

# Introducing... Slurp!



Hi,

I'm Slurp. I live with my Uncle Power Panther. The cool part is that sometimes I get to work with him to help kids and their parents EAT SMART and PLAY HARD.™ My uncle travels around the country to meet kids, like me, and shows them how to EAT SMART and PLAY HARD using MyPyramid for kids.

Like most kids, I'm fun-loving, but I have my moments and can sometimes surprise people. I like to eat and play with my friends, but don't always make the best choices.

I am lucky to be living with my Uncle Power Panther, who is the coolest uncle around! He takes really good care of me by trying to make sure I eat yummy foods that are good for me, and have fun running and playing every day. He's also teaching me how to take care of myself so I can be strong and fast -- just like him!

Since I've been living with my Uncle Power Panther, I've tried a bunch of new foods, like vegetables, fruits, dry beans, and whole grains -- I really like how they taste. The best part is that I have more energy to play hard when I make healthy choices from all the MyPyramid food groups.

My uncle and I do lots of cool stuff together -- he's teaching me how to jump rope, skateboard, and slam dunk! He's really patient. I don't always get it right on the first try, but he keeps helping and encouraging me -- even when I fall over my own shoes!

If I want to be as strong and powerful as my uncle, I have to EAT SMART and PLAY HARD.



## Slurp



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