PRESENTS

SUPER CENTEAM 5

SPIKE ARMSTRONG

SKIP DRIVE-THRU

CONSTANCE EATRITE

STARRING DARBY BOINGS!

SNACK-KING

CLAIRE SPRINGS

ADVENTURES THROUGH FITROPOLIS!
Check with a doctor about your healthy choices if you have food allergies!

I'm Darby Boing! I am just learning about eating well and staying healthy. Let's see what we both know...

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.

Candy Cheese Veggies Chips Fruits

3. Circle three of the healthiest drinks.

Soda Juice Energy Drink Water Milk

4. When you eat at a fast food restaurant, is it better to eat...

Apples Fries French Fries Hot Dogs

5. Circle three things you can use to exercise:

Basketball Hula Hoop Jump Rope

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 health care 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.
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!

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

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

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

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

Did you have a glass of milk today with a meal?

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

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!

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

Imagine packing your lunch... now would you include all these groups?

You can learn how important it is to eat good food, drink lots of water and exercise every day!
It's a sunny day! Perfect for a bike ride!

So glad I filled my stomach with breakfast before this ride!

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

What will you do today to get some exercise?

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

2 MILES TO FITROPOLIS

The Adventure to Your Health!

Welcome to Fitropolis

Healthy Foods

6VM

Diner

Hope you all have fun in Fitropolis!

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

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?

4

5

As Darby and Kit entered Fitropolis, they stopped at the "play all day" park to meet Constance's friends.
HELP DARBY
CLEAN THE FRIDGE!
Circle all the healthy foods and cross out any unhealthy foods!

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, yogurt, and cheese.
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.

BE ACTIVE!
1. Being fit and trim helps you keep up with your body’s needs.
2. Keeping fit helps you work better.
3. Keeping fit is easy: you can walk, do jumping jacks, run, or play hopscotch.
4. Find someone to play with you outside.

DRINK UP!
1. Drink water when you are thirsty.
2. Drink water with every meal.
3. Drink lots of water before, during, and after exercise.
4. Carry a reusable water bottle and fill it up with clean water.

Hmmm... I’m going to find the healthy stuff!
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 Bolngg and Constance Eatrite exercise their way to Fitropolis by following the maze!
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

hopscoth

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’s some food that will put a BOINGG in your BOUNCE!

Check out my new healthy menu!

1. How many healthy meals a day is it best to eat?
   - 1
   - 2
   - 3
   - 4
   - 5
   - [ ] correct
   - [ ] incorrect

2. Circle three foods that would be the most healthy snacks.
   - Candy
   - Cheese
   - Veggies
   - Chips
   - Fruits
   - [ ] Candy
   - [ ] Cheese
   - [ ] Veggies
   - [ ] Chips
   - [ ] Fruits

3. Circle three of the healthiest drinks.
   - Soda
   - Juice
   - Energy Drink
   - Water
   - Milk
   - [ ] Soda
   - [ ] Juice
   - [ ] Energy Drink
   - [ ] Water
   - [ ] Milk

4. When you eat at a fast food restaurant, is it better to eat...
   - [ ] Apple
   - [ ] [ ]
   - OR
   - [ ] OR
   - [ ]

5. Circle three things you can use to exercise:
   - [ ] Jogging
   - [ ] Swimming
   - [ ] Yoga
   - [ ] Dancing
   - [ ] [ ]

How many of your answers were correct?

________________________ out of 5 possible

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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 5!

WRITE YOUR NAME HERE

DATE

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

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