



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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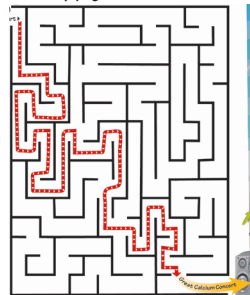
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Answer key page 4: Word Search page 4

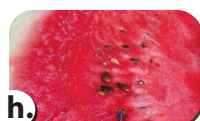
K	C	I	B	L	U	E	B	E	R	R	Y
W	A	T	E	R	M	E	L	O	N	C	C
O	R	L	L	N	P	L	E	P	R	U	C
L	R	A	L	I	S	P	I	N	A	C	H
E	O	T	P	U	D	D	I	N	G	U	I
K	T	B	E	A	N	S	P	L	E	M	C
K	S	B	P	C	H	E	E	E	S	E	B
I	A	S	P	N	O	R	A	N	G	E	E
W	L	L	E	G	U	M	E	S	M	R	N
I	M	B	R	O	C	C	O	L	L	I	C
Y	O	G	U	R	T	A	P	P	L	E	C
B	N	D	R	U	P	E	H	S	K	U	T

Answer key page 8: Calcium Concert Trail



Fruit and Veggie Matching Game

Draw a line to match
the outside to the
inside!



Rock Out The Word Search

K C I B L U E B E R R Y
W A T E R M E L O N C C
O R L L N P L E P R U C
L R A L I S P I N A C H
E O T P U D D I N G U I
K T B E A N S P L E M C
K S B P C H E E S E B K
I A S P N O R A N G E E
W L L E G U M E S M R N
I M B R O C C O L I I C
Y O G U R T A P P L E C
B N D R U P E H S K U T

Apple

Beans

Bell Pepper

Blueberry

Broccoli

Carrots

Cheese

Chicken

Cucumber

Kiwi

Legumes

Milk

Orange

Pudding

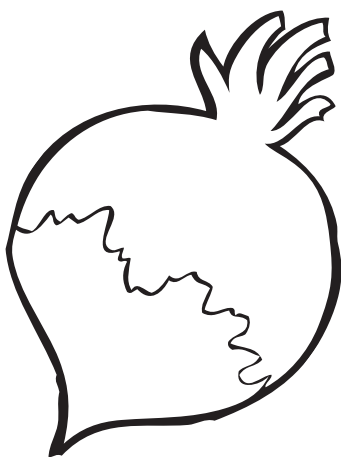
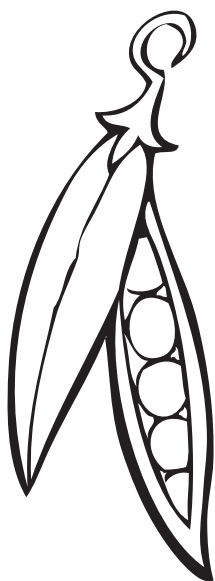
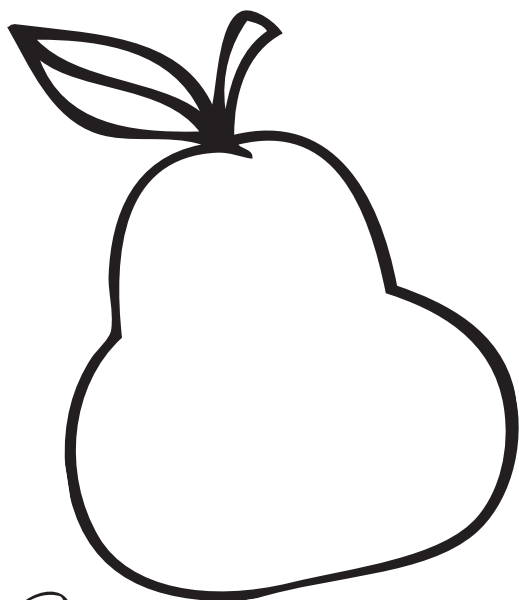
Salmon

Spinach

Watermelon

Yogurt



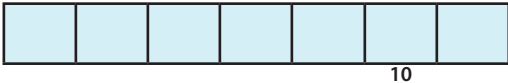


Grain ROCKIN' Scramble

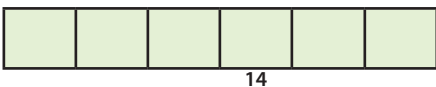
Make at least half of your grains whole

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.

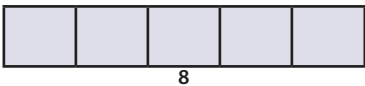
PCNROPO 

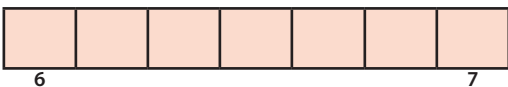
NRBOW ICER 

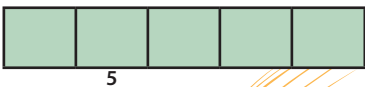
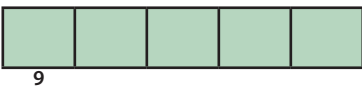
LEISUM 


EKAWTBHCU 

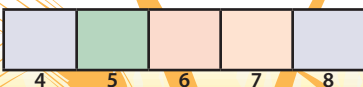
HOWEL  

ABDER 

TEAMALO 

LEWOH  

YABELR 



Adapted from USDA Word Scramble - Whole Grains www.choosemyplate.gov/kids/downloads/wholegrainwordscramble.pdf

Answer key: popcorn, brown rice, musli, buckwheat, whole wheat bread, oatmeal, whole grain barley. Hidden message: eat whole grains!

Go lean with PROTEIN



ROCKIN' BBQ Chicken Pizza

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

Ingredients

- 6 English muffins*
- $\frac{3}{4}$ cup barbecue sauce
- 1 $\frac{1}{2}$ cup chicken (cooked, cut-up)*
- $\frac{3}{4}$ 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 $\frac{1}{4}$ 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

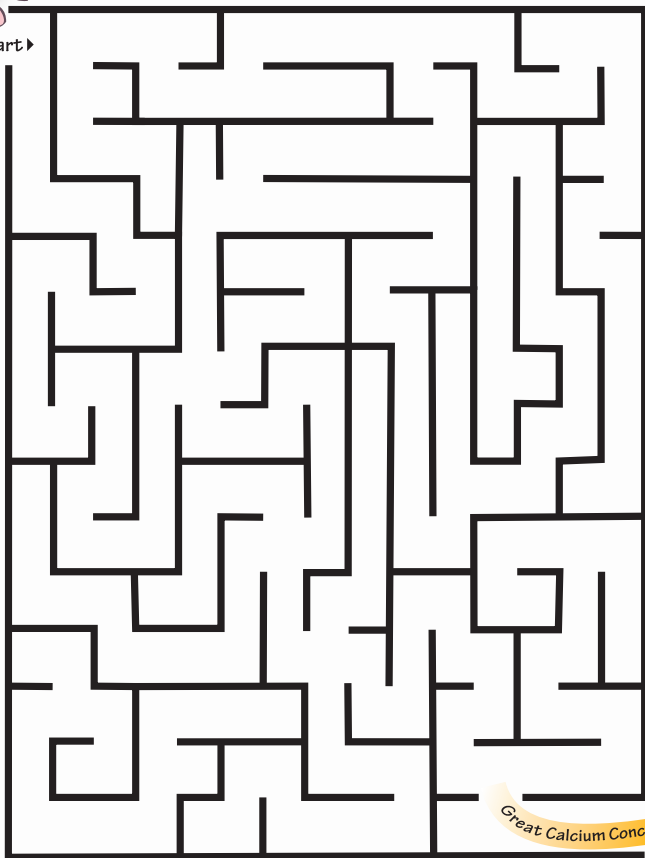
DAIRY

Calcium Concert Trail

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.

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

Start ▶



Maze Answer Key located on page 2.

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.



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

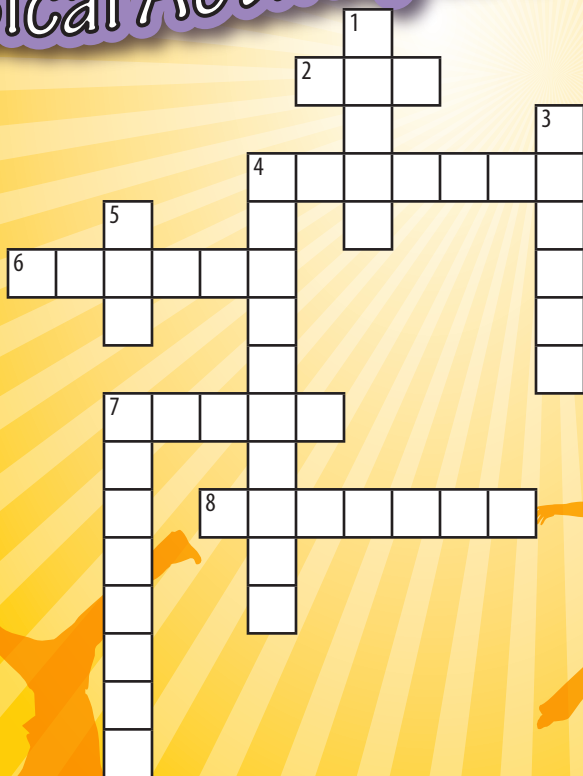


Ice Cream 1 scoop = 118 mg



Broccoli 1 cup= 90 mg

Physical Activity ROCKS



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!

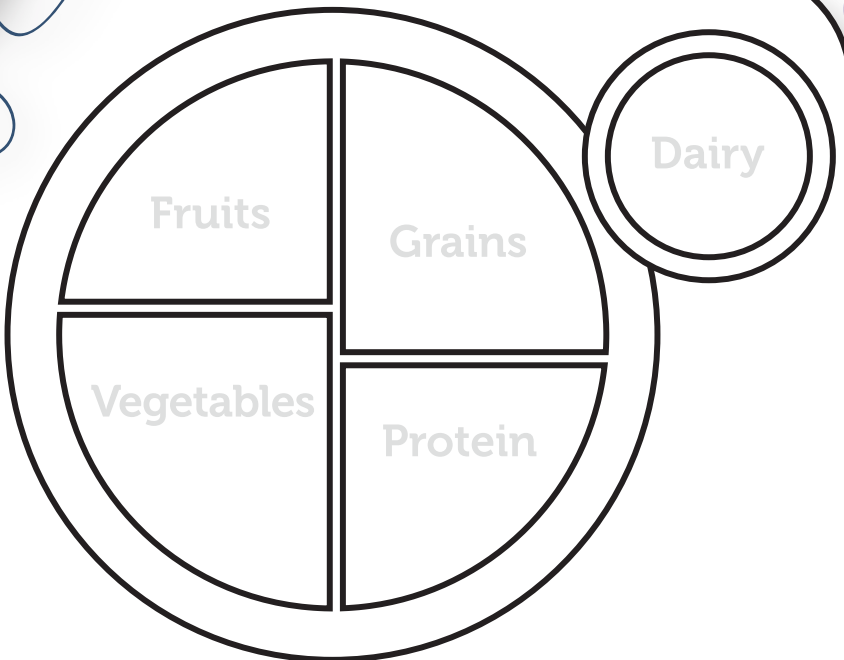
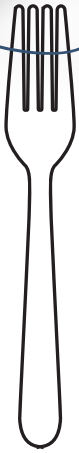
Down:

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

Word Bank: basketball, bicycle, dance, dog, recess, sixty, sports, swimming, tag, walking

What are
your favorite foods
that would make
this plate rock?



Choose **MyPlate**.gov

FOOD SAFETY

ROCK OUT the missing words

Draw a line to match each sentence with the correct picture and fill in the blank. When you're done, color the pictures!

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

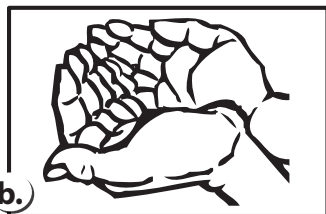
away from raw meats,
poultry and seafood!

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

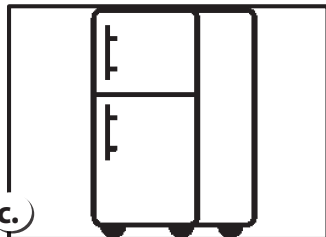
immediately!



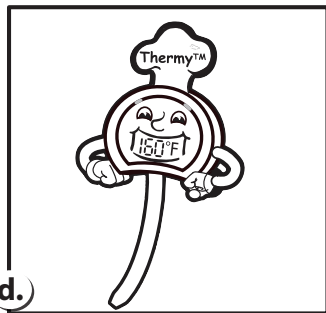
a.)



b.)



c.)



d.)

Answer Key: 1-b hands; 2-d thermometer; 3-a fruits & vegetables; 4-c refrigerator



For more information contact:

Child Nutrition & Wellness
Kansas State Department of Education
Landon State Office Building
900 SW Jackson Street, Suite 251 Topeka,
Kansas 66612-1212
(785) 296-2276 www.ksde.org, www.kn-eat.org

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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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