SUPER CENTEAM 5

SKIT DRIVE-THRU

SPIKE ARMSTRONG

SNACK-KING

CLAIRE SPRINGS

STARRING DARBY BOINGE!

ADVENTURES THROUGH FITROPOLIS!
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...

   - OR
   - OR

5. Circle three things you can use to exercise:

   - WE'LL FIND THE ANSWERS AT THE END OF OUR ADVENTURE!
At Greasy McRiddleMac’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 McRiddleMac!

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!

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

Hmmm, let’s see... I want something healthy and yummy so I can keep up with my schedule of exercising, studying, playing and reading!

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!

Where’s the fruit, milk, nits, whole wheat, and juice? That is the food that will fuel me and fill me!

Wow! These folks need to learn about healthier things to have for breakfast!

Balanced meals help your body run the best! Protein, dairy, fruits and veggies.

You can learn how important it is to eat good food, drink lots of water and exercise every day!

A balanced meal includes grains, protein, dairy, fruits and veggies!

Did you have a glass of milk today with a meal?
Darby and Kit hopped on bikes and followed Constance on their adventure to Fitropolis!

Hope you all have fun in Fitropolis!

We’re going to learn about eating healthy and staying fit!

It’s a sunny day! Perfect for a bike ride!

I’ll race you, Darby! Riding bikes is great exercise!

Welcome to Fitropolis!

The adventure to your health.

2 miles to Fitropolis.

It’s a good idea to exercise and play everyday!

What will you do today to get some exercise?

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!

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!

Water helps keep your body working the best while you are active!

Staying active everyday makes me feel better and helps me play sports better!

It’s a good idea to have two to three sensible snacks throughout your day!

What snack do you have in your backpack?
READ ABOUT THE CENTEAM 5 AND THEN PLACE THEIR STICKERS ON THE CIRCLES!

**BE ACTIVE!**
1. Being fit and Tom 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!**
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 reusable 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!**
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.

**SUPER CENTEAM 5**

**FAST FOOD... SKIP IT!**
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!
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!
CONNECT THE DOTS...
THEN COLOR THE
CENTEAM CHARACTERS!

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

CLaire
Springs

SNACK-King

 Skip Drive-Thru

WELCOME TO
FITROPOLIS!
MAKE A MEAL
DRAW YOUR FAVORITE FOODS ON THE PLATE BELOW!

WHAT'S IN YOUR GLASS?

FILL YOUR BOWL WITH SOMETHING GOOD!

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

BASKETBALL

JUMP ROPE

SOCCER

PLAY CATCH

HOPSCOTCH

TENNIS

BIKING
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

Now that we've taken our adventure through Fitopolis and we've met the super centeam 5—let's see what we learned!

1. How many healthy meals a day is it best to eat?

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:

How many of your answers were correct?

Out of 5 possible
I am going to eat right and my Belly. I'll put down my soda and my donut full of jelly. 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

FITROPOLIS PLEDGE

READER'S DIGEST PUBLISHING

ISBN 978-4-980097-24-6

MADE IN THE USA

THIS BOOK WAS PRINTED ON RECYCLED PAPER.

KEEP THE PLANET HEALTHY.