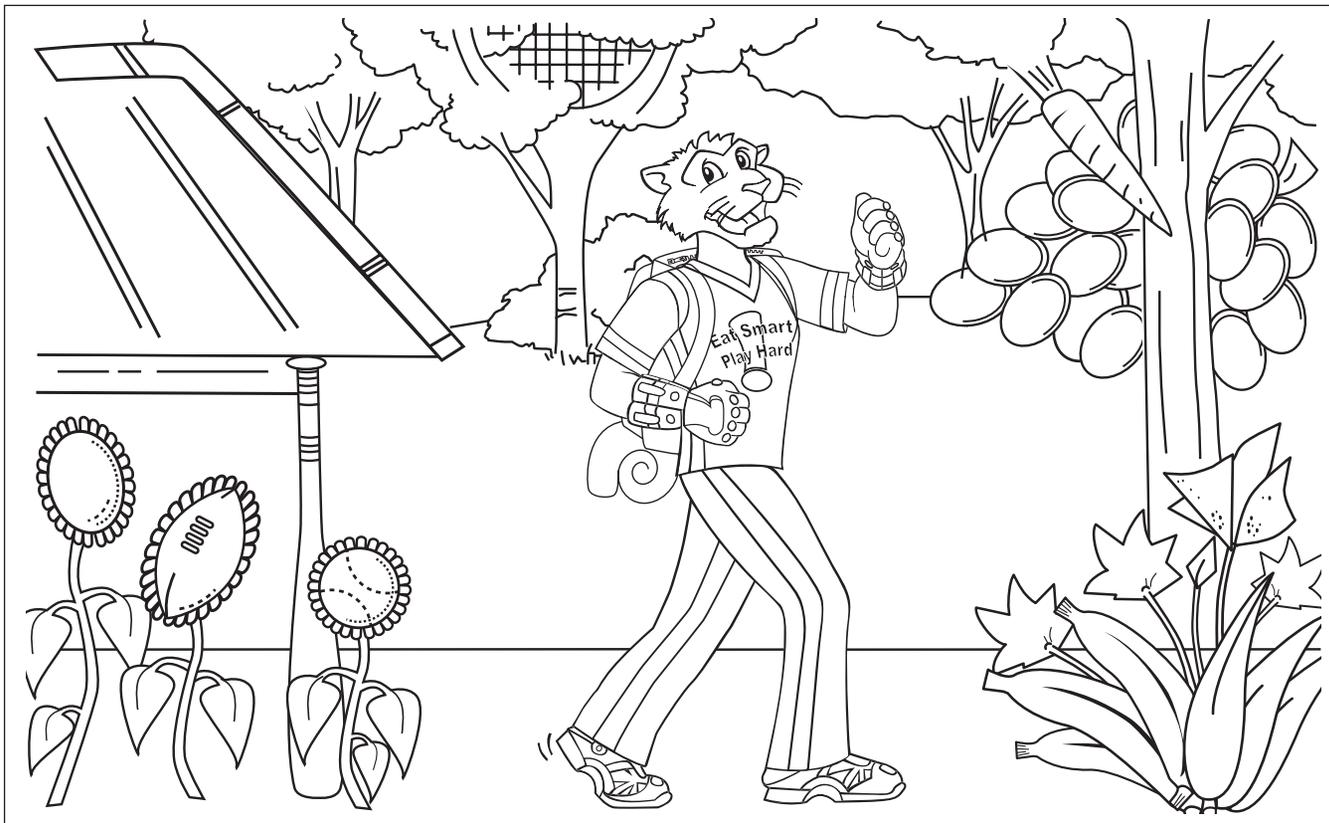


# Balance Your Day With Food and Play

Power Panther™ says... Eat Smart. Play Hard.™  
www.fns.usda.gov/eatsmartplayhard



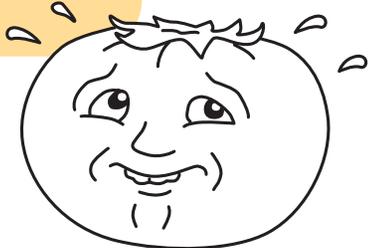
**POWER POINTS**  
Split an order of fries or a dessert with a friend.



I'm going to the park to play with my friends. Can you help me find my 10 snacks and play things?

**FUNNIES**

Why did the tomato turn red?



I try to be physically active at least 60 minutes on most days. You should try. It's easy - walk the dog, play catch, or ride your bike.



Food and Nutrition Service

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Hidden Puzzle Items: bananas, baseball and bat, carrot, football, grapes, hockey stick, tennis racket, toast, tortilla chips  
Funnies Answer: It saw the salad dressing.