THE TEXAS DEPARTMENT OF AGRICULTURE PRESENTS

Farm Fresh JUMP WITH JILL LIVE TOUR

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# ARE YOU READY TO ROCK?!

**GET FREE MUSIC**

jumpwithjill.com/listen

**ACTIVITY BOOK GRADES 3-5**

YOUR NAME_____

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**Hey there! Remember me? I'm Jill. I came to your school to sing about exercising and healthy eating. See, I love food and music so much that I made an entire show about it, starring me! It's called *Jump with Jill*.**

**I travel all around the country performing my nutrition rock music. I have performed in all these cities.** Use the map to help find the two-letter postal abbreviation for the states these cities belong to. Draw a line from these cities to their place on the map.

Los Angeles, California | Denver, Colorado | Chicago, Illinois | Dallas, Texas | Baltimore, Maryland | Cleveland, Ohio | Detroit, Michigan | New York City, New York

**What city and state do you live in?** _____, _____. Draw a star on the map for where you live.

**I want to know what you thought of my show!** Become a show critic and write a review of the *Jump with Jill* show.

# *JUMP WITH JILL* ROCKS CROWDS OF KIDS

The *Jump with Jill* show came to my school, _____ Elementary,

on _____.

Jill sang about healthy habits we can practice to keep our bodies healthy like _____

_____.

I learned about new foods like _____

_____.

Jill had us raise our right hands and promise to try a new vegetable within the next week. The vegetable I plan to

try is _____ because _____

_____.

My favorite part of the show was _____.

If I had to describe the show with just three adjectives, I'd say the *Jump with Jill* show is _____,

_____, and _____.

**Draw a picture of what you remember the stage looking like when you saw the *Jump with Jill* show to accompany your news story.** Don't forget to include the set, the sound equipment, the lights, and the characters – Jill and DJ.

**Photo courtesy:** _____ .

(your name here)

**I made you this activity book so we could learn even more about each other. Making healthy choices means you have to be smart, so you'll notice these activities use a lot of math, science, and writing. Don't worry. There is no test. This just helps you apply all the stuff you learn with your teacher to decisions you make every day, like what to eat.**

**Let's start with the music. I'm a musician, which means making music is my job.** Music is how I express myself. I play guitar, piano, and sing.

---

**With so many instruments to keep track of, let's tally up the different kinds of instruments I'll be using.** Each tally mark, or slanted line, represents an instrument. Every fifth tally mark should be diagonal like this:

| =1 ||||| =5 ||||||| =7

How many instruments have strings?_____

How many instruments are played by shaking?_____

How many instruments are played by blowing into them?_____

How many musical instruments do I take into the recording studio in all?_____

---

**Many kids like music, too.** Use this graph to find out who else is musical.

How many kids are represented in this graph? (Hint: add all the columns together):_____

How many kids like the guitar? _____

How many kids like the piano? _____

How many kids like the drums? _____

How many kids like the violin? _____

Which instrument is the favorite? _____

Which instrument is the least favorite?_____

---

**What instrument is your favorite?** Draw or write your answer.

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**I eat healthy food in order to fuel my brain and body. A healthy brain helps me think creatively so I can make new music for you. Eating healthy also keeps me strong and allows me to do things that I love, like sing and dance. My body is my instrument!**

Say it loud! Say it proud!

# "THIS IS... MY BODY!"

JUMP WITH JILL

COLOR ME!

You only get one. Exercise and eat healthy to show your amazing body the respect it deserves. YOU make the decisions around here.

**I was born to sing and dance about health. Some people call it weird; I say normal is overrated. No *body* is the same. We all have different looks, likes, and feelings that make us unique. Embrace your weird!** Write or draw what makes you rock in the broccoli tops below.

**Three words that positively describe me...**

_____

_____

_____

**A compliment I have received...**

**One thing I'm really good at...**

**One thing that makes me different from everyone else...**

**One thing most people don't know about me...**

# REASONS I ROCK!

**The Road to Rockstar Status: Instructions**

**Being a rockstar like me means showing your body respect through healthy eating and exercise choices every day. There are lots of choices to make! It doesn't mean that every choice is the perfect choice. For example, when I tour with the show, it can be really hard to get fresh fruit. So I opt for a cup of applesauce or a box of raisins. Make the healthy choice as often as possible so you can be on the road to rockstar status.** Solve the number problems and use the answer to follow Jill. Take the ladders up and the slides down if you happen to land on those spaces!

1) 12 ÷ 6 = 2

**Jill brushed her teeth 2 times today.** Move this many spaces and draw a tooth brush in the square.

2) 3 x 3 = ___

**Jill slept for ___ hours last night.** Move this many spaces and draw a moon where you land.

3) 21 ÷ 7 = ____

**Jill ate ___ servings of vegetables today.** Move this many spaces and draw a carrot where you land.

4) 6 ÷ 3 = ___

**Jill ate ___ servings of fruit today.** Move this many spaces and draw an apple where you land.

5) 5 + 3 = ____

**Jill drank ___ glasses of water today.** Move this many spaces and draw a glass where you land.

6) 12 - 11 = ___

**Jill exercised by playing basketball for __ hour today.** Move this many spaces and draw a heart where you land.

7) 24 ÷ 8 = ____

**With milk on her cereal at breakfast, milk with lunch, and a cheese stick as an after school snack, Jill ate ___ servings of low fat dairy today.** Move this many spaces and see where you land.

SKIPPED BREAKFAST, TAKE THE SLIDE DOWN!
YOU DID IT! WELCOME TO THE BAND!
CHOSE FRUIT INSTEAD OF CANDY, SKIP AHEAD USING THE LADDER!
CHOSE SODA INSTEAD OF WATER, TAKE THE SLIDE DOWN!
FEELING ENERGIZED FROM SLEEP, SKIP AHEAD USING THE LADDER!
START

**All About Me!** Use the context clues to help you decide what the words in bold mean. Match the words to their definition.

I care a lot about people taking care of their bodies, so I am **passionate** about helping people make better food choices so they can be healthier. That is the job of a registered **dietitian**! I am also a musician. I enjoy playing music and performing concerts. I have shared the stage with many **popular** bands that many people like. My favorite exercise is dancing. I am known for **spontaneously** busting a move when people least expect it. In fact, I've become known for my unplanned get downs! My favorite kind of dance is hip-hop because it is more free form and you can **choreograph** as you go. I play guitar, piano, and sing, but my favorite instrument is the guitar. I write all of my songs on the guitar before **revealing** them to my band so I can make sure all my ideas are clear.

| | |
|---|---|
| **dietitian** | *adjective* - expressing strong emotion; excited and enthusiastic |
| **popular** | *verb* - showing or telling something that was unknown or secret |
| **spontaneously** | *adverb* - naturally unrestrained or uninhibited, arising from natural impulse rather than from planning |
| **choreograph** | *noun* - someone who helps people decide which foods to eat to be healthier |
| **revealing** | *adjective* - liked by a person or group of people |
| **passionate** | *verb* - to plan out dance movements to a piece of music |

---

**A poem about me:**

I write songs about my food
to get you in the mood
for a little song and dance
every time you have the chance

Write a four line poem about yourself that rhymes like mine:

_____

_____

_____

_____

---

**The newspaper is printing a story about me! Holy cow!** Can you proofread the story before it goes to print? Fix any spelling or punctuation errors you see.

**Jill sings in rain to Students about Nutrition**

The rain didn't stop Philadelphia-area kids from having a rocking good time last wednesday. The nutrition-themed music concert was called *Jump with Jill*. It was created by Jill, a nutritionist and mucisian, who combines her two loves to promote helthy habits to kids.

"We had so much fun" said 12-year-old Tatyiana. "I really like learning about health this way. The outdoor event followed a healthy lunch an asortment of healthy foods that included a sandwitch fruit, a cookie, milk, and a yogort parfait.

Fuel your engine with the best.

# ENERGY

JUMP WITH JILL

COLOR ME!

Your body is your engine. When you fuel your body with healthy foods, your engine can perform at its peak.

**On the road to health there are many choices.** Circle all the arrows that point east .

**I love to dance and sing! To do those amazing things, my amazing body needs energy. Our body is like a car - it needs healthy food for energy just like a car needs gas. When we eat too much unhealthy food, our engine can't work as hard or go as far.** If my healthy engine had a license plate, it would say "SPV4NRG" ("Super Power Vegetables for Energy"). It would also have a picture of my favorite vegetable, spinach. Design a license plate for your healthy engine.

**Each day, we need to get energy from healthy foods from each food group.** Draw a line from a food word to the correct food group on the JillPlate, the *Jump with Jill* version of the USDA MyPlate.

WORD BANK

Cantaloupe

Low fat milk

Carrot

Eggs

Low fat yogurt

Beans

Broccoli

Tangerine

Whole wheat bread

Watermelon

Brown rice

Fish

Whole grain cereal

# JillPlate

The JUMP WITH JILL MyPlate

**Can you help me solve these healthy food riddles to complete this crossword puzzle?**

**Across**

1. a crescent-shaped yellow fruit that goes well with almond butter or sliced into cereal
2. a custard-like food with a tart flavor, prepared from milk curdled by bacteria
3. a crunchy vegetable that rabbits love to eat
4. a fruit like an apple that rhymes with share
5. a food made from milk that goes well on salads, pasta, and pizza
6. also called legumes, this protein-rich food is also high in fiber

**Down**

7. a vegetable that can be eaten popped or right off the cob
8. a fruit named for its color
9. a fruit that starts with the first letter of the alphabet
10. a sweet, summer berry that starts with an "s"
11. a white or brown grain eaten with stir fry or in a burrito

# RISE & SHINE!
# GET GOIN' WITH BREAKFAST

JUMP WITH JILL

COLOR ME!

**Start your morning with a healthy breakfast to activate your body and mind for a rockstar day.**

**I begin each day with the most important meal of the day…BREAKFAST! The word "breakfast" means breaking the fast, or ending the time you've spent without food since last night's dinner.** Unscramble these breakfast words.

tufripagre (G) _ _ _ _ _ _ _ _ _ _

hwelo athwe sttoa _ _ (O) _ _ _ _ _ _ _ _ _ _ _ _ _

geactot ceshee _ (O) _ _ _ _ _ _ _ _ _ _ _ _

wol atf klim _ _ _ _ _ _ (M) _ _ _

hwelo riang reaecl _ _ (O) _ _ _ (R) _ _ (N) _ _ _ _ _ _

psbrireesra _ _ _ _ _ _ _ _ (I) _ _ _ _ _ _ _ _ (N) _

nipahcs nad gegs _ _ (G) _

**What do the letters in the circles spell?**

_ _ _ D _ _ _ _ _ _ _ _

…to you, too!

**There are so many things I like to do in my day. That's why I start every day with breakfast, so I have the energy to do what I love.**
Draw the hands on the clock face and write the time on the digital clock to show the correct time for each of the following activities.

I eat a healthy breakfast at a quarter to eight.

My show starts nine o'clock on the dot!

I practice guitar for one hour each day. If I start practicing at a quarter after ten, I will end at this time.

I spend an hour and a half exercising each day. If I start exercising at 5:40, I will end at this time.

I go to bed at half past nine.

What time did you eat breakfast?

**What makes breakfast so important?** _____

_____

**What did you eat for breakfast today?** _____

_____

WHEN YOU'VE GOT A SWEET TOOTH, CHOOSE YOUR FAVORITE FRUIT!

# ENJOY NATURE'S CANDY

From the tiny strawberry to the giant watermelon, fruits come in all different shapes, sizes, and flavors – courtesy of Mother Nature!

**I'm hungry for some fruit.** Can you tell me how much money I need to buy each of these fruits?

30 cents

**Key**

**A tangerine costs 45 cents.** Draw the fewest number of coins needed to pay 45 cents. Label each coin with how much it is worth.

**I'm hungry for some fruit!** Can you tell me how much each order will cost?

1 pear @ $0.45 each

2 bananas @ $0.35 each

3 strawberries @ $0.25 each

TOTAL COST:_____

2 apples @ $0.45 each

1 pineapple @ $4.99 each

3 mangos @ $0.50 each

TOTAL COST:_____

**Watermelon is a delicious and nutritious fruit!** Color and write the fraction of the watermelon that has been eaten.

I ate one quarter of a slice.

1/4

I ate half of a slice.

_____

I ate one third of a slice.

_____

I ate three fifths of a slice.

_____

**Before going on stage to sing, I warm up my tongue and lips with tongue twisters.** Pronounce these adjectives and noun pairs aloud. Can you say each of these fine foods five times in a row? When you've got it, draw what you think each would look like.

| | |
|---|---|
| overwhelming- adj - overpowering, unable to handle | perplexed- adj- puzzled, unsure |
| stupendous - adj - super! wonderful! | terrified- adj - very scared |
| weird- adj- out of the ordinary, original, different | |

overwhelming orange stupendous strawberry weird watermelon perplexed plum terrified tangerine

---

**Fruit is sweet like candy, but it's actually good for you. That's why I call fruit "Nature's Candy!" My favorite fruit is cantaloupe.** What is your favorite fruit? Draw or write it.

This Nature's Candy is _____.

**Music and words have a lot in common. Words are made up of syllables. Syllables are like what we call in music, a beat. You can really make fruits bop by adding silly syllables. Here is how you do it. Think of a fruit with a three syllable name; then put a do-bop-a between the second and third syllable. For example, tangerine can be called tangedoboparine.**

tan-ge-do-bop-a-rine
1 2 3

There are only three fruit words below that have three syllables, can you spot them? Circle them and give them a name that's sweet and silly. Try saying them out loud when you are finished.

| WORD BANK | | | | | | |
|---|---|---|---|---|---|---|
| grapes | cantaloupe | apple | mango | watermelon | clementine | honeydew |

_____ _____ do bop a _____

_____ _____ do bop a _____

_____ _____ do bop a _____

---

**Fruits also make great smoothies. This is my favorite smoothie recipe - the FRUIT SMASH SUPREME!**

**JILL'S FRUIT SMASH SUPREME RECIPE**

1) Wash and cut the strawberries, peel and cut the bananas
2) Plug the blender in (ask an adult for help)
3) Put milk, yogurt and fruit in the blender
4) Mix with blender
5) Pour in glass
6) Enjoy!

Come up with a healthy snack or meal that needs fruit and write the sequence or order for making it. There should be at least four steps to your delicious healthy creation.

RECIPE NAME: _____

1) _____

2) _____

3) _____

4) _____

_____

_____

Discover your superpowers.

# EAT SUPERPOWER VEGETABLES

Join the ranks of your favorite superheroes by powering your plate. Vegetables give you healthy skin, hair, muscles, eyes, and bones. United against junk food, we will be victorious!

**Vegetables give our body energy and tons of good nutrition that give us healthy skin, hair, muscles, eyes, and bones. That's why I call vegetables "Superpower Vegetables." My favorite vegetable is spinach.** Draw a picture of yourself as a superhero from all the vegetables you eat.

My favorite Superpower Vegetable is _____.

## Parts of a Plant

**The *roots* provide the plant support and absorb water and nutrients through the soil to feed the plant so it can grow.** An example of a food that's a *root* is carrot.

**The *stem* carries water and nutrients from the roots to the leaves.** An example of a food that's a *stem* is celery.

**The *leaves* use sunlight to make food for the plant.** An example of a food that's a *leaf* is lettuce.

**The *flower* attracts insects to pollinate the plant so the plant can produce seeds.** An example of a food that's a *flower* is broccoli.

**The *fruit* contains seeds.** An example of a food that's a *fruit* is a tomato.

**The *seeds* grow new plants.** An example of a food that's a *seed* is corn.

Label these parts of this plant.

**Like fruits, vegetables come in many shapes and sizes.** Use the ruler to measure these Superpower Vegetables from a local farmer's market. Write the inches to the nearest quarter inch in the space beside the vegetable you measure.

Green bean 3 3/4"

Asparagus _____

Carrot _____

Potato _____

Bok Choy _____

Turnip _____

Which is the longest vegetable? _____

Which is the shortest vegetable? _____

Which two vegetables are the same length? _____ & _____

**USDA's MyPlate says "Make half of your plate fruits and vegetables." Vegetables give us the vitamins, minerals, and fiber that our bodies need to grow strong. Sometimes you have to make an extra effort to make sure vegetables are part of your meal. When I was at a restaurant last week, I was served a turkey sandwich on wheat bread. I said to myself, "Where are the veggies?" So I politely asked to add some lettuce, tomato, and onion. And instead of choosing fries, I opted for the side of veggies with dip. I instantly powered my plate!**

Now it's your turn to be a healthy chef. Help make this lunch and dinner menu healthier by adding more vegetables. Space is provided after items where changes could be made. The Swap Suggestions box below provides additions or replacements to the foods offered. Then estimate how many servings of vegetables the improved menu will give you.

# MAKE A MEAL HEALTHY

**SWAP SUGGESTIONS:**

~~with cucumber slices - 1/2 cup~~

with lettuce, tomato, and onion - 1/4 cup

carrot sticks - 1/2 cup

zucchini and broccoli - 1 cup

salad - 2 cups

| | | |
|---|---|---|
| **TOTAL AMOUNT OF VEGETABLES BEFORE:** | | 0 |
| **BREAKFAST:** | | |
| whole grain bagel | WITH CUCUMBER SLICES | 1/2 cup |
| low fat cream cheese | | |
| **LUNCH:** | | |
| sandwich with turkey and provolone on wheat bread | | + |
| pretzels | | |
| cupcake | | + |
| banana | | |
| low fat milk | | |
| **DINNER:** | | |
| noodles with sauce | | + |
| grilled chicken | | |
| french fries | | + |
| **TOTAL AMOUNT OF VEGETABLES AFTER:** | | = |

# COMPOSE THE BEAT OF YOUR BODY

## BY EXERCISING WOOT! WOOT!

JUMP WITH JILL

COLOR ME!

Your heart, lungs, and muscles have to be strong,
because when you're exercising, your body makes a song.
So get those rhythms pumping every sort of way,
so you can be your strongest each and every day.

**Playing different ball games makes exercising fun and exciting. How can you change it up?** Draw all of the sports balls this plain ball could be.

**Create a ball game of your own!** Draw the ball and describe the game. Draw the playing field for how your game will work.

**Even though dancing is my favorite way to move, I do something different just about every day to keep things interesting.**

On Monday, I ride my bike.
On Tuesday, I swim at the YMCA with my friend, Devon.
On Wednesday, I practice gymnastics.
On Thursday, I run with my dad.
On Friday, I have a dance party with my friends.
On Saturday, I play hockey with my brother.
On Sunday, I count how many jumping jacks I can do in a row.

Write in the correct day of the week under each activity picture.

**What does your week look like?** Draw in your activities for each day.

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |

**Exercise is not only healthy and fun, it makes a song when your heart, lungs, and muscles all work together. That's why I call exercise "The Beat of the Body." My favorite exercise is dancing.** What is your favorite exercise? Draw yourself doing your favorite physical activity.

This Beat of the Body is _____.

**Can you jump like Jill?** Try these moves on your own, then with your friends, then with your class! Think of two more moves you can do and write them in for Jill.

1) Raise the Roof
2) Robot
3) Heart Beat
4) Spin
5) _____
6) _____

**Time to Get Moving**

**I make the Beat of the Body, or exercise as normal people call it, for at least one hour per day.** If I start exercising at 3:45 PM, what time do I finish? _____

**Draw this time on the clock.**

**I finished running a race at a quarter after twelve in the afternoon. Write the time: ___ : ___ PM**

**I played in a soccer tournament on 5/3/2017 or May 3, 2017. I am going to play my next tournament on October 24, 2018. Write this date as MM/DD/YY:**

__ / __ / __.

**If it's raining outside, what activities can you do inside?** _____

_____

_____

_____

**If you are with three friends, what activities can you play together?** _____

_____

_____

_____

**If you are by yourself, what physical activities can you do alone?** _____

_____

_____

_____

JUMP WITH JILL
COLOR ME!
Make the clear choice.
DRINK WATER! WATER! WATER!
Answer your thirst with the refreshment that stands out from the crowd.

**Our bodies need water to replace the water we lose when we sweat, breathe, and use the bathroom. Sodas and other sweetened drinks aren't the healthiest choices to hydrate because they are loaded with sugar. When we exercise, we are sweating more and breathing more, so we need even more water to keep our bodies hydrated. When we don't get enough water, we are dehydrated. This makes our head and stomach hurt and can make us feel tired. So keep your body hydrated with WATER!**

**Follow along with the lyrics to *The Water Song* as you listen:**

One afternoon my mouth was dry
For I had just run until I tired
My brow was wet from all the sweat
That I had just perspired
My friend said won't you drink with me
A soda from the vending machine
I shook my head and said instead,
That I drink water
Water! Water! Water!
Oh, I drink water! Water! Water!
There's nothing I would rather have,
Than a cup of water in my hand
To sweat, to breathe, to poo & pee,
That's why I drink water!
My friend he just stared at me
Like I was off my trolley
How could I turn down his drink
He said himself to me
I told him when you sweat and breathe,
It's water that your body needs
So we raised our glasses and we sing,
A toast to drinking water
Water! Water! Water!
Oh, I drink water! Water! Water!
There's nothing I would rather have,
Than a pint of water in my hand
To sweat, to breathe, to poo & pee,
That's why I drink water!
So we went outside only to find,
Our friend had kind of lost his mind
His thirst had him all flattened out,
Like pancakes on the skittle
We ran to him and offered up,
Some water from our drinking cup
And there we were the three of us,
A toast to drinking water
Water! Water! Water!
Oh, I drink water! Water! Water!
There's nothing I would rather have,
Than a quart of water in my hand
To sweat, to breathe, to poo & pee,
That's why I drink water!

**Use the song lyrics from *The Water Song* to answer these questions.**

Why does your body need water?_____

_____

_____

What does hydration mean?_____

_____

_____

What happens when you are dehydrated? _____

_____

_____

What do you drink when you are thirsty? _____

_____

_____

**I get so excited about water in *The Water Song*, that my water cup gets bigger throughout the song from a cup to a pint to a quart.** Since your body needs water every day, use this measurement key to answer the water questions.

| | |
|---|---|
| **1 cup = 8 oz.** | |
| **1 pint = 2 cups** | |
| **1 quart = 2 pints or 4 cups** | |
| **1 gallon = 16 cups or 8 pints or 4 quarts** | |

If I drink 2 pints of water, I am drinking _____ cups per day.

If I drink 1 pint of water, how many more cups of water do I need to have six cups?_____

If I drink a half a gallon of water, I am drinking _____ cups per day.

If you drank one cup of water at breakfast, two cups of water at lunch, three cups of water after school, and three cups

of water after dinner, how many cups of water did you have before dinner? _____

Your choices. Your body. Your world.

# REDUCE
# REUSE
# RECYCLE

JUMP WITH JILL

COLOR ME!

Use a refillable water bottle. Find the recycling bin. Love those hand-me-downs for their retro stylings. Build the future you want now.

**All That Junk!**

Follow along with the lyrics as *All That Junk* plays:

Yeah I reduce, reuse, recycle

What can I do with empty cans, cans in my grandma's mini van?
Whatcha gonna do with all those cans, all those cans without a plan?
I'm gonna put put put them in, put them in the **recycle bin**

Yeah I reduce, reuse, recycle

What can my water bottle do, after all the water's used
Whatcha gonna do with an empty bottle, a bottle that you cannot guzzle
I'm gonna keep keep keep it real and give **my bottle a refill**

Yeah I reduce, reuse, recycle

The sounds of recycling are keeping the beat rocking
I'm getting so much greener because I'm getting cleaner
I'm not just smart, I'm doing my part.

One world, one life.

What can I do with my small pants, pants so tight
I cannot dance
Whatcha gonna do with those short pants, those short pants could fit on ants
I'm gonna **give them to my sis,** she's much smaller she can fit

Yeah I reduce, reuse, recycle

**What kind of things do you recycle at home?**
Draw or write your answer.

**Reusing means using something again or finding a new home for something you no longer use.** Circle the kinds of things that are **reused** in this song.

**Recycling is when you convert trash into reusable material,** like aluminum cans or plastics. It usually involves a lot of machines and intensive processes. What was **recycled** in this song?

**Reducing means you use less or make less trash,** so instead of using a bunch of napkins during lunch time, try using one or two. Instead of using a paper cup every time you are thirsty, use one cup and rinse it out every time you use it. What are ways you can reduce the trash you make? Write your answer below.

**What Bin Does It Go In?**

Can you help me separate my recyclables so they can be made into new things? Draw a line from the recyclables to the correct bin.

**The Tale of Trash** Make this trash live happily ever after. Trace the lines to reduce, reuse, and recycle these items.

| START | FINISH |
| --- | --- |

See through the gimmick.

# PUT ON YOUR SPECIAL GLASSES

JUMP WITH JILL

COLOR ME!

When cartoons and famous people are on your food, take a closer look to make sure you aren't tricked into eating unhealthy foods. Use your brain, not just your stomach, to decide what to eat.

**Cartoons often appear on unhealthy foods to get your attention.** Cartoons are used to distract you from what is really going on inside the box. For example, this cereal box has a cartoon, offers a free toy, and is brightly colored. But when you look more closely at the ingredient list, sugar is the main ingredient! That's no way to make your engine go.

Cartoons on a food package don't ALWAYS mean that a food is unhealthy, but it certainly means you should take a closer look to make sure you aren't getting tricked. After all, it's YOUR BODY and YOU are the one making the decisions around here.

So when you see a cartoon, you know what to do!

## Put on your special glasses and decide for yourself!

### Break the Secret Code

Each number corresponds to a letter in the letter bank below. Fill in the blanks with the correct letters. To break the code, you'll have to solve some equations as well. Write the answers to the equations in the space provided then match the number answer to the letter from the letter bank.

D o ' L e

4 15 14 20 4x3= 12 15÷3= 5 10x2= __

20 8 15 19 5 3 1 18 20 15 15 14 19

20 18 9 3 11 5x5= __ 5x3= __ 3x7= __

3x3= __ 1x14= __ 100÷5= __ 45÷3= __ 6 15 18 7 5 20 20 9 14 7

1 2 15 21 20

50÷2= __ 3x5= __ 1x21= __ 180÷10= __ 8 5 1 12 20 8

| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

Grow strong bones.

# REPRESENT WITH CALCIUM

JUMP WITH JILL

COLOR ME!

**Get calcium for strong bones by rocking three servings a day of low fat dairy like milk, yogurt, and cheese.**

**Milk and his bone building crew are known by the rapper name Calcium for making your bones strong. There are many calcium-rich foods that make your bones strong. Dairy products, or foods made from milk like cheese and yogurt, are very high in calcium. Other foods you might not think of, like beans, nuts, and dark green leafy vegetables, also have some calcium.** All of these foods have calcium. Circle all the foods that are dairy products:

low fat milk

broccoli

low fat yogurt

frozen yogurt

tofu

beans

chocolate milk

low fat cheese

fish

almonds

spinach

soy milk

cottage cheese

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**Fun Facts about Bones:**

**There are 206 bones in an adult body and 300 in a newborn's body.** Newborns have more bones than adults because as kids grow, bones fuse together.

**A quarter of your bones are found in your feet.** There are twenty-six bones in each foot.

**Humans and giraffes have the same number of bones in their necks.** Giraffe bones are just longer.

**The smallest bone in the body is less than an inch long.** It's located inside the eardrum and called the stirrup bone.

**Bones make blood. The center of bones is called bone marrow.** Every second, our bone marrow makes two million red blood cells.

How many more bones are in the body of a newborn baby than in an adult's body?_____

How long is the smallest bone in the body?_____

Where is it located and what is it called? _____

**I keep my many bones healthy by exercising and getting enough calcium.** What do you do to keep your bones healthy? _____

_____

_____

**My favorite food with calcium is yogurt. I like to put fruit and granola in it and savor each bite.** Draw or write your favorite food or drink with calcium:

This calcium-rich food or drink is _____.

**Milk comes from cows.** Give this cow markings for the kind of flavor milk you'd like to drink. For example, if you'd like Sunnyside Milk, color your cow yellow like the sun! Write the name of your cool new flavor beside your cow!

My new flavor is called _____.

**Exercise is another way I keep my bones healthy.** Draw a line from the workout description to the correct picture.

biking hockey gymnastics swimming dancing jumping running kicking

**What exercise do you do to keep your bones healthy?** _____

YOUR GOAL IS TO _____

YOUR AUTOGRAPH _____