The Kansas State Department of Education does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the non-discrimination policies: KSDE General Counsel, Office of General Counsel, Landon State Office Building, 900 SW Jackson St., Suite 102, Topeka, Kansas 66612-1212, (785) 296-3201

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly.

USDA Nondiscrimination Statement: The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.
Draw a line to match the outside to the inside!

Answer Key: 1h, 2g, 3b, 4f, 5c, 6e, 7a, 8d
<table>
<thead>
<tr>
<th>Apple</th>
<th>Kiwi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>Legumes</td>
</tr>
<tr>
<td>Bell Pepper</td>
<td>Milk</td>
</tr>
<tr>
<td>Blueberry</td>
<td>Orange</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Pudding</td>
</tr>
<tr>
<td>Carrots</td>
<td>Salmon</td>
</tr>
<tr>
<td>Cheese</td>
<td>Spinach</td>
</tr>
<tr>
<td>Chicken</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Yogurt</td>
</tr>
</tbody>
</table>

Answer key located on page 2.
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

TEWAH

ABDER

TEAMALO

LEWOH

NIAGR

YABELR

Answer Key: popcorn, brown rice, muesli, buckwheat, whole wheat bread, oatmeal, whole grain barley. Hidden message: “eat whole grains”
**Rockin’ BBQ Chicken Pizza**

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

### Ingredients
- 6 English muffins*
- ¾ cup barbecue sauce
- 1 ½ cup chicken (cooked, cut-up)*
- ¾ 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 ¼ 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
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.

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.

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

Source: National Institutes of Health/Department of Health & Human Services
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.
What are your favorite foods that would make this plate rock?

ChooseMyPlate.gov
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!

Answer Key: 1-d 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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) Mail: U.S. Department of Agriculture
    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.

This institution is an equal opportunity provider.