



Good nutrition
+ Fitness
= Healthy family



the Super Crew

Crack the Code!

Grade level 2-4

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!"

$2 \times 15 =$

$4 \times 6 =$

$4 \times 11 =$

$16 \times 3 =$

$3 \times 9 =$

$18 \times 2 =$

$6 \times 10 =$

$44 \times 2 =$

$12 \times 4 =$

$3 \times 8 =$

$3 \times 20 =$

$2 \times 12 =$

$6 \times 8 =$

$3 \times 14 =$

$24 \times 2 =$

$22 \times 4 =$

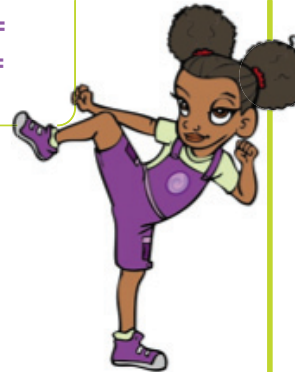
$7 \times 6 =$

$15 \times 4 =$

$12 \times 3 =$

$3 \times 10 =$

$4 \times 2 =$



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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 California Raisins



- 1 Eat as a snack by itself.
- 2 Mix into a homemade trail mix.
- 3 Use raisins to bake homemade, whole-grain goodies.
- 4 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.
- 7 Use in savory dishes such as rice pilaf or chicken stew.
- 8 Sprinkle on your favorite dessert such as frozen yogurt with raisins.
- 9 Make a delicious and nutritious compote.
- 10 Go for a classic "ants on the log" and top a celery stick with some cottage cheese sprinkled with raisins.

