

# Ranger of the Week

**Ranger of the Week** is a great motivational tool for parents and caregivers to encourage kids to demonstrate the Power Rangers' values in action at home and at school. Find out more about this program at <http://empower.powerrangers.com/ranger-of-the-week>, then visit the **Power Rangers emPOWER** Facebook page, at [www.facebook.com/powerrangersempower](http://www.facebook.com/powerrangersempower), to nominate your child to be the next **Ranger of the Week!**



**WATCH THE NEW**  **ADVENTURES**  
**ON nickelodeon.**  
**BEGINNING FEBRUARY 2, 2013 SATURDAYS AT 1P/12C**  
<http://empower.powerrangers.com>

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**Dear Parent/Caregiver,**

Your child is participating in **Power Rangers emPOWER**, a special health and fitness educational program that combines the excitement of the Power Rangers with classroom lessons that help children learn how to eat nutritious meals and stay physically active.

This year marks the 20th anniversary of the Power Rangers, the

children's television series whose heroes have been role models for generations of youngsters. And with values like these, it's easy to see why —



Make the Power Rangers part of your family team by visiting the **Power Rangers emPOWER** website at <http://empower.powerrangers.com>.

**Power Rangers emPOWER** provides parents and kids with the tools they need to work together to stay healthy, support healthy communities, and demonstrate the Power Rangers values in action. Read on to learn more.



# emPOWER Recipes

To our emPOWER parents, when kids help prepare a recipe, they are more likely to give it a try. Find out for yourself with the dozens of "Cooking with Kids" recipes on the **Power Rangers emPOWER** website (<http://empower.powerrangers.com>). Here's one to help you get started!

## Power Pancakes

Makes 12 pancakes

### Ingredients:

4 eggs  
1 1/3 cups rolled oats  
1 1/2 cups low-fat cottage cheese  
1/2 teaspoon cinnamon  
Pinch of salt  
Appx. 1 tablespoon butter (to grease the pan)

### Nutrition Information:

(Serving size: 3 pancakes)  
Calories: 256  
Total Fat: 11.2 grams  
Saturated Fat: 4.7 grams  
Total Carbohydrates: 19.9 grams  
Dietary Fiber: 2.6 grams  
Sugar: 0.7 grams  
Protein: 18.8 grams

### Directions:

Preheat oven to 200 degrees.

Combine eggs, oats, cottage cheese, cinnamon, and salt in a blender. Blend until smooth and all ingredients are well-combined.

Melt 1/3 of the butter in a large nonstick pan over medium heat. Use a spatula to spread the butter across the pan so the entire surface is coated. Make sure it's sizzling before you add the batter.

To make sure the pancakes cook evenly, it's important not to overcrowd the pan, so make just 3-4 at a time. For each pancake, spoon two tablespoons of batter into the pan, using the back of the spoon to gently form a round, approximately 2-inch-wide, disk.

Let pancakes cook for approximately 2 minutes (you'll see the edges start to spring up slightly from the pan, indicating that they have set enough for you to flip), then use your spatula to gently ease them over. Cook for another 1-2 minutes more.

Once done, transfer pancakes to a baking sheet or oven-safe platter and keep warm in the oven while preparing the rest of the pancakes. Repeat process with the remaining butter and batter until all 12 pancakes are ready. Serve immediately with toppings of choice.

**CONTAINS: EGGS, CHEESE, AND OTHER POTENTIAL ALLERGENS.**  
Please consult with your doctor before preparing this recipe.

Remind your child that preparing a meal together takes teamwork, something the Power Rangers practice every day. Let your child be a team player by following along with the recipe and practicing math skills of measurement and counting. Ask your child to identify which of the five food groups from the USDA MyPlate are in the Power Pancakes.



# Rangers in Training

Kids can practice all kinds of Ranger moves as they follow the action in this fun, fast-paced series of **Train Like a Ranger** online videos. Or make it a Family Training Night by exercising to a **Train Like a Ranger** video together!



**Ranger Jacks**

[www.youtube.com/watch?v=KAF59Fz8t5Y&feature=plcp](http://www.youtube.com/watch?v=KAF59Fz8t5Y&feature=plcp)



**Crab Crawl**

[www.youtube.com/watch?v=pwz-Mhpyq\\_g&feature=plcp](http://www.youtube.com/watch?v=pwz-Mhpyq_g&feature=plcp)



**Mirror Stance**

[www.youtube.com/watch?v=Y8JJRW3M34&feature=plcp](http://www.youtube.com/watch?v=Y8JJRW3M34&feature=plcp)



**The Cobra**

[www.youtube.com/watch?v=jBP4BOzdlrE&feature=plcp](http://www.youtube.com/watch?v=jBP4BOzdlrE&feature=plcp)



**Body Stretch**

[www.youtube.com/watch?v=0aJqCSC5A8I&feature=plcp](http://www.youtube.com/watch?v=0aJqCSC5A8I&feature=plcp)

