 2		

Top 10 ways to eat **a** California Raisins





- 3 Use raisins to bake homemade, whole-grain goodies.
- Make your own energy/granola bars.
- **5** As a topping on oatmeal, grits, plain yogurt, or other foods.
- 6 Use as an ingredient in salads such as carrot-raisin pineapple salad.
- Use in savory dishes such as rice pilaf or chicken stew.
- 8 Sprinkle on your favorite dessert such as frozen yogurt with raisins.
- Make a delicious and nutritious compote.
- Go for a classic "ants on the log" and top a celery stick with some cottage cheese sprinkled with raisins.

