Preparing healthier meals that are tasty can be easy if you take some simple steps. Keeping the quality of the recipe is also important, so you may choose which steps to take and what changes to make.

**Step 1:** IDENTIFY those ingredients (foods that are to be used in the recipe) that are high in fat and calories.
Circle or check the ingredients.

**Step 2:** REMOVE ingredients that if left out would not change the quality of the recipe. Examples: nuts, coconut, frosting, bacon, oil, margarine or butter, eggs, sour cream.

**Step 3:** REDUCE the amount of ingredients that are high in fat and calories and can be reduced without losing the consistency of the recipe. Examples include: use less ground meat and add beans, reduce the amount of fat (oil, margarine, butter).

**Step 4:** SUBSTITUTE ingredients which are lower in fat and calories.
Examples:
- Extra lean meat, turkey or chicken
- Low fat milk
- Light margarine
- Light sour cream or plain low fat yogurt
- Light or low fat mayonnaise

*Fat free products are not recommended since they may affect the quality of the product.*

**Step 5:** Healthier methods of cooking are those which reduce the amount of fat or calories of the food or limit the amount of fat added to the recipe.

Suggested methods of cooking include baking, broiling, steaming, poaching, microwave, barbecue and any other methods which reduce fat. Always remove the skin from chicken or turkey before serving.

Refer to the "Helpful Hints for Healthier choices" for more ideas.
Preparing healthier meals involves making better choices in the ingredients that are used. Here are some ideas.

<table>
<thead>
<tr>
<th>SUBSTITUTE</th>
<th>INSTEAD OF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Fat Milk (1%)</td>
<td>Milk</td>
</tr>
<tr>
<td>Evaporated Milk</td>
<td>Cream</td>
</tr>
<tr>
<td>Plain Low Fat Yogurt</td>
<td>Sour Cream</td>
</tr>
<tr>
<td></td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>Low Fat Cottage Cheese</td>
<td>Ricotta Cheese</td>
</tr>
<tr>
<td>Skim Ricotta Cheese</td>
<td>Cream Cheese</td>
</tr>
<tr>
<td>Low Fat Cheese</td>
<td>Cheese</td>
</tr>
<tr>
<td>Grated Parmesan Cheese</td>
<td></td>
</tr>
<tr>
<td>Light Margarine Oil</td>
<td>Margarine or Butter</td>
</tr>
<tr>
<td>Low Fat Mayonnaise</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>Light Margarine (1 Tbsp) And Cocoa (3 Tbsp)</td>
<td>Chocolate</td>
</tr>
<tr>
<td>Ground Beef (7-15% Fat) Lean Ground Turkey or chicken</td>
<td>Ground Beef (22-30% Fat)</td>
</tr>
</tbody>
</table>
**Fruit & Yogurt**

Take any fresh fruit and cut into bite-size pieces. Mix with fat free yogurt and enjoy!

**Rice Cake Toppers**

Top the rice cake with any of the following: peanut butter, salsa, yogurt, cottage cheese, tuna, sliced turkey, or any other healthy topping.

**Snack Mix**

Use a variety of cereals, pretzels and nuts. Mix well and store in a tightly-sealed container.

**Peanut Butter and Apple Sandwich**

Spread 1 Tbsp. of natural peanut butter on two slices of whole wheat bread. Slice $\frac{1}{2}$ of an apple thinly. Add the apple slices to the sandwich.

**Corn & Bean Salsa**

Rinse and drain 1 small can of corn and 1 small can of black beans. Mix the corn and beans with $\frac{1}{2}$ cup of mild salsa. Serve with vegetables or low fat crackers.

**"Healthy" Quesadilla**

In a whole wheat or fat free flour tortilla arrange slices of reduced fat cheese or low fat cheese (any flavor). You can also add chicken, vegetables or sliced apples, or other healthy fillings. Fold over and grill with non-stick spray.
**Easy Pizza**

Use \( \frac{1}{2} \) English Muffin or Bagel. Add 1 slice tomato and top with low fat cheese. Broil until cheese starts to bubble.

**Peanut Butter and Banana Sandwich**

Spread 1 Tbsp. of natural peanut butter on two slices of whole wheat bread. Slice \( \frac{1}{4} \) of a banana thinly. Add the banana slices to the sandwich.

**Healthy Popcorn:**

Place 1 Tbsp. popcorn kernels into a small brown paper bag. Microwave on high for 1-1/2 minutes or until popped.

**Fruity Banana Split**

Slice one banana in half and spread 1/4 cup of fat free yogurt or cottage cheese. Top with 1/4 cup of fruit cocktail (No Added Sugar).

**“Ants on a Log”**

Wash one celery stick and cut into two pieces. Spread 1 Tbsp. natural peanut butter and top with 1 Tbsp. raisins.

**“Healthy” Grilled Cheese**

Take two slices of whole wheat bread. Spread each slice with 1 tsp. of light margarine. Put in two slices of fat free or low fat cheese (any flavor). Fold over and grill (no added margarine).

**Veggies & Tomato Dip**

Wash and cut your favorite raw vegetables into bite size pieces.

Tomato Dip - Chop 2 tomatoes into bite size pieces. Add desired amount of cilantro, garlic, and onions. Squeeze one fresh lemon and mix.

**Frozen Fruit**

**Banana:** Peel 1 Banana. Place in small freezer bag. Freeze.

**Grapes:** Wash and dry 10 large grapes. Place in a small freezer bag. Freeze.
Pack Your Snacks & Go!

I spend lots of time on the go! I carry snacks for energy to keep me moving. Planning ahead makes eating healthy easy!

Snacking with Power Panther

You need: 1 cup mini pretzels; 1 cup raisins; 1 cup of nuts (your choice); 1/2 cup sunflower seeds.

Mix ingredients together.

Makes twelve 1/4 cup servings. ENJOY!

Store in airtight container.

Power Panther says... Eat Smart. Play Hard.

Pack carrots, nuts, or dried fruits for a snack at school or play.

Funnies

Q: Why did the orange stop in the middle of the road?

Funnies Answer: Because he ran out of juice!

Fill in the missing letters. Use the clues below to find some of Power Panther's™ favorite travel snacks.

Down:
1. Fruit that grows on a vine and rhymes with “apes.”
2. A long, green vegetable that begins with “c” and the end rhymes with “see.”
3. Fruit that grows on a tree and is as juicy as can be.

Across:
4. Food made from milk and begins with “Yog.”
5. A type of cookie whose name begins with “gra” and tastes great with milk.
6. These orange vegetables grow underground and when eaten make a crunchy sound.

www.fns.usda.gov/eatsmartplayhard

Snack Mix

www.fns.usda.gov/eatsmartplayhard
Power Up to Gear Up

I practice a lot to work on my game. To keep me going, I keep my favorite snacks in my backpack!

Find the Differences?

Circle the 10 differences between the two Power Panthers™.

tip: Play harder on days when you eat more than usual.

Peachy Pops

Cool down with these fruity frozen treats.

You need:
2 peaches
2/3 cup lowfat vanilla yogurt
2 cups orange juice
6 paper cups
6 plastic spoons
aluminum foil.

Chop peaches and divide among 6 paper cups.

Pour mixture over peaches.

Place yogurt in bowl. Slowly pour orange juice into yogurt, stirring until blended.

Cut aluminum foil to cover tops of cups. Poke spoons through the foil in the center of each cup.

Freeze at least 4 hours. Makes 6 pops. When frozen, peel paper cup away from pop and share with family and friends. ENJOY!

Peachy Pops Answers:
Basketball seam, number of whiskers, buttons on cap, stripes on shoe, toe shield on shoe, extra collar stripe, shorter bill on cap, missing ear, single sleeve.

Funnies Answers:
Because they dribble.

Find the Differences?
I practice a lot to work on my game. To keep me going, I keep my favorite snacks in my backpack!

Your name

Your photo

Power Panther™ Profile

Height 5’10”
Shoe Size 13
Favorite Snacks Pretzels, Yogurt, Fruit, Nuts
Favorite Activities Running, Basketball, Skateboarding, Dancing
Favorite Subject Geography
Interesting Fact Traveled over 400,000 miles and to most States
Famous People I Met President of the U.S., Ken Harvey (Pro Football Player)

Power Profile

Height
Shoe Size
Favorite Snacks
Favorite Activities
Favorite Subject
Interesting Fact
Famous People I Met

Q: Why are basketball players such messy eaters?

Find the Difference Answers:
Basketball seam, number of whiskers, buttons on cap, stripes on shoe, toe shield on shoe, extra collar stripe, shorter bill on cap, missing ear, single sleeve.

Funnies Answers:
Because they dribble.

ENJOY!
Rustle-Up Good Grub
and get moving!

Wild West Word Search
Use your pencil to rope the hidden words in the puzzle.

WORD LIST:
chili
beans
oatmeal
fishing
beef
running
tomatoes
tortilla
camping
cheese
swimming
cornbread
rice
horseback-riding

Get an energy boost with this tasty sandwich.

You need:
2 slices of whole wheat bread;
2 slices of American processed cheese;
1 slice of cheese, 1 slice of tomato, and
another slice of cheese as shown.

Cover with the other slice of bread.

Pop in the microwave until the cheese melts (about 15 seconds).
Allow sandwich to cool.

Enjoy with a glass of milk and a piece of fruit.

Howdy Partner!
I spend a lot of time on the run.
To keep me going, I keep fruit and vegetable snacks close, so I can eat well, even when I'm on the range.

Tip: Make your moves!
Be physically active at least 60 minutes a day.

Funnies
Q: Why couldn’t the pony sing?
Because it was a little hoarse.

Because it was a little hoarse.

Toasted Cheese and Tomato Sandwich

Use your pencil to rope the hidden words in the puzzle.

H O R S E
B A C K
R I D I N G

H O R S E
B A C K
R I D I N G

Funnies Answer:

Q: Why couldn’t the pony sing?
Because it was a little hoarse.

Funnies Answer:

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Pop in the microwave until the cheese melts (about 15 seconds).
Allow sandwich to cool.

Enjoy with a glass of milk and a piece of fruit.

Howdy Partner!
I spend a lot of time on the run.
To keep me going, I keep fruit and vegetable snacks close, so I can eat well, even when I’m on the range.

Tip: Make your moves!
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Funnies
Q: Why couldn’t the pony sing?
Because it was a little hoarse.
Wow! There goes Power Panther!

He's fast! Way to go, Power Panther!

Yippe!

How can you do that?!

Do what?

I've been watching you all afternoon. You've played one soccer game after another. How do you still have enough energy to skate home?

It's no secret. I've got the right balance.

I hardly have enough energy to walk home. What's your secret?

Hah, not that kind of balance. If I want to play hard, I need to eat smart. When I eat smart, I have the energy to play hard. See? That's good balance.

What do you mean, Eat Smart? I've never heard that before.

Well, I start with getting enough fruits and vegetables, whole grains and low-fat milk at meal times. I choose fewer sweets, sugary drinks and salty snacks.

That's all? What about the "Play Hard" part?

Just having fun being active every day. Start with something easy, like riding your bike or jumping rope.

Soon you'll have energy to try new things. Your friends will find it hard to keep up with you.

OK. I'll try it.

Will you get these for me, mom?
Whoa there! Slow down!

Sorry, Mom! I didn't see you.

You've been running around so fast lately that I can't keep up with you.

I'm learning how to balance.

Balance what?

Power Panther told me I would have more energy if I balance food and play. Now I eat more fruits, vegetables, whole grains, and low-fat milk. It's fun!

Seeing how you've changed makes me want to try it too. Our whole family should learn how to balance.

All we have to do is Eat Smart, Play Hard. Come on, I'll show you.

A few weeks later...

Wow! Great shot!

Hey! How did you do that??

I've learned how to balance!

That's great! I knew you could do it.

And my whole family is doing it, too. We've started doing all kinds of things together.

We're eating smart and playing hard. We're having lots of fun.

Ready to try for another goal?

You bet! Let's go!
Power Panther shows
Change is Good!

Now that you have read the comic, see if you can answer these questions about it!

1. What does the girl ask the Power Panther at the beginning of the story?
   a) How to get an “A” on her math test.
   b) How to be the best volleyball player in school.
   c) Where he gets his energy to play so much.

2. What does the Power Panther tell her?
   a) He studies hard to get good grades.
   b) He has good balance.
   c) He gets plenty of sleep each night.

3. What does the Power Panther mean by “balance”?
   a) Start taking gymnastic classes.
   b) If you want to play hard, then you need to eat smart, and when you eat smart, you have the energy to play hard.
   c) He never explains it.

4. What does the girl do?
   a) She starts eating fruits, vegetables, whole-grains, and low-fat milk, and makes sure she is physically active every day.
   b) She sits down and watches her favorite TV program.
   c) Goes to a friend’s house to do homework.

5. What happens to the girl after she begins doing this?
   a) She learns how to sew.
   b) She goes on vacation with her family.
   c) She has more energy to play and do things with her family.

6. List two things you could do to balance your day with food and play.
UNIT: CELEBRATE

Objectives: Endurance, strength, agility, flexibility

Equipment: 1 cone per station, stopwatch, 6 signs (pictures of the activity) and start/stop signal

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Asset Categories: Support

Constructive Use Of Time

Boundaries & Expectations

Positive Values

Grades: 3-4

P.E. Standard: Grades 3 & 4 – 3 – Access and Maintain a level of physical fitness to improve health and performance.

ACTIVITY

INSTRUCTIONS

TEACHING OPTIONS

Fitness
Circuit 1

-Place cones with signs taped on them within the play space (square or circle pattern).

-At each cone you will do a different exercise until the signal. When the music stops (or the whistle blows) you will run to the next cone and do the exercise for that cone.

-Everyone will travel in a clockwise direction (Point).

-When the signal starts, what should you be doing? (Exercising).

-When the music stops, what should you be doing? (Running to the next cone).

-Big Swing: Stand with your feet shoulder-width apart and knees slightly bent. Bending at the waist and knees, swing both arms between your legs, reaching backward as far as possible. Change directions of the arm swing, moving both arms in front of your body and then up and over your head and back as far as possible.

-Be sure to celebrate progress and completion.

-Big Steppers: Standing and staying in one place, take big marching steps (exaggerate bringing knees toward chest).

-Big Curls: Standing with feet shoulder-width apart, arms hanging relaxed to the side, look at your belly button by curving your backbone slightly. Tighten your stomach muscles and hold for five counts, then stand straight, relax five counts and repeat.

-Big Jumps: Pretend that you are standing on the back of an imaginary box. Jump over the box going forward, then jump to the side, backward, and to the other side, in a pattern like you were jumping over the edges of the box.

-Big Apples: Stand with feet shoulder-width apart and hands on waist. Reach with one hand as far to one side as possible, pretend you are picking an apple off a high branch on a tree beside you. Now move that apple above your head and put it in a pretend basket on the opposite side of your body.

-Big Circles: Jog in your own circle forward, backward, sideways facing in, sideways facing out. Repeat. Remember to stay in your own space.
UNIT: CELEBRATE

Objectives: Endurance, strength, agility, flexibility

Asset Categories: Support, Constructive Use Of Time, Boundaries & Expectations, Positive Values

Grades: 3-4

Equipment: 1 cone per station, stopwatch, 6 signs (pictures of the activity) and start/stop signal

P.E. Standard: Grades 3 & 4 – 3 – Access and Maintain a level of physical fitness to improve health and performance.

ACTIVITY INSTRUCTIONS TEACHING OPTIONS

Fitness Circuit 2

- Place cones with signs taped on them within the play space (square or circle pattern).

- Establish the boundaries in the space that will be used and inform the players that they must go in that specific direction for the circuit.

- Divide the players into 6 groups, and assign one group to each cone.

- Spend a few minutes explaining and demonstrating how to do each activity.

- Have the children spend 2 minutes per station, with 30 seconds to travel between each station.

Stations:

**Jumping Jacks:** Standing with your feet together and your hands at your sides, bounce up and land with your feet apart while moving your arms and clapping your hands above your head. Then jump back into the starting position.

**Airplane Circles:** Standing with your feet comfortably apart and arms extended to the sides, circle your arms forward: Count 1, circle forward.

**Sit-Ups:** Begin by lying on your back with your legs bent slightly at the knees so the bottoms of your feet are flat on the ground. Perform each sit-up slowly, rolling your chin to your chest to lift your head, next to your shoulders, then your lower back off the ground.

**Crab Work:** Assuming a back support position with your knees bent and your body straight, walk on your hands and feet from line A to line B and from line B to line A, continuing until the time is up.

**Push-Ups:** Extend your legs so that they and your body form a nearly straight line. Lower body toward the ground by bending your elbows, keeping your body straight. When your body is nearly on the ground, move back up to the original position.

**Line Jumps:** Find a straight line and have participants line up on one side of the line. On the cue, participants will jump over the line, back and forth until they get the stop signal.

- At each cone you will do a different exercise until the signal. When the music stops (or the whistle blows) you will run to the next cone and do the exercise for that cone.

- Everyone will travel in a clockwise direction (Point).

- When the signal starts, what should you be doing? (Exercising).

- When the music stops, what should you be doing? (Running to the next cone).

- Be sure to celebrate progress and completion.
UNIT: CELEBRATE

Objectives: Endurance, strength, agility, flexibility

Asset Categories: Support
Constructive Use Of Time
Boundaries & Expectations
Positive Values

Grades: 3-4

Equipment: 1 cone per station, stopwatch, 6 signs (pictures of the activity) and start/stop signal

P.E. Standard: Grades 3 & 4 – 3 – Access and Maintain a level of physical fitness to improve health and performance.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>INSTRUCTIONS</th>
<th>TEACHING OPTIONS</th>
</tr>
</thead>
</table>
| Fitness Circuit 3| -Place cones with signs taped on them within the play space (square or circle pattern).  
-Establish the boundaries in the space that will be used and inform the players that they must go in that specific direction for the circuit.  
-Divide the players into 6 groups, and assign one group to each cone.  
-Spend a few minutes explaining and demonstrating how to do each activity.  
-Have the children spend 2 minutes per station, with 30 seconds to travel between each station.  
Stations:  
**ZigZag Run:** Arrange six cones in a zigzag pattern. One person at a time, run around the cones and then back to the starting line. The next person can begin as soon as the first person is at the farthest cone.  
**Hip Raise:** Sitting with your upper body supported by your arms, lift your trunk until your body is straight, then return to sitting position.  
**Line Jumps:** Mark two lines about 12 inches apart. Standing outside the lines, jump sideways over both lines, and then jump back to the starting position.  
**Triceps Push-Ups:** Sit on the floor with your legs stretched out in front and your hands on the floor near your hips. Lift your hips to the starting position so that your body is in a straight line. Lower your body by bending your elbows; do not bend your body. Raise your body by straightening your elbows.  
**Agility Run:** Mark two lines, about 10ft. apart. Beginning at the starting line, run and touch the second line, turn around, run back, touch the starting line. Continue running back and forth, touching each line.  
| -At each cone you will do a different exercise until the signal. When the music stops (or the whistle blows) you will run to the next cone and do the exercise for that cone.  
-Everyone will travel in a clockwise direction (Point).  
-When the signal starts, what should you be doing? (Exercising).  
-When the music stops, what should you be doing? (Running to the next cone).  
-Be sure to celebrate progress and completion. |