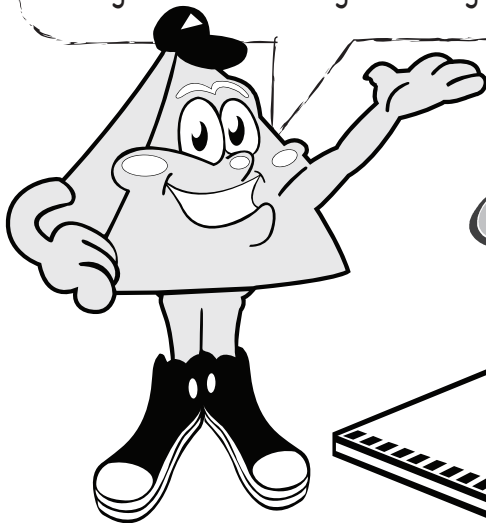


# Find A Balance



School Nutrition Program  
February 2012

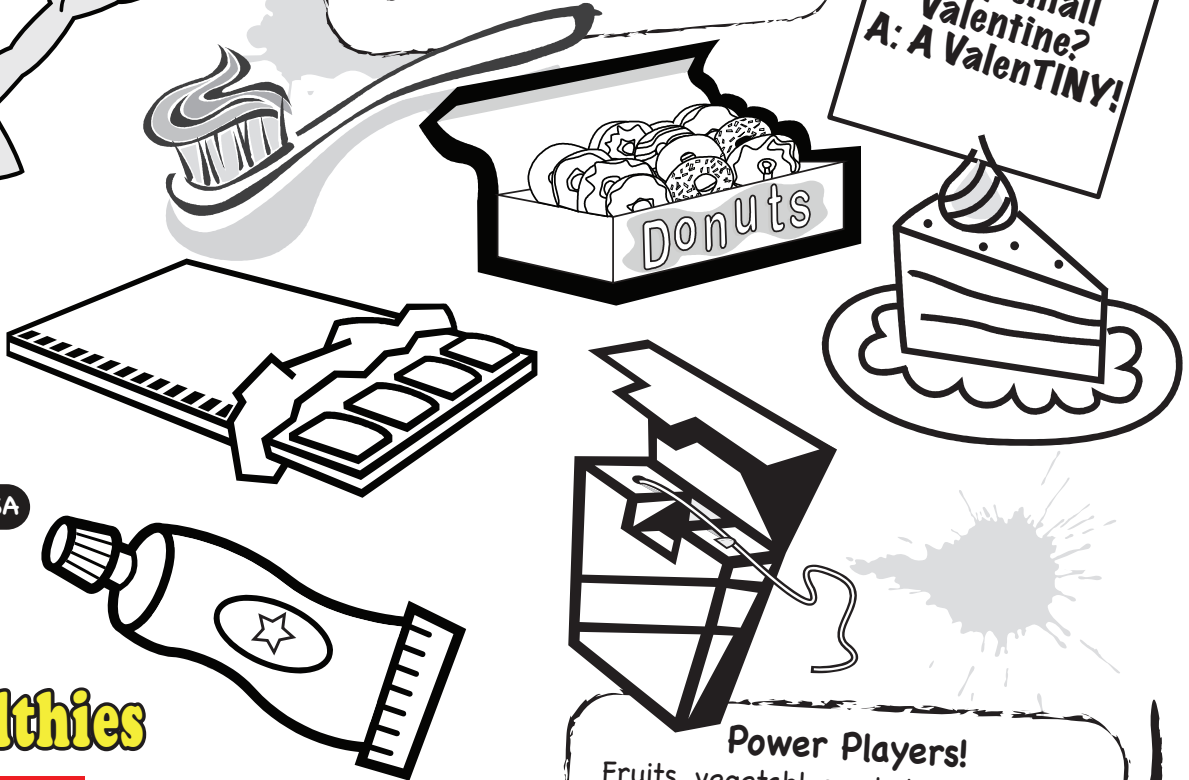
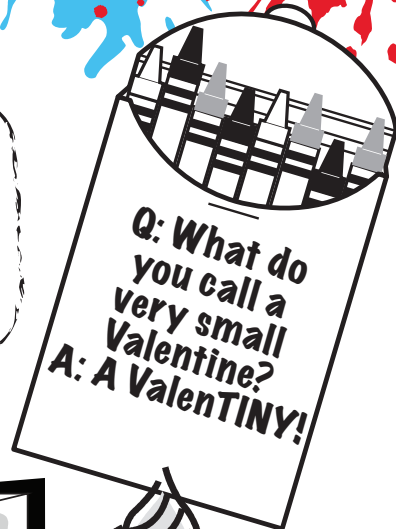
Hey Kids! I'm Exercise CLYDE:  
When you think of me,  
I want you to take time and  
**Complete Life: Yield for Daily Exercise.**  
Your body needs good nutrition  
and regular exercise to grow strong and healthy.



Exercise CLYDE

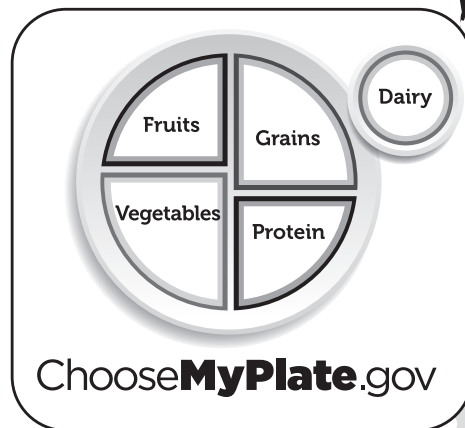
Exercise Expressway USA

**Say Cheese!**  
Circle the items below that will  
help you have a bright smile. Put  
an **X** over the items that should  
be consumed in small portions.

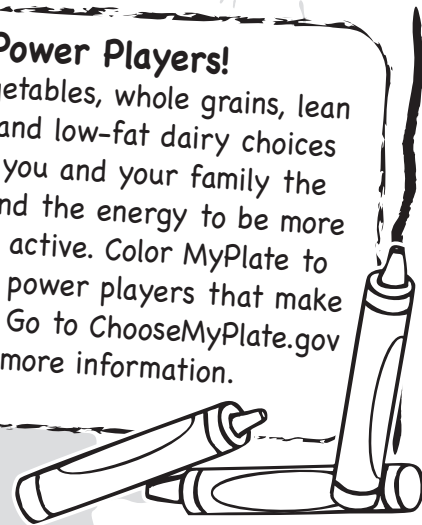


## Hidden Healthies

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



**Power Players!**  
Fruits, vegetables, whole grains, lean proteins, and low-fat dairy choices will give you and your family the nutrition and the energy to be more physically active. Color MyPlate to reflect the power players that make you strong. Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more information.



Eat Wise  
Brush  
Floss

Exercise  
Teeth  
Sugar