

PRESENTS

**SUPER
CENTEAM**
5



SKIP
DRIVE-
THRU



SPIKE
ARMSTRONG



CONSTANCE
EATRITE



STARRING
DARBY BOINGG!



SNACK-
KING



CLAIRE
SPRINGS

ADVENTURES THROUGH FITROPOLIS!



CHECK WITH A DOCTOR ABOUT YOUR HEALTHY CHOICES IF YOU HAVE FOOD ALLERGIES!



I'M DARBY BOINGS!
I AM JUST LEARNING ABOUT EATING WELL AND STAYING HEALTHY.
LET'S SEE WHAT WE BOTH KNOW...

(YOUR NAME)

1. HOW MANY HEALTHY MEALS A DAY IS IT BEST TO EAT?

1 2 3 4 5

2. CIRCLE THREE FOODS THAT WOULD BE THE MOST HEALTHY SNACKS.



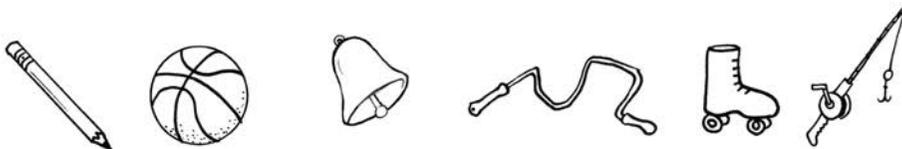
3. CIRCLE THREE OF THE HEALTHIEST DRINKS.



4. WHEN YOU EAT AT A FAST FOOD RESTAURANT, IS IT BETTER TO EAT...



5. CIRCLE THREE THINGS YOU CAN USE TO EXERCISE:



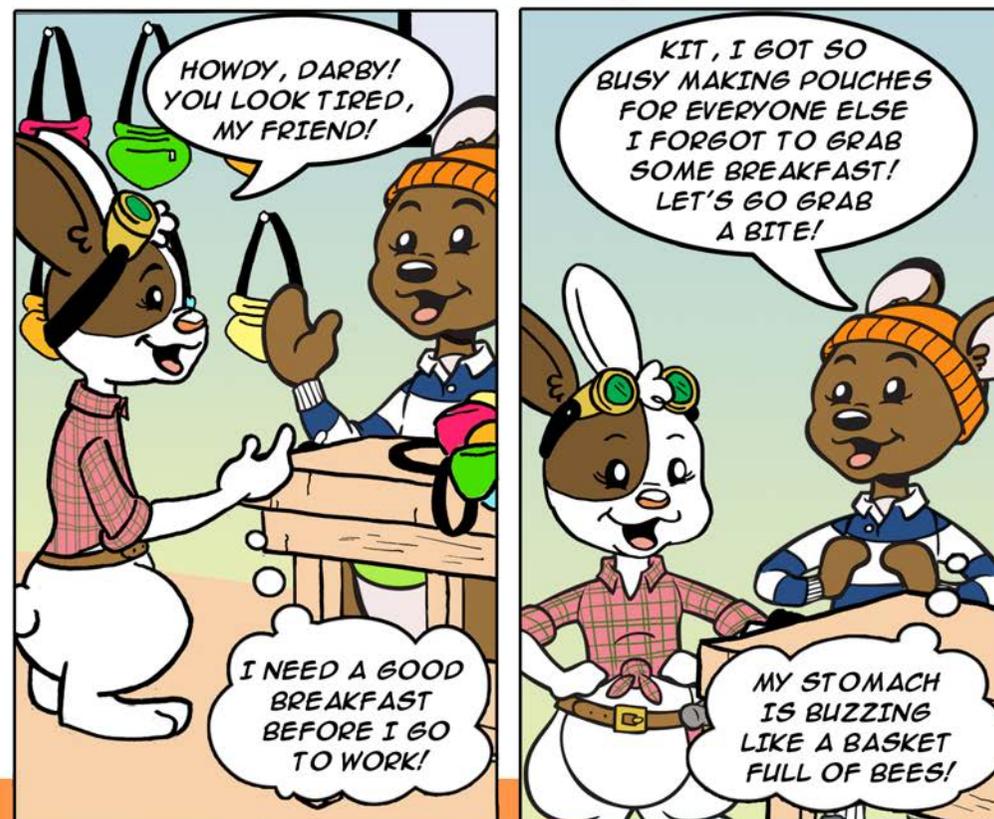
WE'LL FIND THE ANSWERS AT THE END OF OUR ADVENTURE!

DISCLAIMER. This book provides general information about various nutrition, exercise and health-related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional or medical concerns. You should consult a qualified medical professional before beginning any exercise program.

DARBY BOINGS WAS TIRED AFTER A BUSY MORNING MAKING POUCHES AT POUCHES "R" US...



I'VE LOST THE ZING IN MY SPRINGS!



BREAKFAST IS THE MEAL THAT GETS YOUR ENGINE RUNNING!

WHAT DID YOU EAT FOR BREAKFAST THIS MORNING?



AT GREASY MCGRIDDLEMAC'S WOBBLY EGG DINER, DARBY AND KIT MET A VISITOR WHO WAS NEW TO CLAYTOWN.

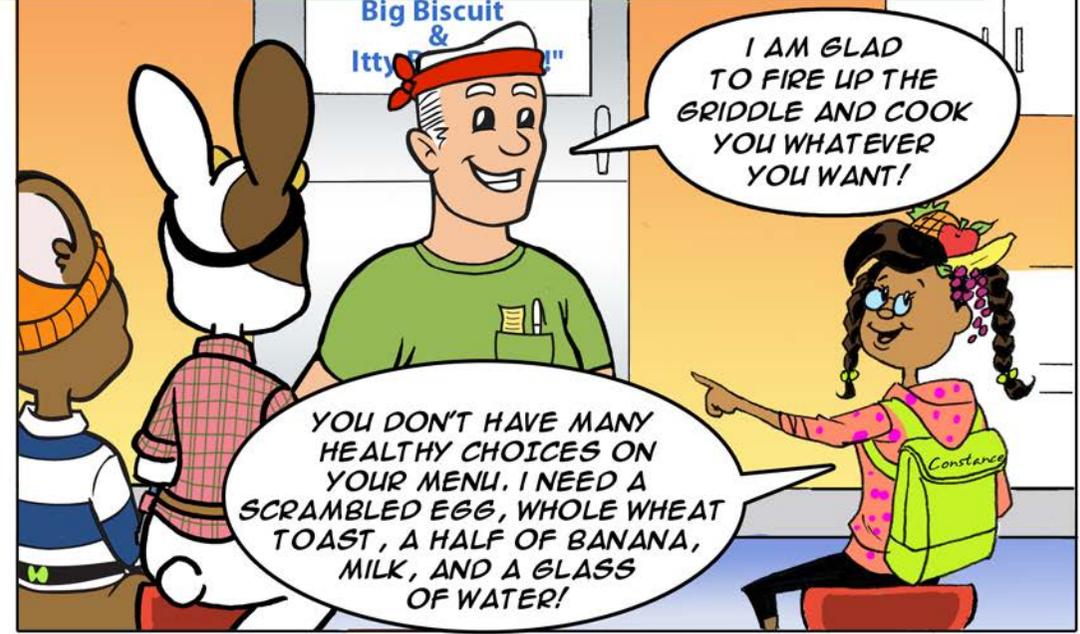


THIS LOOKS LIKE A GREAT PLACE TO GRAB A HEALTHY BREAKFAST!

WELCOME TO THE WOBBLY EGG, FRIENDS! COME IN HUNGRY, GO OUT HAPPY!

MY NAME IS GREASY MCGRIDDLEMAC!

THE VISITOR TOLD THEM HER NAME WAS CONSTANCE EATRITE. SHE HAD A LOT OF GOOD IDEAS FOR THE WOBBLY EGG'S MENU...



I AM GLAD TO FIRE UP THE GRIDDLE AND COOK YOU WHATEVER YOU WANT!

YOU DON'T HAVE MANY HEALTHY CHOICES ON YOUR MENU. I NEED A SCRAMBLED EGG, WHOLE WHEAT TOAST, A HALF OF BANANA, MILK, AND A GLASS OF WATER!



HMMM, LET'S SEE... I WANT SOMETHING HEALTHY AND YUMMY SO I CAN KEEP UP WITH MY SCHEDULE OF EXERCISING, STUDYING, PLAYING AND READING!

WHERE'S THE FRUIT, MILK, NUTS, WHOLE WHEAT, AND JUICE? THAT IS THE FOOD THAT WILL FUEL ME AND FILL ME!

- ★ Flapjacks with extra butter
- ★ Hashbrowns with cheese
- ★ Ice Cream
- ★ Chocolate candy bar
- ★ Bagel with extra cream cheese
- ★ Waffle with extra syrup
- ★ Donut - sprinkles & jelly
- ★ Eggs & sausage
- ★ Soda



WOW! THESE FOLKS NEED TO LEARN ABOUT HEALTHIER THINGS TO MAKE FOR BREAKFAST!

A BALANCED MEAL INCLUDES GRAINS, PROTEIN, DAIRY, FRUITS AND VEGGIES!



DID YOU HAVE A GLASS OF MILK TODAY WITH A MEAL?



HEALTHY, HUH? THAT SOUNDS LIKE A GRAND IDEA!

I CAN HELP YOU MAKE YOUR MENU BETTER AND TO SERVE HEALTHY MEALS!



LET'S GO ON AN ADVENTURE AND I WILL INTRODUCE YOU TO MY FRIENDS IN FITROPOLIS!

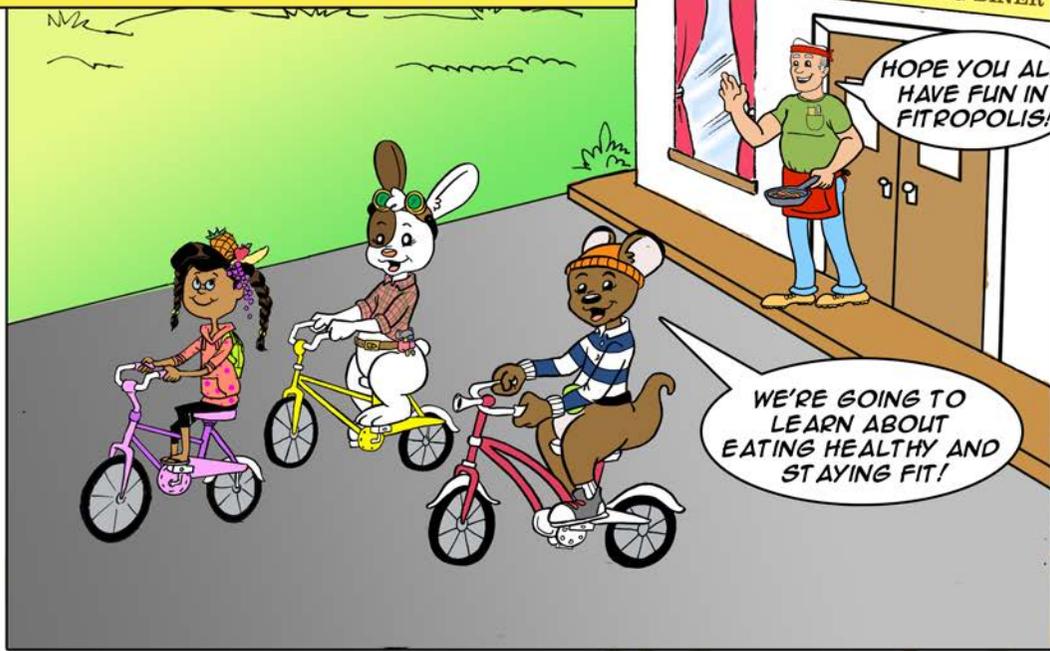
YOU CAN LEARN HOW IMPORTANT IT IS TO EAT GOOD FOOD, DRINK LOTS OF WATER AND EXERCISE EVERY DAY!

BALANCED MEALS HELP YOUR BODY RUN THE BEST! PROTEIN, DAIRY, FRUITS AND VEGGIES.



IMAGINE PACKING YOUR LUNCH... HOW WOULD YOU INCLUDE ALL THESE GROUPS?

DARBY AND KIT HOPPED ON BIKES AND FOLLOWED CONSTANCE ON THEIR ADVENTURE TO FITROPOLIS!



WOBBLY EGG DINER

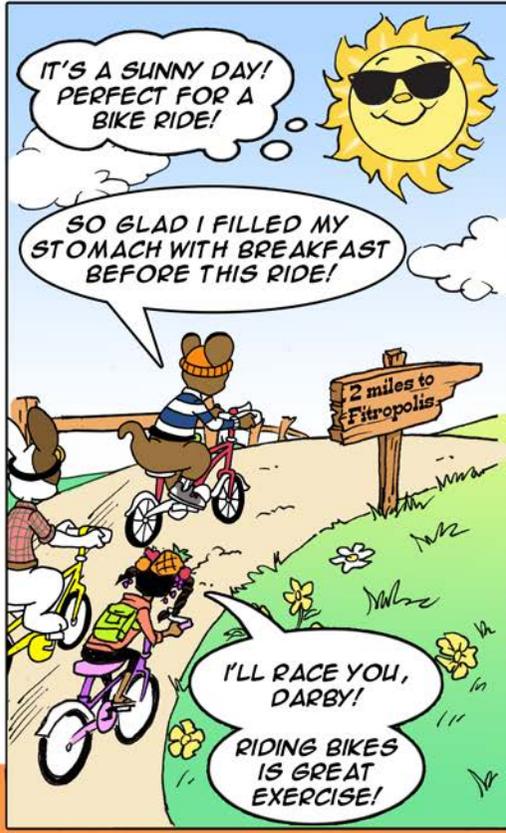
HOPE YOU ALL HAVE FUN IN FITROPOLIS!

WE'RE GOING TO LEARN ABOUT EATING HEALTHY AND STAYING FIT!

AS DARBY AND KIT ENTERED FITROPOLIS, THEY STOPPED AT THE "PLAY ALL DAY" PARK TO MEET CONSTANCE'S FRIENDS.



EATING THREE HEALTHY MEALS A DAY HELPS ME SKATE THROUGH MY DAY!



IT'S A SUNNY DAY! PERFECT FOR A BIKE RIDE!

SO GLAD I FILLED MY STOMACH WITH BREAKFAST BEFORE THIS RIDE!

2 miles to Fitropolis

I'LL RACE YOU, DARBY!

RIDING BIKES IS GREAT EXERCISE!

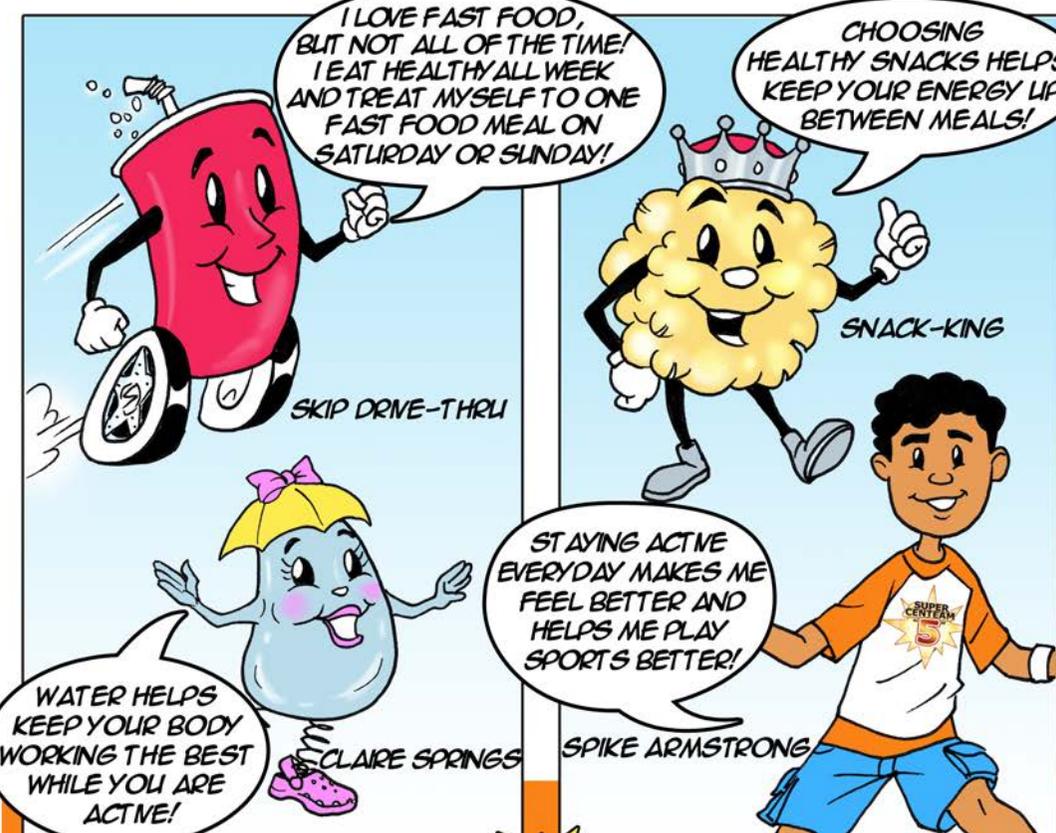


WELCOME TO FITROPOLIS

HEALTHY FOODS

GYM

THE ADVENTURE TO YOUR HEALTH!



I LOVE FAST FOOD, BUT NOT ALL OF THE TIME! I EAT HEALTHY ALL WEEK AND TREAT MYSELF TO ONE FAST FOOD MEAL ON SATURDAY OR SUNDAY!

CHOOSING HEALTHY SNACKS HELPS KEEP YOUR ENERGY UP BETWEEN MEALS!

SKIP DRIVE-THRU

SNACK-KING

STAYING ACTIVE EVERYDAY MAKES ME FEEL BETTER AND HELPS ME PLAY SPORTS BETTER!

WATER HELPS KEEP YOUR BODY WORKING THE BEST WHILE YOU ARE ACTIVE!

CLAIRE SPRINGS

SPIKE ARMSTRONG

IT'S A GOOD IDEA TO EXERCISE AND PLAY EVERYDAY!



WHAT WILL YOU DO TODAY TO GET SOME EXERCISE?

IT'S A GOOD IDEA TO HAVE TWO TO THREE SENSIBLE SNACKS THROUGHOUT YOUR DAY!



WHAT SNACK DO YOU HAVE IN YOUR BACKPACK?

place sticker here



BE ACTIVE!

READ ABOUT THE CENTEAM 5 AND THEN PLACE THEIR STICKERS ON THE CIRCLES!

- 1 BEING FIT AND TRIM HELPS YOU HAVE ENERGY FOR SPORTS.
- 2 KEEPING FIT HELPS YOUR MUSCLES AND BONES WORK BETTER.
- 3 KEEPING FIT IS EASY... YOU CAN WALK YOUR DOG, THROW A BALL, DO JUMPING JACKS, RUN, JUMP ROPE OR PLAY HOPSCOTCH.
- 4 FIND SOMEONE TO PLAY WITH YOU IN YOUR YARD OR AT THE PARK.
- 5 BEING ACTIVE KEEPS YOUR BODY WORKING WELL.



DRINK UP!

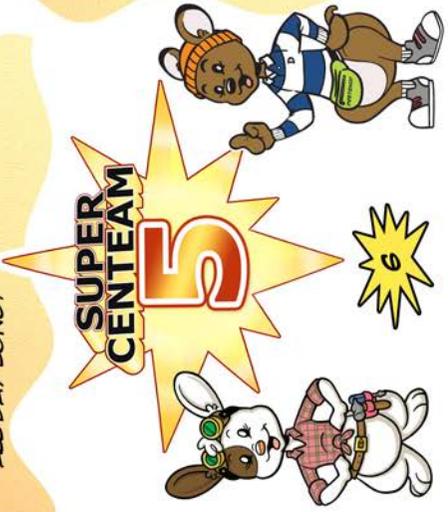
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- 1 DRINK WATER WHEN YOU ARE THIRSTY. WATER IS BETTER FOR YOU THAN SODA.
- 2 DRINK WATER WITH EVERY MEAL.
- 3 DRINK EXTRA WATER WHEN IT IS HOT OUTSIDE.
- 4 DRINK LOTS OF WATER BEFORE, DURING AND AFTER EXERCISE.
- 5 CARRY A RELIABLE WATER BOTTLE AND FILL IT UP WITH CLEAN WATER.



BE FOOD-WISE!

- 1 THINK ABOUT WHAT YOU EAT BEFORE EACH MEAL TO MAKE GOOD CHOICES.
- 2 MAKE SURE YOU EAT WHOLE WHEAT FOODS, VEGETABLES AND FRUITS.
- 3 EATING YOGURT AND CHEESE WILL HELP YOUR BONES GROW.
- 4 IT IS IMPORTANT TO FUEL YOUR BODY WITH MEAT, BEANS, FISH AND NUTS.
- 5 DON'T SKIP MEALS! IT IS IMPORTANT TO FUEL YOUR ENGINE WITH BALANCED MEALS ALL DAY LONG.



SNACK ON!

place sticker here

- 1 ONLY SNACK WHEN YOU ARE HUNGRY.
- 2 TWO OR THREE HEALTHY SNACKS A DAY IS A GOOD RULE, ESPECIALLY WHEN YOU ARE ACTIVE.
- 3 POPCORN, YOGURT, VEGGIES, CHEESE, FRUIT, PEANUT BUTTER CRACKERS ARE ALL GREAT SNACKS TO KEEP YOU GOING.
- 4 STICK TO HEALTHY SNACKS. CANDY, SODA AND CHIPS AREN'T THE BEST FUEL FOR KEEPING YOU FIT.
- 5 ALWAYS KEEP A SNACK IN YOUR BACKPACK TO FUEL YOU UP.



FAST FOOD... SKIP IT!

place sticker here

- 1 SKIP THE DRIVE THRU AS MUCH AS POSSIBLE AND EAT MEALS AT HOME.
- 2 FAST FOOD IS BETTER AS A TREAT THAN A REGULAR PART OF YOUR DIET.
- 3 IF YOU DO EAT FAST FOOD, CHOOSE APPLE SLICES OR FRUIT INSTEAD OF FRENCH FRIES WITH YOUR MEAL.
- 4 DRINK CHOCOLATE MILK WITH YOUR MEAL. IT'S BETTER FOR YOU THAN SODA.
- 5 FAST FOOD IS NOT THE BEST CHOICE FOR A HEALTHY BODY.

HELP DARBY CLEAN THE FRIDGE!

CIRCLE ALL THE HEALTHY FOODS AND CROSS OUT ANY UNHEALTHY FOODS!



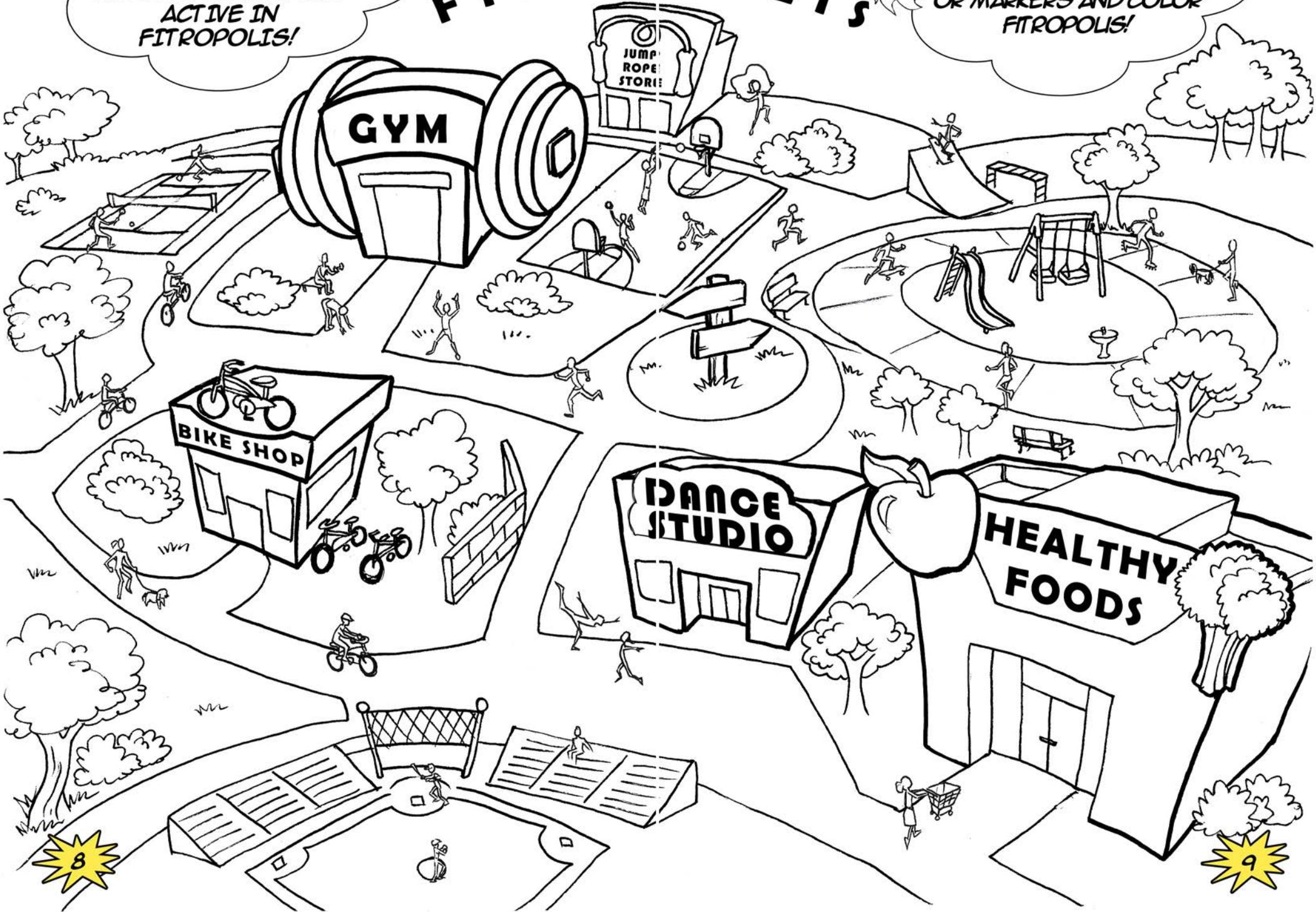
HMMM... I'M GOING TO FIND THE HEALTHY STUFF!



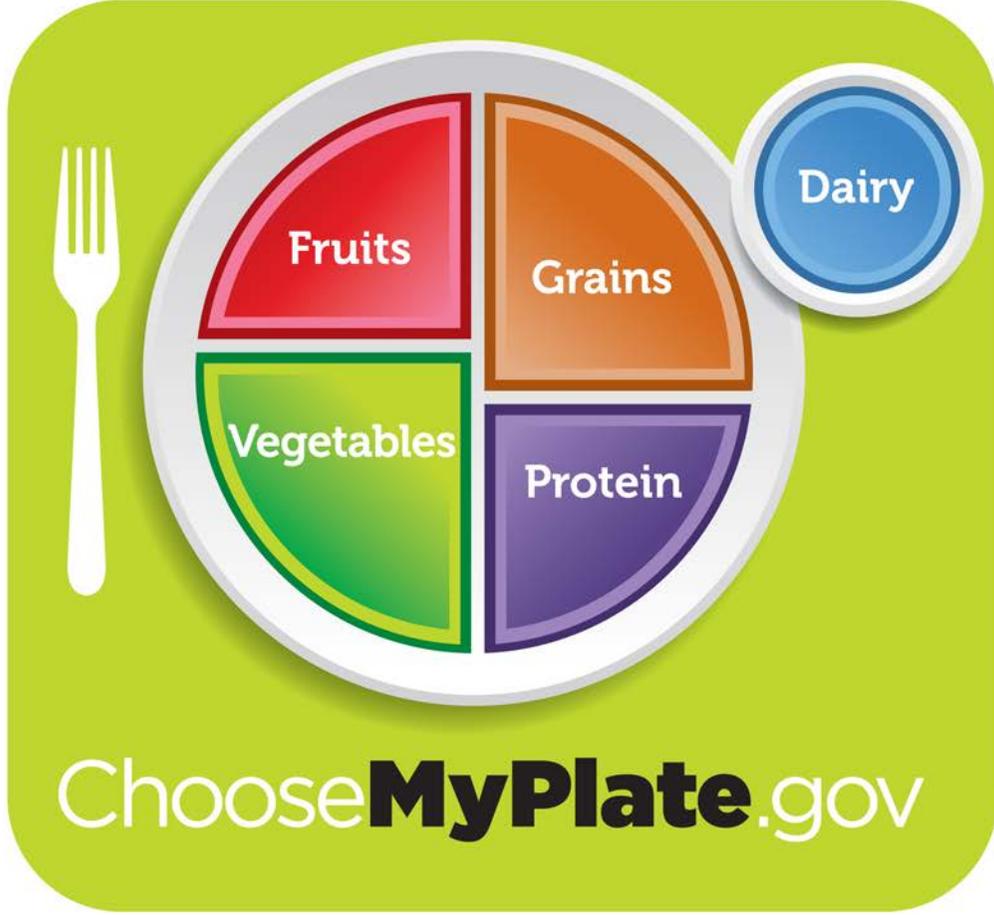
HELP DARBY BY
CIRCLING ALL OF
THE PEOPLE KEEPING
ACTIVE IN
FITROPOLIS!

FITROPOLIS

GRAB YOUR CRAYONS
OR MARKERS AND COLOR
FITROPOLIS!



HEALTHY FOOD CHOICES
ARE GREAT FOR YOUR BODY...
CHECK OUT CHOOSEMYPLATE.GOV
AND LOOK FOR ALL OF THE STUFF
THAT SHOULD BE IN A
BALANCED MEAL!



SAY THE NAME OF EACH PICTURE.
WRITE EACH WORD ON THE LINE.
THEN CIRCLE THE WORDS HIDDEN
IN THE PUZZLE.



apple



bike



breakfast



fruit



milk



snack



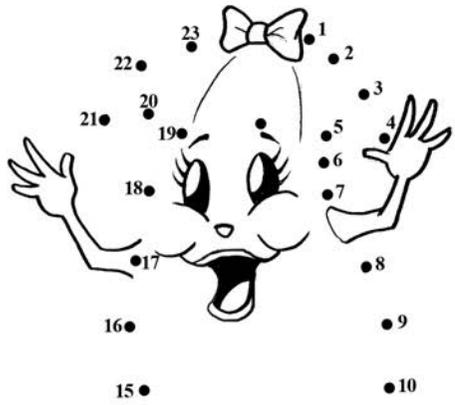
water

a b b f m s w

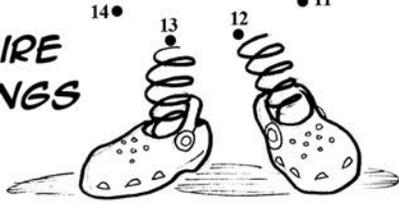
T J B N U Z V U G R
A R D W S Y A I X E
N W V P Y O G T Z T
K O B F R U I T E A
C Y S L S H J E F W
A B R E A K F A S T
N H W Z T M F C I M
S Y B Z R P Z I S S
C A P P L E W Q X V
M I L K K V B I K E



CONNECT THE DOTS...
THEN COLOR THE
CENTEAM CHARACTERS!



CLAIRE
SPRINGS



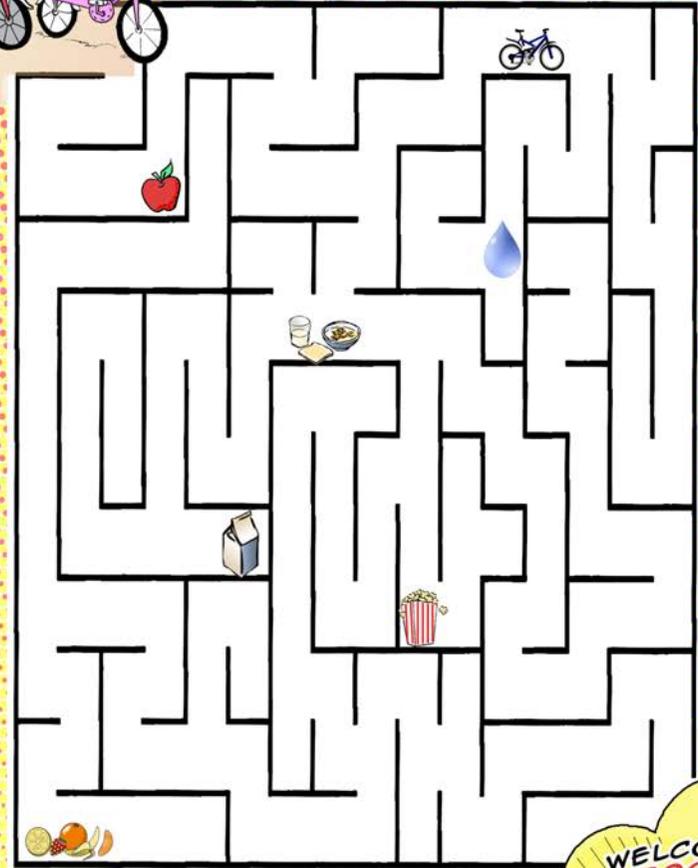
SNACK-
KING



SKIP DRIVE-THRU



HELP DARBY BOINGG
AND CONSTANCE EATRITE EXERCISE
THEIR WAY TO FITROPOLIS BY
FOLLOWING THE MAZE!



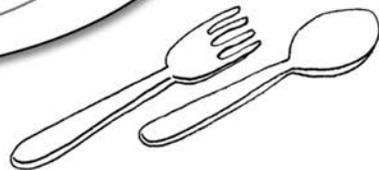
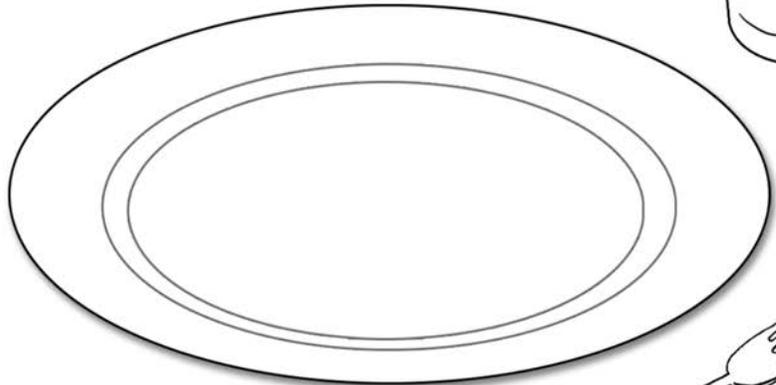
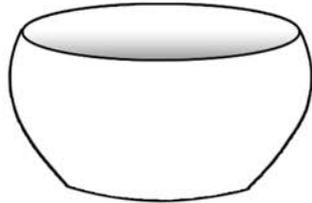
MAKE-A-MEAL

DRAW YOUR FAVORITE FOODS
ON THE PLATE BELOW!

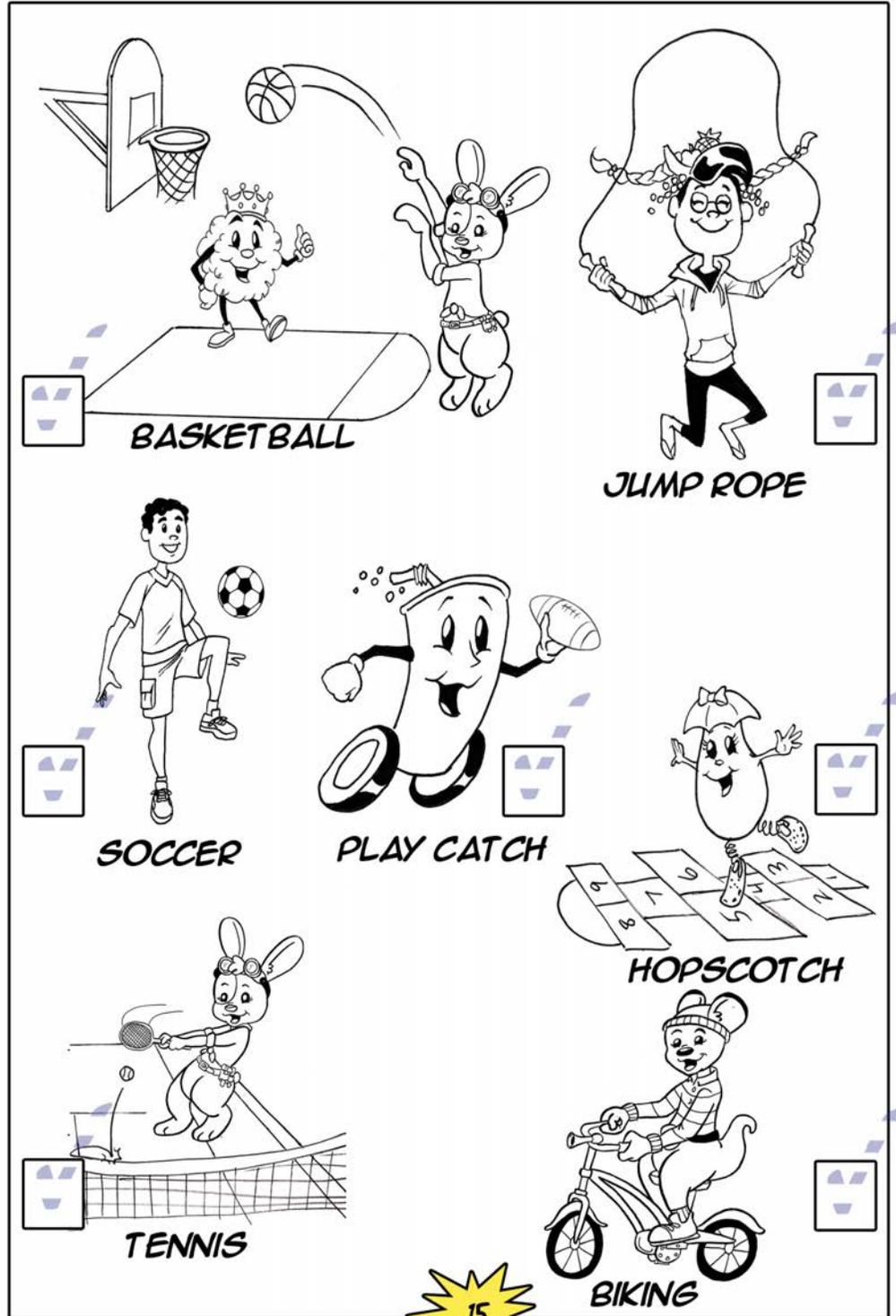


FILL YOUR BOWL
WITH SOMETHING
GOOD!

WHAT'S IN
YOUR GLASS?



CHECK SOME OF THE ACTIVITIES YOU HAVE DONE
THIS WEEK AND THEN COLOR THE PAGE!



BASKETBALL

JUMP ROPE

SOCCER

PLAY CATCH

HOPSCOTCH

TENNIS

BIKING

WRITTEN BY MICHELLE BAIN
ILLUSTRATED BY LORENZO LIZANA
AND DMITRI JACKSON

NEW
AND
IMPROVED!

The Wobbly Egg Diner Menu

- ★ Flapjacks with blueberries
- ★ Whole wheat toast
- ★ Big fruit bowl
- ★ Multigrain waffle with strawberries
- ★ Eggs and Cheese
- ★ Fruit smoothie
- ★ Milk
- ★ Juice

CHECK OUT
MY NEW HEALTHY
MENU!

NOW THAT'S
SOME FOOD
THAT WILL PUT
A BOINGG IN
YOUR BOUNCE!



NOW THAT WE'VE TAKEN
OUR ADVENTURE THROUGH FITROPOLIS
AND WE'VE MET THE SUPER CENTEAM 5-
LET'S SEE WHAT WE LEARNED!

SCORE
YOURSELF
HERE!

(YOUR NAME)

CORRECT INCORRECT

1. HOW MANY HEALTHY MEALS A DAY IS IT BEST TO EAT?

1 2 3 4 5

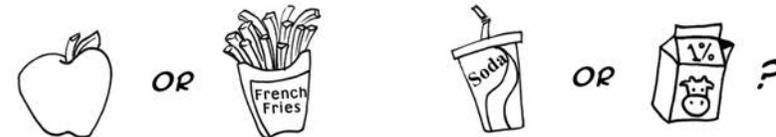
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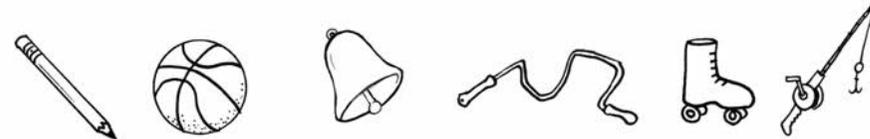
3. CIRCLE THREE OF THE HEALTHIEST DRINKS.



4. WHEN YOU EAT AT A FAST FOOD RESTAURANT, IS IT BETTER TO EAT...



5. CIRCLE THREE THINGS YOU CAN USE TO EXERCISE:



HOW MANY OF YOUR ANSWERS WERE CORRECT?
_____ OUT OF 5 POSSIBLE





FITROPOLIS PLEDGE

I AM GOING TO EAT RIGHT, FOR ME AND MY BELLY ...
 I'LL PUT DOWN MY SODA AND MY DONUT FULL OF JELLY.
 I AM GONNA EAT LOTS OF CARROTS, WHICH ARE HEALTHY FOR ME
 AND PLAN ALL MY MEALS WITH BALANCE AND BROCCOLI.
 I'LL DRINK WATER DAILY, EXERCISE AND PLAY,
 FEELING GOOD AND EATING RIGHT IS THE ONLY WAY!
 SO TODAY I AM PLEDGING TO TREAT MY BODY RIGHT,
 BEING SUPER HEALTHY MAKES YOUR FUTURE BRIGHT!

JOIN THE
 SUPER
 CENTEAM S!



WRITE YOUR NAME HERE

DATE



ISBN 978-0-9850897-2-6



MADE IN THE USA



KEEP THE PLANET HEALTHY!
THIS BOOK WAS PRINTED ON RECYCLED PAPER.

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