Summer Food Service Program

ROCKS!

Locate a Summer Site Near You!

www.211kansas.org

www.kn-eat.org, Summer Food Service Program, Locate a Site Near You
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Answer key page 4: Word Search page 4

Answer key page 8: Calcium Concert Trail
Fruit and Veggie Matching Game

Draw a line to match the outside to the inside!

1. Watermelon
2. Corn
3. Kiwi
4. Broccoli
5. Banana
6. Cucumber
7. Tomato
8. Avocado

Answer Key: 1h, 2g, 3b, 4f, 5c, 6e, 7a, 8d
Apple  Kiwi
Beans  Legumes
Bell Pepper  Milk
Blueberry  Orange
Broccoli  Pudding
Carrots  Salmon
Cheese  Spinach
Chicken  Watermelon
Cucumber  Yogurt

Answer key located on page 2.
Make at least half of your grains whole

Grab some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the boxes at the bottom of the page with the same number to decode the hidden message.

PCNROPO 10

NRBOW ICER 12 13

LEISUM 14

EKAWTBHCU 2

HOWEL 2

TEWAH 4 11

ABDER 3 8

TEAMALO 6 7

LEWOH 5 9

NIAGR 1

YABELR

Hidden message: "eat whole grains"

Adapted from USDA Word Scramble - Whole Grains       www.choosemyplate.gov/kids/downloads/wholegrainwordscramble.pdf
**ROCKIN BBQ Chicken Pizza**

**Yield** 12 servings  
**Prep time** 15 minutes  
**Cooking time** 12 minutes  
**Total time** 27 minutes

**Ingredients**
- 6 English muffins*
- ¾ cup barbecue sauce
- 1 ½ cup chicken (cooked, cut-up)*
- ¾ cup cheddar cheese (shredded, smoked or regular)
- 1 bell pepper (chopped)

**Instructions**
1. Wash hands and any cooking surfaces  
2. Preheat oven to 450°F  
3. Slice English muffins in half and place on ungreased, large cookie sheet.  
4. Cut-up bell pepper  
5. Spread barbecue sauce on English muffins to within ¼ inch of edges. Top with chicken, cheese and bell pepper.  
6. Bake 7 to 12 minutes or until cheese is melted.

*Source: Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program
Children between the ages of 4 and 8 need 800 mg of calcium daily, those between the ages of 8 and 19 need 1,300 mg of calcium daily.

Bo is 8 years-old she needs 800 mg of calcium daily.

Bo needs to find her way from the farm to the Great Calcium Concert. To complete the journey Bo will need the recommended daily amount of calcium to keep her healthy. Help Bo through the calcium trail to the Concert.

Circle items Bo could eat or drink to meet her daily calcium requirements

- Fat-Free Milk 8 fluid ounces = 300 mg
- Fat-free Yogurt 1 cup = 290 mg
- Cheese 1 ounce = 204 mg
- Burrito 1 serving = 130 mg
- Spinach 1 cup = 122 mg
- Fat-free Chocolate Milk 1 glass = 300 mg
- Cheese Pizza 1 slice = 220 mg
- Macaroni & Cheese 1/2 cup = 180 mg
- Ice Cream 1 scoop = 118 mg
- Broccoli 1 cup = 90 mg

Source: National Institutes of Health/Department of Health & Human Services
Across:
2. Run and chase your friends when you are “it” in this game.
4. Ride this two-wheeler up a hill for an extra exercise boost!
6. Perfect for kids who enjoy competition and teamwork.
7. Number of minutes you should spend being active each day.
8. Two-legged transportation that can get you lots of places!

Down:
1. Hip-hop, jazz and ballet are just a few ways you can do this activity.
3. A break from classwork when you are at school. Make the most of it by playing ACTIVE games.
4. Jump, shoot and dunk your way to fitness.
5. This four-legged friend would love to take YOU for a walk.
7. This fun activity will leave you soaked.

Source: Nutrition for Kids
nutritionforkids.com/getmovingpuzzle.pdf
What are your favorite foods that would make this plate rock?
1. Wash your ______________ in warm, soapy water for 20 seconds before and after handling food.

2. Use a ______________ to make sure your food is fully cooked and safe to eat.

3. To protect yourself from harmful bacteria, keep __________________ away from raw meats, poultry and seafood!

4. When you are finished eating, put your food in the __________________ immediately!

Answer Key: 1-b hands; 2-d thermometer; 3-a fruits & vegetables; 4-c refrigerator
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(1) Mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

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