

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;



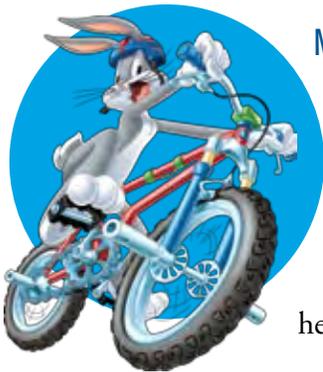
Name: Taz
Sport: Freestyle Snowboarding
Fitness Fun: Run lapz. You'll kepe yur hart and lunges healthy.
Nutrition Tip: Leen red meet packs plenty of proteen.



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? _____

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Kmart Tom Thumb PAVILIONS CARRS SAFEWAY

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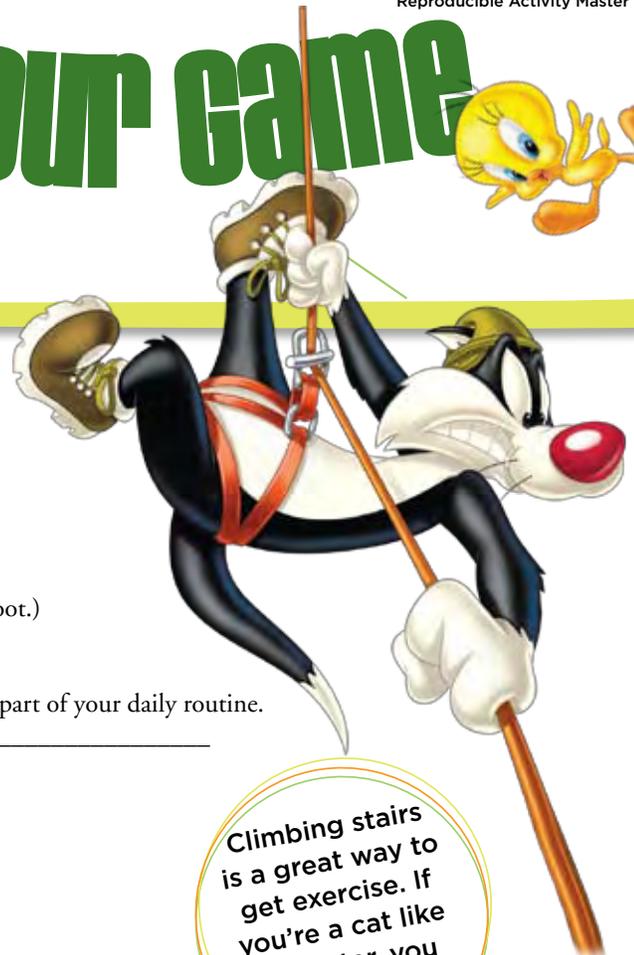
There are 47 errors.

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?

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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



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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.

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