

LOONEY TUNES BACK-TO-SCHOOL TUNE-UP

DEAR EDUCATOR:

The Looney Tunes gang is hopping, whirling, waddling, and flying into your classroom to help make learning about eating nutritious food and staying active a fun and enjoyable part of your students' daily routine.

The **Looney Tunes Back-to-School Tune-Up** is the first of two unique learning programs sponsored by Warner Bros. and Eating Right Kids, and developed in conjunction with curriculum specialists Young Minds Inspired (YMI). The materials will help your students understand that staying physically active and knowing how to "spot" nutritional foods can help them stay healthy throughout their lives. The second program – **Looney Tunes Eating Right Tune-Up** – will arrive in a few months and will focus on the importance of a balanced diet and everyday fitness for good health.

The **Looney Tunes Back-to-School Tune-Up** provides engaging activities that link fitness and good nutrition to math, language arts, and health science, and meet national education standards (see next page). There are also specially designed **Looney Tunes Tune-Up Discs** (see pages 10-12) that are sure to get your students up and moving as they learn. You can download a completion certificate from www.looneytunes.com.

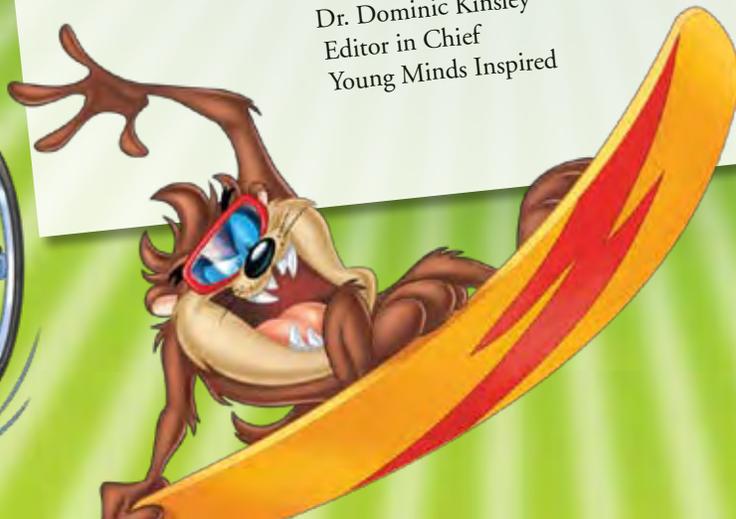
To help you convert classroom learning into practical experience, we've included information about a new product line of better-for-you foods and beverages – **Eating Right Kids**. The packages feature the fun and active Looney Tunes characters, with the nutritional value of the products highlighted by colorful spots.

Although the materials in this kit are copyrighted, feel free to make as many copies as you need, and please share them with other teachers in your school. Remember to look for your **Looney Tunes Eating Right Tune-Up** kit later this Fall!

Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



YMI is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at www.ymiclassroom.com to send feedback and download more free programs.

For questions contact us at 1-800-859-8005 or email us at feedback@ymiclassroom.com.

**seeing
SPOTS**
is good for you!

nutrition,
flavor
& fun!



Program Objectives

- To increase student awareness of the importance of eating nutritional foods.
- To foster student understanding of the importance of being physically active.
- To reinforce the idea that physical activity and selecting nutritional foods can be fun.
 - To help combat childhood obesity.
 - To encourage healthy lifestyles.

Target Audience

This program is for students in grades 2-4.

How To Use This Guide

Review the four activities in this kit and schedule them into your class plans. Each activity includes a fitness

follow-up that makes use of the **Looney Tunes Tune-Up Discs** on pages 10-12 of this guide. Provide each student with a photocopy of these pages and have them color the discs to match the colors in the chart below. Laminate the sheets for durability before students cut out their discs, or students can reinforce each disc at home by affixing it to cardboard or an old CD.

Begin the unit by giving each student a copy of the **Looney Tunes Family Tune-Up Activity Book** and encourage them to share it with their family.

How To Use the Poster

Display the poster as a way to introduce the program. Refer to it daily to encourage nutritional awareness and for new ideas that you can use to foster physical activity and fitness.

National Education Standards

Activity 1: English Language Arts

- Apply a wide range of strategies to comprehend, interpret, evaluate, and appreciate texts.

Activity 2: Mathematics

- Understand meanings of operations and how they relate to one another.
- Compute fluently and make reasonable estimates.

Activity 3: Health Education

- Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
- Demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Activity 4: Science (Science in Personal and Social Perspectives)

- Understand that regular exercise is important to the maintenance and improvement of health.
- Understand that nutrition is essential to health; that nutritional requirements vary with body weight, age, sex, activity, and body functioning.

Eating Right Kids and the "Spot Your Needs" Gallery

The **Eating Right Kids** line of nutritious foods and beverages, now available at your local neighborhood grocery store, are easily spotted in stores. They feature the Looney Tunes cartoon characters as well as large colored "spots" that point out dietary benefits for children. Each benefit is distinctively color-coded so it's easy for parents and kids to select the nutritional and flavorful products they need.

The products in the **Eating Right Kids** line have been formulated based on the most recent dietary recommendations from important agencies including the U.S. Department of Health and Human Services (DHHS), U.S. Department of Agriculture (USDA), and the Alliance for a Healthier Generation nutritional guidelines. The **Eating Right Kids** product line includes more than 60 products in 30 food categories including breakfast foods, portable meals, dairy, snacks, and beverages.



Activity 1: Spot the Looney Tunes All-Stars!

Depending on the age and ability levels of your students, you may have them complete this activity individually, in pairs, or as a class. Have students circle and correct the mistakes in grammar, spelling, and punctuation that they find in each Looney Tunes profile.

Answer Key: (Corrections appear in bold.)

Name: Daffy Duck

Sport: Marathon Running

Fitness Fun: Start **each** day with 30 minutes of aerobics.

Nutrition Tip: You can't beat fresh **fruit for breakfast**.

Name: Tweety

Sport: Inline Skating

Fitness Fun: Lift cans of **soup** to keep your arms fit and **strong**.

Nutrition Tip: Eat **whole grains** to help keep a **healthy weight**.

Name: Bugs Bunny

Sport: Motocross

Fitness Fun: Stretch to **build** agility and **flexibility**.

Nutrition Tip: A carrot a day keeps your **heart** happy in a **healthy way**.

Name: Taz

Sport: Freestyle Snowboarding

Fitness Fun: Run **laps**. You'll **keep your heart** and **lungs** healthy.

Nutrition Tip: **Lean** red **meat** packs plenty of **protein**.

Name: Sylvester

Sport: Wave Jumping

Fitness Fun: Swim **laps** for a whole **body workout** that **builds** endurance, **too**.

Nutrition Tip: **Drink** lots of milk. It's good for **your bones**.

Name: Wylie Coyote

Sport: Surfing

Fitness Fun: Walk quickly **to get** where **you're going**. It's **good** for your **heart**.

Nutrition Tip: **Choose low** fat foods; **they're** a better choice.

Looney Tunes
Tune-Up
Time

Hint: This activity is best completed in small groups with approximately three students per group. It's recommended to demonstrate the activity first before breaking students into groups. Be sure to walk around and monitor each group's progress as they complete the activity.

Directions: Ask each group to arrange the **Looney Tunes Tune-Up Discs** in a random pattern on the floor. Discs should be approximately 6-12 inches apart and taped to the floor. To begin the game, one student steps on a disc and calls out the Looney Tunes character and/or nutritional information it contains. The goal of the game

is to think of as many ways as possible to reach a particular number using addition and subtraction skills. Teams think of a simple math calculation, using the numbers 1 through 6, that equals the number on the starting disc (for example, if the number on the disc is 5, then the student may answer: $6-3+2=5$; younger students may answer: $4+1=5$).

Then, one member of the first group calls out the numbers in the equation. Another member writes the numbers of the equation on the blackboard. A third student steps on each numbered disc as it is called out. Then the next team does the same. Whichever team comes up with the most ways of reaching the end number wins the game.

Looney Tunes
Family
Fun

Encourage students to take their **Looney Tunes Tune-Up Discs** home and invite their siblings or friends to sharpen their math skills by joining the fun.

Activity 2: Step Up Your Game

Have students work in pairs to complete this activity; provide assistance to younger students. To prepare, you will need to tape a 2- to 3-yard length of masking tape on the floor and mark it off in inches and feet. Students should stand with the toe of their shoe in line with the end of the tape to begin measuring their stride. For younger students, use manipulatives like cubes to help them divide and multiply. Before completing Part B, set guidelines for where and when students can complete the measuring activity. To extend the activity, you can work with older students to convert the yards they walked to fractions of a mile. (One mile = 1,760 yards.)

Looney Tunes
Tune-Up
Time

Hint: This activity is best completed in groups of four students in the gym or multipurpose room.

Directions: Mark off a 20-foot-long course, using masking tape or chalk to indicate the start and finish lines. Have the teams line up approximately two feet apart. Give two **Looney Tunes Tune-Up Discs** to the

first student in each line. When you sound the starting signal, each student should toss the first disc in front of him/her and step onto it. He or she tosses the second disc, steps on it and reaches back to pick up the first disc. The process continues until the student has crossed the end marker, at which point he or she repeats the process until reaching the starting line. The next student in line takes over, and the game continues until all four team members have completed the course. The first team to complete the course wins. **Penalty:** If a player fails to step on a disk while moving forward or slips off while reaching back, he or she must start over.

Looney Tunes
Family
Fun

Suggest that students bring the **Looney Tunes Tune-Up Discs** home and incorporate this game into family game night.





Activity 3: Fueled for Fitness

To introduce this activity, lead a class discussion about the importance of having a personal physical activity plan. Introduce the phrases *moderate activity* (physical activity that is not exhausting) and *vigorous activity* (physical activity that works up a sweat and increases your heart rate) to students. Then review the examples of moderate and vigorous activities on the activity sheet, and ask students to volunteer more examples. Use the experience of designing physical activity plans for Marvin and Taz as a way to get your students thinking about the kinds of things they can do to ensure they have a balanced program of physical activity for themselves. Students can work in small groups to develop their activity plans for Marvin and Taz, and then share their reasoning in a class discussion. Encourage students to talk with their parents as they develop their personal activity plan.

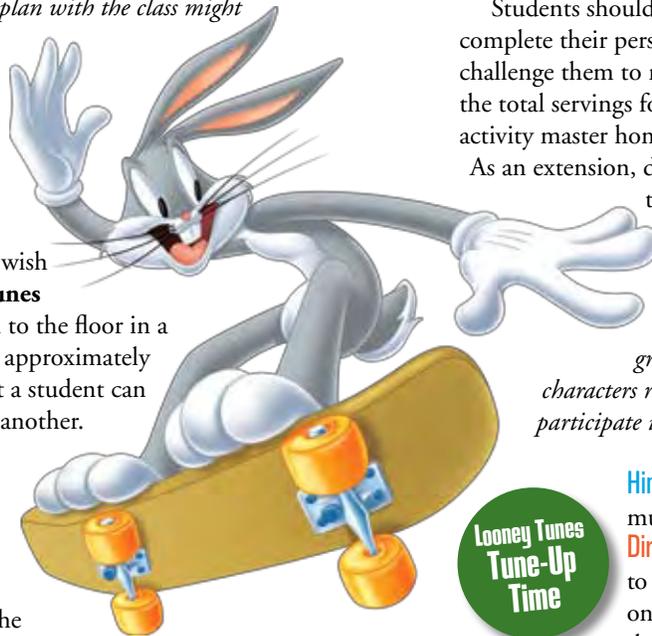
Note: Consider framing this as a take-home activity if you have students for whom sharing their personal plan with the class might prove embarrassing.

Looney Tunes Tune-Up Time

Hint: This activity is best done in the gym or multipurpose room. You may wish

to place tape on the **Looney Tunes Tune-Up Discs** and stick them to the floor in a zigzag pattern. Discs should be approximately one foot apart, arranged so that a student can quickly move from one disc to another.

Directions: Two students at a time should move quickly through the course, stepping from one disc to another without touching the floor. As they move, randomly call out the Looney Tunes character's name or nutritional information on one of the discs. Students must change course if necessary to avoid that disc. Any student who moves to the "hot" disc or who remains on it without jumping to another disc is eliminated. Another student takes his or her place, and the game continues until only one student remains.



Looney Tunes Family Fun

Encourage students to take the **Looney Tunes Tune-Up Discs** home and design their own obstacle course. Hold a neighborhood challenge where families compete to see who can master the course.



Activity 4: Find Your Spot at the Looney Tunes All- Stars Training Table

In preparation for this activity, tell students that there are five main food groups—meat/beans, milk (milk, yogurt, cheeses), fruits, grains (preferably whole grained bread, cereal, and pasta), and vegetables. Ask them to name other foods that are in each group. (You can go to the USDA MyPyramid website — www.mypyramid.gov/KIDS — for details.) Then use a clear measuring cup and dried beans to show your students actual serving sizes. Measure the appropriate amount first and place the contents on a plate labeled with each food group. Do this for each food group. Then compare and contrast the different food groups and recommended serving size.

Students should work independently or in small groups as they complete their personal training table menus. For older students, challenge them to record the servings for each food choice and add up the total servings for each food group. Encourage students to take the activity master home and discuss their menu plan with their parents.

As an extension, divide your students into teams to complete the training table plans for the Looney Tunes characters, and allow time for students to share the reasons for their choices in a class discussion.

Note: This activity is designed to reinforce what your students have learned about the basic food groups. Because they are making choices for cartoon characters rather than for themselves, all students should be able to participate in the discussion without discomfort or embarrassment.

Hint: This activity is best done in the gym or multipurpose room.

Looney Tunes Tune-Up Time

Directions: In preparation for this activity you will need to create a template by drawing two 5" diameter circles on a plain sheet of 8½" x 11" paper. Make a copy of the template for each of your students. Tell them they are to create two original **Looney Tunes Tune-Up**

Discs that feature their favorite healthy foods. To ensure that the discs last, consider laminating them before your students cut them out. Scatter all the discs on the floor. Divide students into four teams and tell them that they will be gathering discs to make up a healthy meal. Each team member will run out and pick up a disc, then run back and tap the next team member. When all the discs have been picked up, each team uses its discs to "serve" a well-balanced breakfast, lunch, or dinner. It's not necessary to choose a winner; use the meals as an opportunity to reinforce what students have learned about the basic food groups.

Looney Tunes Family Fun

Encourage students to share their new **Looney Tunes Tune-Up Discs** with their family. Ask students to work with their families to create more discs and use them during a family game, like hopscotch, after dinner!



Activity 1

SPOT THE LOONEY TUNES ALL-STARS!

They're fit, fantastic, and the latest rage in extreme sports. They've got good advice about eating the right foods and getting plenty of exercise. There's just one problem: They need help with their grammar, spelling, and punctuation. Circle and correct the mistakes in the Looney Tunes profiles.



Name: Daffy Duck
Sport: Marathon Running
Fitness Fun: Start eech day with 30 minutes of aerobics.
Nutrition Tip: You can't beat fresh frute four breakfast;



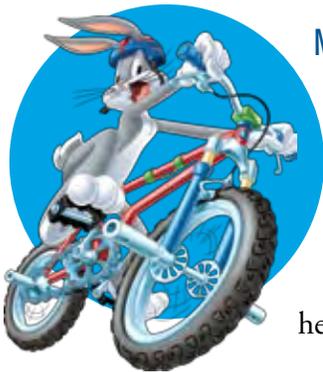
Name: Taz
Sport: Freestyle Snowboarding
Fitness Fun: Run lapz. You'll kepe yur hart and lunges healthy.
Nutrition Tip: Leen red meet packs plenty of proteen.



Name: Tweety
Sport: Inline Skating
Fitness Fun: Lift cans of soop two keep your arms fit and stronge"
Nutrition Tip: Eat hole granes tu help keep a helthy wait.



Name: Sylvester
Sport: Wave Jumping
Fitness Fun: Swim lapz for a whole boddie wurkout that bids endurance, two,
Nutrition Tip: Drank lots of milk. It's good for yur bonz.



Name: Bugs Bunny
Sport: Motocross
Fitness Fun: Stretch to bild agility and flexibilitee#
Nutrition Tip: A carrot a day keeps your hort happy in a healthy weigh,



Name: Wylie Coyote
Sport: Surfing
Fitness Fun: Walk quickly two git where yur goin. It's gud for your hart?
Nutrition Tip: Chuse lo fat foods; there a better choice.



How many mistakes did you spot? _____

SAFEWAY VONS Dominick's GENUARDIS

Kmart Tom Thumb PAVILIONS CARRS SAFEWAY

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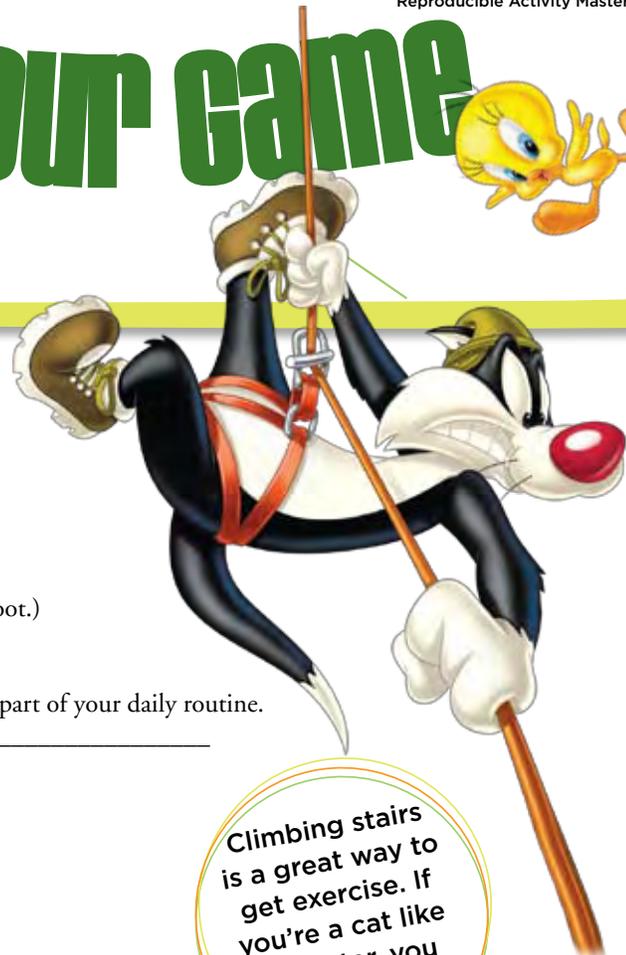
There are 47 errors.

Activity 2

STEP UP YOUR GAME



Bugs and his friends are always on the move. Did you know that even walking is great exercise? Just think about how much walking you do every day.



Climbing stairs is a great way to get exercise. If you're a cat like Sylvester, you can climb trees!

Part A. Take four normal steps along the marked-off tape.

- 1) Where did you end? _____
- 2) Let's figure your stride length.

$$\frac{\text{Number of inches walked}}{\text{Average stride length in inches}} \div 4 = \frac{\text{Number of inches walked}}{\text{Average stride length in inches}}$$
- 3) Round that number to the nearest foot. (Remember, there are 12 inches in a foot.) Write that number here _____. This is your average stride in feet.

Now that you know your stride length, let's measure how many steps you take as part of your daily routine. What will you measure? _____

- 1) Now walk at a normal speed and count your steps out loud with your partner. How many steps did you take? _____
- 2) Let's see how many feet you walked.

$$\frac{\text{Number of steps}}{\text{Length of stride in feet}} \times \frac{\text{Length of stride in feet}}{\text{Number of feet walked}} = \frac{\text{Number of steps}}{\text{Number of feet walked}}$$
- 3) That's probably a pretty big number. Divide it by 3 to find out how many yards you walked.

$$\frac{\text{Number of feet walked}}{\text{Number of yards walked}} \div 3 = \frac{\text{Number of feet walked}}{\text{Number of yards walked}}$$

You don't need to hop, but you can pick up the pace when you walk!



Part B. Use the final number of yards walked above to estimate how many yards you walk in a day. Think how many places you walk to each day in school. Also think about how much shorter or longer each trip is than the one you measured. Now, list each trip you take and estimate how many yards it is. Then, add up all the trips to see how far you walked.

Where I walk each day	Estimated number of yards

Total: _____

Put your parents on the spot. How far do they walk each day?



SAFeway VONS Dominick's GENUARDI'S

Roundells TomThumb PAVILIONS CARRS SAFeway

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Activity 3

FUELED FOR FITNESS



Any time Bugs Bunny hops, Taz whirls, or Tweety flies, they're doing physical activity. Any time you run, bicycle, swim, or even just go for a walk, you're being active. Being physically fit leads to a longer, healthier, and happier life.

Because Taz and Bugs never seem to slow down, they're doing *vigorous* physical activity. This kind of activity makes you sweat and increases your heart rate. Tweety and Daffy move a little more slowly. That's called *moderate* physical activity.

Often just increasing the speed at which you do something can turn a moderate physical activity into a vigorous one!

Moderate physical activities include:



Vigorous physical activities include:

Riding a bike as fast as you can

Running or jogging

Jumping rope

Swimming laps

Playing basketball



Part A. What kinds of physical activities do you think Marvin and Taz should add to their daily routine? Remember, it's important to keep a balance between moderate and vigorous activity. For example, while running can be good for you, it's probably not a good idea to run everywhere you go!



Marvin spends a lot of time in that little space ship!

Marvin should do these activities:	He should do them because:



Taz never seems to do anything at less than full speed.

Taz should do these activities:	He should do them because:

Part B. Now it's time to think about yourself. In the first column, list the things you already do. In the next column, write M if it's moderate or V if it's vigorous. Then, list any activities that you would like to add and write M if it's moderate or V if it's vigorous.

What I Do Now	M/V	What I'd Like to Add	M/V



Does your level of activity hit the spot?

Activity 4

FIND YOUR SPOT AT THE LOONEY TUNES ALL-STAR'S TRAINING TABLE

Staying active and eating healthy go hand in hand. Look at Bugs Bunny. All the carrots he eats keep him on the go!

Part A. Think of yourself as a healthy kid in training. Start with a well-balanced meal-plan including breakfast, lunch, and dinner. Write your food choices on the plates below. Be sure to include foods from all food groups.

Breakfast

Lunch

Dinner

Part B. Now that you've selected the foods for your meals, color the boxes below a different color for each food group. Be sure to take a look at the recommended daily serving amounts for each food group.

Meal	Meat/Beans	Milk	Fruits	Grains	Vegetables
Breakfast					
Lunch					
Dinner					
Daily Serving	2 servings (5-6 oz)	2 – 3 servings	2 – 3 servings	6 – 9 servings	3 – 4 servings



Looney Tunes' Recipe for Living Right and Eating Right:

1. Do at least 60 minutes of physical activity daily.
2. Get fit with family and friends every day.
3. Eat a well-balanced diet. Include foods from each food group daily.
4. Eat the recommended daily serving from each food group.
5. Visit your supermarket and look for Looney Tunes characters on *Eating Right Kids* packages — the fast and easy way to eat better-for-you foods.

SAFeway VONS Dominick's GENUARDI'S
 Randall's Tom Thumb PAVILIONS CARRS | SAFeway

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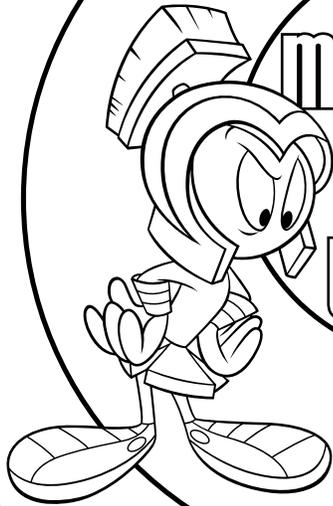
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Make sure all the foods groups hit the right spot in your daily diet.

Seeing Spots Is Good for You!

MARVIN THE MARTIAN



MADE WITH
WHOLE
WHEAT

1

Directions:

Provide each student with a photocopy of all three sheets of **Looney Tunes Tune-Up Discs** and have them color their discs using the appropriate colors on the "Spot Your Needs" Gallery on page 2 of this guide. Laminate the sheets for durability before students cut out their discs, or students can reinforce each disc at home by affixing it to cardboard or an old CD.

Seeing Spots Is Good for You!

TAZ

2



Fat
FREE

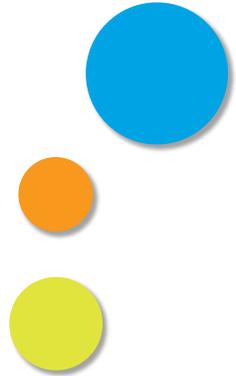


Seeing Spots Is Good for You!



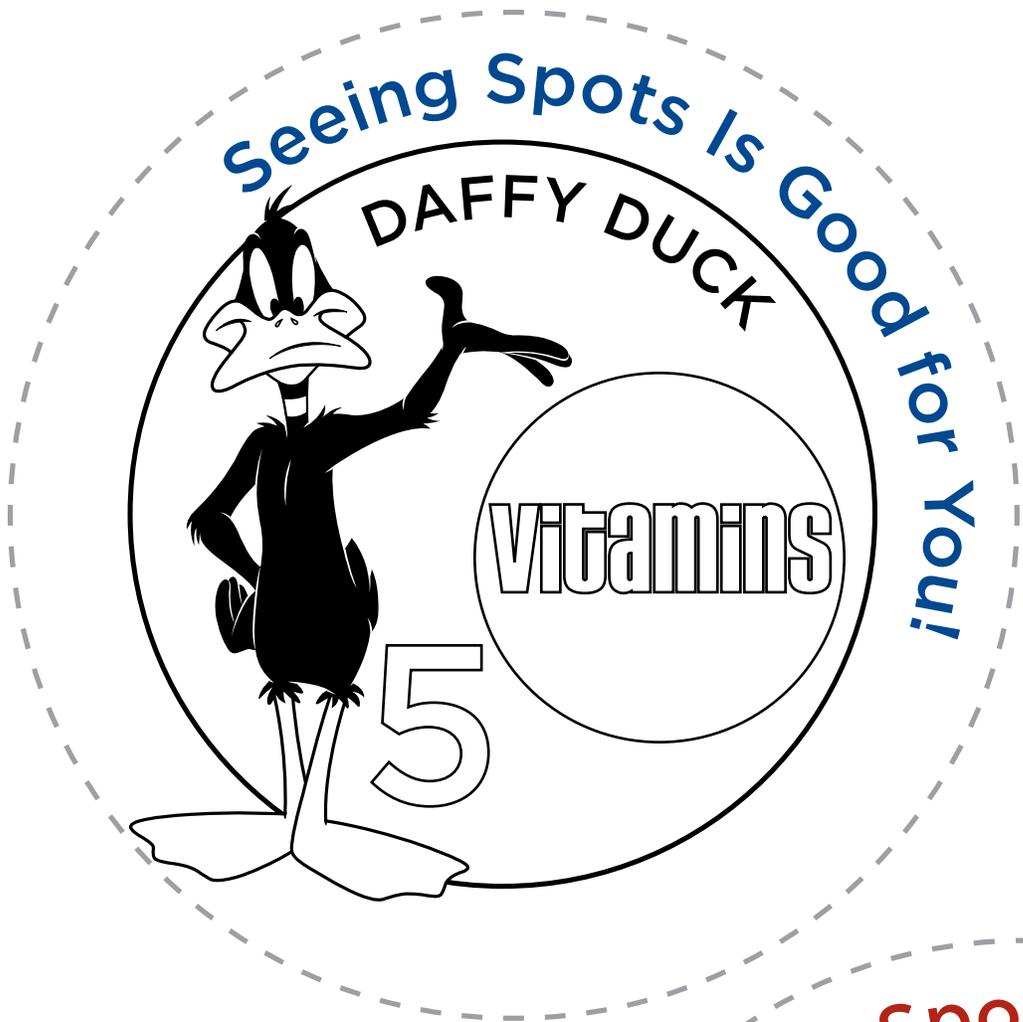
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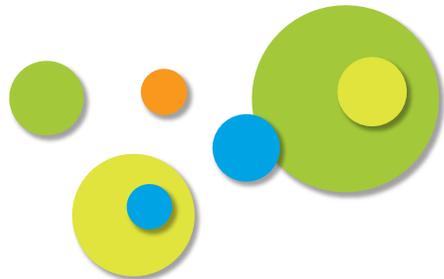
Seeing Spots Is Good for You!





Directions:

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Extended Activity

LOONEY TUNES TUNE-UP FIELD DAY

This is a great way to get your entire class engaged in planning, and then enjoying, a fun-filled **Looney Tunes Tune-Up Field Day** complete with lots of physical activity and plenty of

good-tasting and nutritious snacks, too. To begin, read the Looney Tunes character profiles below with your students, without telling students the name of the character. Whoever guesses the name of the character first becomes the team captain, with that character as its mascot. Then divide the class into six teams. Team members will work together to plan an event that reflects the personality or physical traits of their mascot. You might start out by suggesting that students include hopping (like Bugs), whirling (like Taz), flapping their wings (like Tweety), or waddling (like Daffy) in their events. Each team is responsible for determining the rules, deciding how to score, and measuring the results.

To extend the activity and add a language arts focus, have your students create a newsletter that covers the events and results of the day so they can share their experience with family and friends.

Looney Tunes Character Profiles



Bugs Bunny might be the most popular and best known cartoon character ever. This “wascally wabbit” is full of personality. He’s loud, smart, and always wins.



Daffy Duck likes to play games and win, but that doesn’t happen too often. He speaks up when he thinks something is unfair and never gives up. And, when he fails, he comes back stronger than ever and challenges himself even more.



Sylvester. This housecat has all the cat food he can eat, but he focuses on one thing: making a meal of one little yellow canary. He may be a bit of a clown but never gives up.



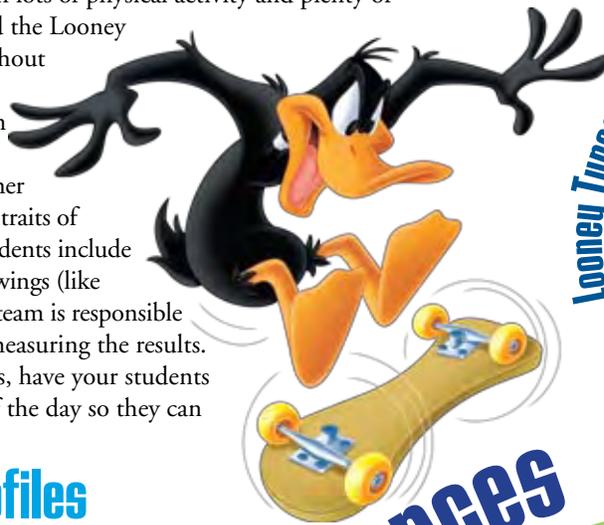
Tweety. This little canary is sweet and innocent, and oh so cute — but don’t let that fool you. Tweety’s one tough bird whose feathers don’t get ruffled in the face of danger — and who always comes out on top.



Taz, a Tasmanian Devil, moves like a whirlwind, always on the lookout for something else to eat. This little devil is deceptively dangerous because he always seems to have one more trick up his sleeve.



Marvin the Martian has flown his flying saucer to the moon, Earth, and even the mysterious Planet X. His mission is to explore the solar system. Poor Marvin. He often runs into “technical difficulty.”



Looney Tunes Certificate of Completion

Each student who completes the **Looney Tunes Back-to-School Tune-Up** program can download a completion certificate from www.looneytunes.com.



Resources

Books

Games & Great Ideas: A Guide for Elementary School Physical Educators and Classroom Teachers, by Rhonda L. Clements. Westport, CT: Greenwood Press, 1995.

Websites

Dairy Council of California

www.dairycouncilofca.org/activities/pyra_main.htm

Interactive game allows students to test their knowledge of the five food groups.

KidsHealth. The Food Pyramid Guide

http://kidshealth.org/kid/stay_healthy/food/pyramid.html

A simplified explanation of the food pyramid, plus links to additional articles about nutrition.

U.S. Department of Agriculture MyPyramid for Kids

www.mypyramid.gov/KIDS

A step-by-step explanation of the key concepts of the new USDA food pyramid that is featured on the poster in this kit, along with a wealth of other information about developing a healthy lifestyle.

Looney Tunes

www.looneytunes.com

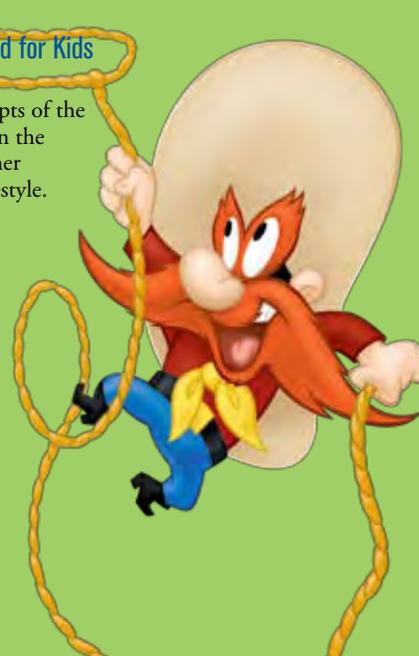
News and information about all the Looney Tunes characters.

Safeway

www.safeway.com

Young Minds Inspired

www.ymiclassroom.com



It's Looney Tunes Tune-Up Time!

SEEING SPOTS

is good for you!

Turn the spotlight on good food and good fun!

Week 1

- Mon** Play hopscotch.
- Tue** Walk around the playground 3 times.
- Wed** Toss a ball with a friend.
- Thur** Play freeze tag.
- Fri** Bend your body to spell your initials.
- Sat** Take a bike ride with your family.
- Sun** Do five pushups.

Week 2

- Mon** Have a family dance off.
- Tue** Organize a kickball game.
- Wed** Play wiffle ball.
- Thur** Kick around a soccer ball.
- Fri** Set a hula hooping record.
- Sat** Play frisbee with a friend.
- Sun** Swing across the monkey bars.

Week 3

- Mon** See how many sit-ups you can do.
- Tue** Hop on each foot five times.
- Wed** Organize a game of simon says.
- Thur** Jump rope as fast as you can.
- Fri** Go rollerblading.
- Sat** Do 25 jumping jacks.
- Sun** Start a basketball game.

Week 4

- Mon** Go for a walk with a friend.
- Tue** Take a family nature hike.
- Wed** Do 5 minutes of stretching exercises.
- Thur** Play musical chairs.
- Fri** Play 4-square.
- Sat** Start a tetherball game.
- Sun** Run backwards.

What's your favorite activity?

Smart Food Choices + Daily Activity =
A HEALTHY, HAPPY LIFE



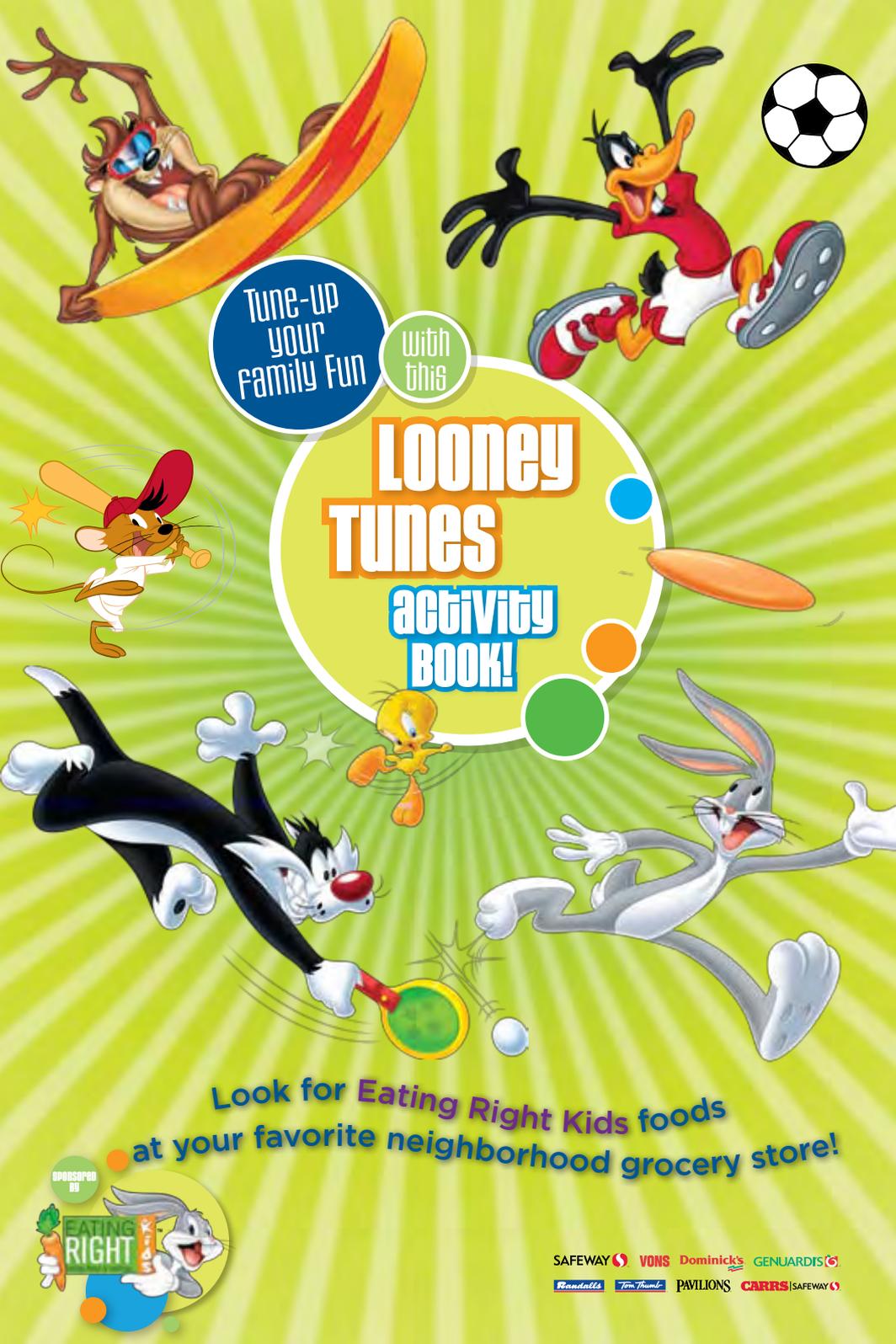
Look for Eating Right Kids at your favorite local grocery store.

Because SEEING SPOTS IS GOOD FOR YOU!

SAFeway | Vons | Dominick's | GENLARDES | Kroger | Publix | PHILIPPS | CARRETS | BATTERS

LOONEY TUNES™ & © Warner Bros. Entertainment Co. 2008

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Tune-up
your
Family Fun

with
this

LOONEY TUNES

activity
BOOK!

Look for **Eating Right Kids** foods
at your favorite neighborhood grocery store!

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BY



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DEAR PARENT OR GUARDIAN:

The Looney Tunes gang is hopping, whirling, waddling, and flying into your child's classroom to help make eating right and staying active a fun and enjoyable part of their daily routine.

In class, your child has been participating in the **Looney Tunes Back to School Tune-Up** created in partnership with Warner Bros., Eating Right Kids, and the curriculum specialists at Young Minds Inspired. The activities help your child tune-up math, language arts, and health science skills while teaching them about adopting a healthy lifestyle. The Looney Tunes gang introduces kids to fun ways to stay physically active and teaches them how to spot nutritional foods.

The flavorful **Eating Right Kids** product line includes more than 60 products in 20 food categories including breakfast foods, portable meals, dairy, snacks, and beverages. They feature the fun and wacky

Looney Tunes characters and colorful "spots" that:

- help you make the best choices
- make buying foods that are better for you, easy and convenient
- are featured on foods that are nutritious and taste great.

See the back cover of this booklet for more information about **Eating Right Kids**, and why SEEING SPOTS IS GOOD FOR YOU.

Have fun working together on these family tune-up puzzles. Another Looney Tunes family activity guide will follow later in the year to help keep your family active and eating right. So get started today and remember to SPOT the Looney Tunes gang on a new nutritional solution for your kids.

Sincerely,

Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



SEEING SPOTS

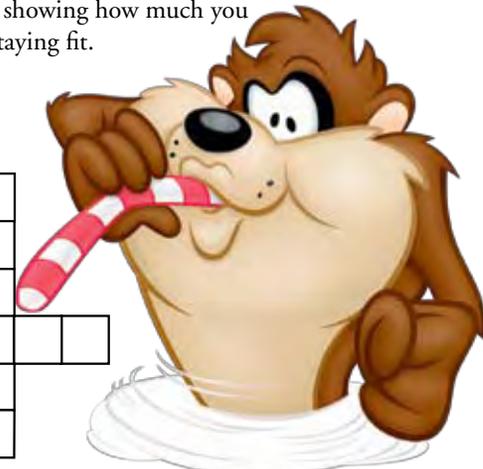
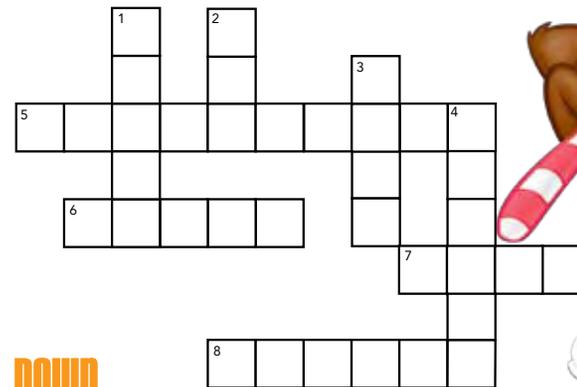
is good for you!

nutrition,
flavor
& fun!

SPOT THE SMART CHOICES!

You know Taz, the Tasmanian devil. He's got one thing on his mind, and that's food. He's always looking for his next meal ... and he'll eat just about anything he can get his hands on. If he weren't so active, he'd probably weigh *way* too much!

You can top Taz by solving this puzzle and showing how much you know about making smart food choices and staying fit.



DOWN

1. Avoid foods with lots of added _____. It has lots of calories but not a lot of nutrients.
2. SEEING SPOTS IS GOOD FOR YOU, because you are what you _____.
3. Limit your time in front of the TV and the computer. Make time to go outside and _____.
4. Look for ways to get more exercise. For example, instead of riding the elevator, take the _____.

ACROSS

5. They might be green, orange, or yellow, but whatever the color, _____ are good for you. Eat lots of them.
6. Be sure to choose lots of whole _____ foods such as oatmeal and brown rice.
7. _____ contains calcium that helps build strong bones.
8. Instead of having candy at snack time, choose fresh, frozen, canned, or dried _____.

FAMILY ACTIVITY IDEA

Plan family activities. Have a family dance-off, take a 30-minute walk, or play family hopscotch!





veggies can hit the spot!

Bugs Bunny, that "wascally wabbit," is always full of energy, whether he's busy outsmarting Elmer Fudd or doing battle with Marvin the Martian. Could it have something to do with all those carrots he eats? Help Bugs put some variety in his diet (and yours, too).

Spot these hidden veggies in the puzzle:

spinach, broccoli, kale, collards, cabbage, pumpkin, squash, sweet potatoes, corn. Then circle Bugs Bunny's secret messages: Veg Out On Veggies and Be Active.

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



SPOT THIS MENU & HELP SAVE TWEETY

Every time Tweety Bird turns around, there's Sylvester, trying to turn him into lunch. But Tweety's got a plan. He's put together a tasty balanced meal that "persistent puddy tat" won't be able to pass up! Unscramble the letters to show Sylvester what's on Tweety's menu. There's a hint in each colored spot.

1. **made with whole wheat** E L O H W T H E A W R E A D B

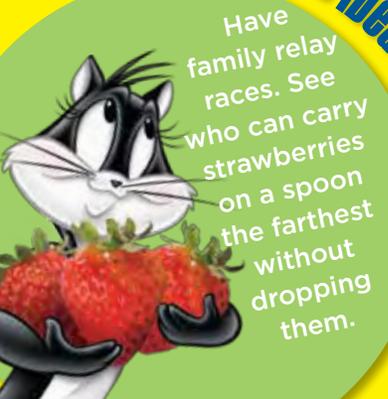
2. **low fat** R A I N G I T L U M I I N M N C A K E S A P

3. **high in protein** E N K C I C H G G U N E T S

4. **high in fiber** T E A H W A A T S P I N R G S



FAMILY ACTIVITY IDEA



Have family relay races. See who can carry strawberries on a spoon the farthest without dropping them.

FAMILY ACTIVITY IDEA

Go to the park and toss a Frisbee or fly a kite.



Answer Key: 1. whole wheat bread, 2. multigrain mini pancakes, 3. chicken nuggets, 4. wheat pasta rings

Sort Out the Spots

Daffy knows that SEEING SPOTS IS GOOD FOR YOU and has been studying some of the dietary spots on the *Eating Right Kids* packages. He wants to arrange them in a grid but needs you to help. Make every column, row, and mini-grid contain the numbers 1, 2, 3, 4, 5, and 6 — one of each. Then color each number box using the spots as your guide.



5 low cholesterol

1 low fat

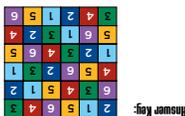
3 fat free

4 whole grain

2	1			4	3
		6	2		
		3	4		
3	4			5	6

2 no sugar added

6 vitamins



Spot Your Needs at Your Supermarket

Challenge your child to find the different color spots featured on packages of *Eating Right Kids* foods and beverages. Place a check on your grocery list below for each spot you find. Remember SEEING SPOTS IS GOOD FOR YOU!



Spots We Spotted!

<input type="checkbox"/> fat free	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> made with whole grain	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> high in fiber	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> made with whole wheat	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> high in protein	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> no sugar added	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> light	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> calcium	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> low cholesterol	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> reduced sugar	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> low fat	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> vitamins	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> made with multigrains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

Family Activity Idea

Lift soup cans or place a basketball between your legs and do leg lifts!

SPONSORED BY

EATING RIGHT
limiting flavor & nutrition



ABOUT THE Eating Right Kids PRODUCT LINE

Eating Right Kids is a complete line of tasty, better-for-you foods and beverages, available now in Safeway, Vons, Dominick's, Randalls, Tom Thumb, Genuardi's, Pavilions, and Carrs stores.

The *Eating Right Kids* line offers more than 60 products in 20 food categories including breakfast foods, portable meals, dairy, snacks, and beverages.

SEEING SPOTS IS GOOD FOR YOU!

Eating Right Kids foods deliver an array of nutritional benefits for children. Each benefit is distinctively color-coded so it's easy for you to select products that are better for you and tasty, too.



- fat free
- low fat
- calcium
- high in fiber
- made with multigrains
- reduced sugar
- high in protein
- made with whole grain
- vitamins
- light
- made with whole wheat
- and many more nutritional benefits spots
- low cholesterol
- no sugar added

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\$1.00 off any
Eating Right Kids™ product



Upon presentation at any participating Safeway, Vons, Dominick's, Genuardi's, Carrs, Pavilions, Randalls/Tom Thumb this coupon is good towards any purchase of one unit of item indicated. Total value of any purchase made with this coupon must equal or exceed total value of coupon. Void if reproduced and where prohibited by law. Cash value 1/20 of 1 cent. Coupon cannot be used in conjunction with any other offer. COUPON CANNOT BE DOUBLED OR REDEEMED FOR CASH. LIMIT ONE. Expires 12/31/08.

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