



LOONEY
TUNES



EATING
RIGHT
uniting flavor & nutrition

Tune-Up

DEAR EDUCATOR:

The members of the Looney Tunes gang are hopping, whirling, waddling, and flying into your classroom once again. This time, they've come to help you show your students why a balanced diet and everyday fitness are essential for good health.

Bugs, Daffy, Taz, Tweety, and Sylvester will teach your students that physical activity and nutritional eating can be fun and beneficial to them and their families.

The Looney Tunes Eating Right Kids

Tune-Up is the second of two unique learning programs sponsored by **Eating Right Kids™**, and developed in conjunction with curriculum specialists Young Minds Inspired (YMI). These materials will help your students understand the makings of a balanced diet and how to "spot" nutritional foods.

The **Looney Tunes Eating Right Kids Tune-Up**, featured in these materials, provides engaging ideas that link good nutrition to health, science, and language arts. Each activity meets National Education Standards and includes several directions for games that use the specially-designed **Looney Tunes Eating Right Kids Tune-Up Discs**. You can download them at www.ymiclassroom.com/pdf/LooneyTunesERKDiscs.pdf. The games are sure to get your students up and moving as they learn.

This program also features exciting new **Looney Tunes All-Star Trading Cards** and ideas for card games that will reinforce your students' knowledge of the food pyramid.

To help you convert the classroom learning into practical experience, we've included information about the product line of better-for-you foods and beverages—**Eating Right Kids™**—that is now available in your favorite local grocery store. The packages feature the fun Looney Tunes characters, with the primary dietary attribute of the products highlighted by a colorful "spot."

Although the materials in this kit are copyrighted, please feel free to make as many copies as you need, and please share them with other teachers in your school.

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.



Program Objectives

- To increase student awareness of the importance of eating nutritional foods.
- To reinforce the idea that physical activity and selecting nutritional foods can be fun.
- To encourage healthy lifestyles.

Target Audience

This program has been designed for students in grades 2-4.

How To Use This Guide

Review the four activities in this kit and schedule them into your classroom lesson plans. At the beginning of the unit, distribute the **Looney Tunes Turn the Spotlight on Food and Fun** mini-magazine to your students and encourage them to share it with their parents to get them on board with this important learning experience. The **Looney Tunes Tune-Up Time** described at the end of each of the four activities requires the **Looney Tunes Eating Right Kids Tune-Up Discs**. They can be downloaded at www.ymiclassroom.com/pdf/LooneyTunesERKDiscs.pdf. Activity 1 requires the **Looney Tunes All-Star Trading Cards** contained in this kit. See page 6 for additional ideas on how to use the cards.

How To Use the Poster

Display the poster to introduce the program. Use the food pyramid as a reference in helping your students understand the components of a balanced diet. Challenge your students to suggest other physical activities for the Looney Tunes characters featured on the poster, and to engage in the activities themselves.



**seeing
SPOTS**
is good for you!

nutrition,
flavor
& fun!

National Education Standards

Activity 1: Science (Science in Personal and Social Perspectives)

- Understand that food provides energy and nutrients for growth and development.

Activity 2: Science (Science in Personal and Social Perspectives)

- Understand that nutrition is essential to health; that nutritional requirements vary with body weight, age, sex, activity, and body functioning.

Activity 3: English Language Arts

- Use spoken, written, and visual language to accomplish own purposes.

Activity 4: Health

- Identify responsible health behaviors and demonstrate strategies to improve or maintain personal health.



and the *Spot Your Needs*™ System

The **Eating Right Kids**™ line of tasty and nutritional foods and beverages, now available in your favorite local grocery store, are easily spotted, as they feature the much-loved Looney Tunes cartoon characters, as well as large colored "spots" that point out the nutritional benefits of each product. Each benefit is distinctively color-coded, so it's easy for parents and kids to select the delicious and nutritional products they need.

The products in the **Eating Right Kids**™ line have been developed by Safeway Inc. and are based upon the most current federal and state dietary recommendations and regulations from the Department of Health and Human Services (DHHS), the Department of Agriculture (USDA), the Alliance for a Healthier Generation, and California's School Nutritional Guidelines SB12. The nutrient criteria are also based on scientific standards for the National Academy of Sciences Institute of Medicine (IOM). There are 60 **Eating Right Kids**™ products spanning 15 food categories including breakfast, snack, lunch, and dinner options.



fat
free

made with
whole wheat

made with
whole grain

low
fat

high in
protein

vitamins

omega-3

high in
fiber

made with
multigrains

Activity 1: Food Fight!

Part A. This activity is designed to reinforce students' knowledge of the food pyramid. Begin by talking about the various food choices in each section of the food pyramid, and by introducing the **Looney Tunes All-Star Trading Cards**. Each of the six Looney Tunes characters is featured on two different trading cards. And, each card features a section of the *MyPyramid for Kids* food pyramid.

To start, review the trading cards on the activity sheet. Point out the food groups and the classification spot. Have students reference the poster to identify the colors that correspond with appropriate food groups and spots.

Explain that they will engage in a team competition to demonstrate how much they already know about the food pyramid and healthy food choices.

First, do a warm-up activity: Hold up the All-Star Trading Cards one at a time and read aloud the food group and dietary classification spot. Ask students to write the name of a food that fits the food group

and dietary classification. For example: Milk (Food Group), Low-Fat (Spot) = Yogurt; Vegetables (Food Group), Vitamins (Spot) = Green beans. Do not use the oil cards because they represent an important dietary supplement, not a food group. Provide time for discussion and review, correcting any misperceptions your students might have.



For the game: Divide the class into three teams. Draw a card from the deck and read the information. The first player on Team 1 has 30 seconds to name a food that fits the group and classification. If the answer is correct, the team gets a point. If no answer is provided or if the answer is incorrect, the player sits down and the question goes to the first player on Team 2. The game continues, and the winner is the team with the most points or the last players standing when you have gone through the entire deck of cards.

Note: If a player repeats an answer that has already been given, the answer is considered incorrect and the player is disqualified.

Part B. Provide time for students to share their responses. For background information and resource material for conducting this activity, visit the USDA Inside the Pyramid pages at www.mypyramid.gov/pyramid/index.html.

Looney Tunes
Tune-Up
Time

Hint: This activity is best completed in small groups with approximately four students per group. Each group will need a beanbag.

Directions: Give each group two sets of **Looney Tunes Eating Right Kids Tune-Up Discs**, for a total of 12 discs per group. Ask each group to tape the discs on the floor.



This is a new version of the traditional hopscotch game. One student begins the game by tossing the beanbag onto the discs. The number on the disc on which the beanbag lands indicates how many hops they must take to reach that disc—for example, if the disc contains the number three, they must hop exactly three times in order to reach that disc. Once they reach the disc, they must name a food that goes with the category named on the disc.



To make the Food Power Spotter:

Have your students cut the activity master along the dotted line. Then, have students follow along as you provide the directions:

1. With the printed side up, fold the square in half.
2. Unfold it, turn the paper, and fold it in half again, so the creases form four smaller squares.
3. Turn the paper over so the printed side is facing down.
4. Fold the corners of the paper so all four corners meet in the middle.
5. Turn the paper over so the printed side faces down. Fold all four corners in, so the riddles show.
6. Pull the flaps on the reverse (with the Looney Tunes characters) loose so you can fit a finger or thumb under each one.



How to play with the Food Power Spotter:

1. Place fingers under the flaps.
2. Pull fingers in to meet in the middle.
3. Working in pairs, ask your partner to pick a character. Spell the LT character's name as you open the food spotter horizontally and vertically. Stop when you are finished spelling the LT character's name.
4. Ask your partner to pick one of the flaps featuring a riddle.
5. Read the riddle and have your partner answer it.
6. Pull the flap up to check your partner's answer.

Activity 2: Power Spot

Depending on their age and ability level, have students work in pairs or as a class to unscramble the words to solve the riddles on their Food Power Spotter. Then have students write their own riddles in the blank spaces and provide the correct answer. Ask students to color their Food Power Spotter. Use the poster to color the dietary spots the correct color. Then, follow the directions above for making the Looney Tunes Food Power Spotter. Have students test their family and friends.

Answer key: 1. Carrot, 2. Milk, 3. Fish, 4. Spaghetti, 5. Corn, 7. Bread

Looney Tunes
Tune-Up
Time

Hint: To play this game, you will need six sets of **Looney Tunes Eating Right Kids Tune-Up Discs** and you should divide the class into six groups.

Directions: Turn all the discs face down and ask each group to pick a disc. Then, have the groups make up an exercise that fits the character's personality featured on the disc. Groups can then take turns teaching their exercise to one another.

Activity 3: Take Control

Part A. Talk with your students about how important it is to take control of their diets and to make better-for-you food choices. The dietary spots help them make those choices and decide which foods to include from each part of the food pyramid in each of their meals. Ask students to complete the word search by finding and circling the foods listed by food group.

Part A Answer Key

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

Part B. Explain that their challenge in this activity is to plan three balanced meals, using foods from each of the five parts of the food pyramid. Older students can note the appropriate serving size for each of their meals to make sure they are meeting their daily requirements.

Looney Tunes Tune-Up Time

Hint: This game is played like *Twister*™. Divide the students in teams of two. Two teams will play the game at a time.

Directions: You will need six each of the following four

Looney Tunes Eating Right Kids Tune-Up Discs—Taz, Sylvester, Bugs, Tweety. Write the name of each of the four characters and the name of each body part (right hand, right foot, left hand, left foot) on a separate index card. Put the cards face down in two separate containers. Discs should be taped to the floor, about four inches apart.

The teams begin at opposite ends of the playing surface, with each player having his or her feet aligned with two of the end discs. Draw one card from each container and call out the directions (for example, left foot on Tweety). Each player must try to place the named body part on a vacant circle of the named character. If a player's left foot is already on a Tweety disc, he or she must try to move it to another Tweety disc. There can never be more than one hand or foot on any one disc. If two or more players reach for the same disc at the same time, you must decide who got there first, and the other players must reach for other discs. Replace the cards in the appropriate boxes each time you make a call. The player who falls or who touches the ground with an elbow or knee first is eliminated along with his or her team mate, and the remaining team moves on to the next round.



Activity 4: Easy to Spot

Part A. Introduce this take-home activity by discussing the “Spot Your Needs” Gallery and how the spots relate to the kinds of products students will find in their favorite local grocery store.

Explain that the products with the spots are easy to spot because the Looney Tunes pals are on the packaging.

Have your students color in the dietary circles on their activity sheet, using the poster to ensure that each spot is the correct color.

Part B. To conclude this activity, have students take home the activity sheet to see how many spots they can find in the supermarket when they go shopping with their parents. After their trip, have them write down the health benefits of the spots on each of the products. For example, foods that are high in fiber are good for digestion. Vitamin A is good for your eyes. Low-fat milk has bone-building calcium. Students can go to www.mypyramid.gov/pyramid/index.html to find the information they need. Ask students to bring their completed charts back to class and share the spots found and their health benefits.

Looney Tunes Tune-Up Time

Hint: Divide the class into teams of six students each. Each team will need one set of **Looney Tunes Eating Right Kids Tune-Up Discs**.

Directions: This is played like a relay race. Scatter all the discs at one end of the room. Have each team line up side by side on the other end. When you say “Go”, one team member runs to the opposite end and picks up a disc. He/she then runs back with the disc in hand and tags the next team member. Then that member runs to the end and picks up another disc and so on. The first team to collect all 6 discs in a set is the winner.

Culminating Activity: Looney Tunes Eating Right Kids Celebration

Now it's time for your students to celebrate what they've learned. Divide your students into three teams and have them choose one meal from their sheets from Activity 3. Challenge each group to decide on a “Looney” theme for the celebration—like Tweety Treats or Daffy Delicacies—and plan some pre-meal activities. To extend the fun, invite parents to come to class to enjoy some nutritious snacks. See the back cover of this teacher's guide to plan your celebration.





Other Ideas for Using the All-Star Trading Cards

Food Pyramid Flash Cards

Spot a
Looney Tunes
All-Star

Hint: All students should be standing as the game begins. This game can be played as a class or in small groups. **Directions:** Shuffle the All-Star Trading Cards and place them face down. Draw one card at a time, holding the card so that your finger covers the name of the food group.

Call on a student volunteer to name the food group based on the color of the card and how it matches the food pyramid. Then have students name one nutritious food that is part of the group. Continue to draw cards, calling on different students. Students must not repeat foods that have already been named. If a student cannot provide a correct response, he/she sits down. The winner is the student who remains standing at the end of the game.



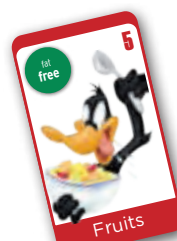
Spot a
Looney Tunes
All-Star

The Pyramid Building Game

Hint: This game is suitable for groups of three to six students. The goal of the game is to collect four of each of the six food pyramid cards. This game is loosely based on *Go Fish*.

Directions: The dealer shuffles the cards and deals five cards to each player. The remaining cards are placed face down on the table. The player to the dealer's left

starts by asking another player for one of the food groups (for example, "Please give me your milk group cards."). If that player has the requested cards, he/she complies with the request and the asking player continues his/her turn. If the player does not have any of the cards requested, that player says "Pyramid." The asking player must respond by naming a food from that section of the food pyramid; if he/she cannot name a food, one card must be deposited in the stockpile. The player who did not have the requested card(s) then takes over as the asking player. If a player runs out of cards, he/she draws five new cards from the stockpile on the table. The game continues until one player has collected four of each of the ten food pyramid cards. If time runs out before that occurs, the player with the most completed sets wins.



Find Your Match

Spot a
Looney Tunes
All-Star

Hint: This game is played like *Memory*®. You can ask students to match the cards by Looney Tunes character or dietary spot. Students can play in pairs or individually.

Directions: Lay all the cards face down. (The "Did You Know?" side

should be face-up). Have a student turn over one card. He/she should try to find the card's match by picking another face-down card. If he/she does not match the card, the face-up cards must be turned down and the next person takes a turn. If students find a match, they can continue their turn. The person with the most matches wins.



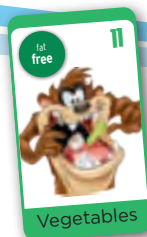
Activity 1

FOOD FIGHT!



Bugs and his Looney Tunes pals want to help you learn about the food pyramid. You know that you should eat every color every day and eat more foods from some food groups than others. But, how much do you know about all those foods that are good for you?

Part A. It's time to find out how much you know about which foods are good for you! Write your answers in the space below as your teacher draws each **Looney Tunes Trading Card**.



1. Food Group: _____
Classification: _____
Food: _____

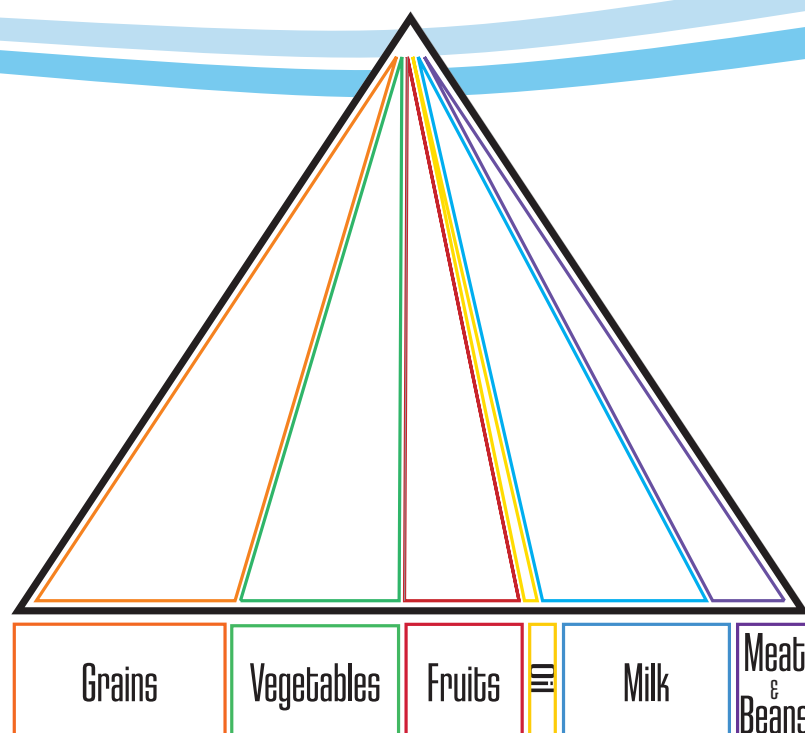
2. Food Group: _____
Classification: _____
Food: _____

3. Food Group: _____
Classification: _____
Food: _____

4. Food Group: _____
Classification: _____
Food: _____

5. Food Group: _____
Classification: _____
Food: _____

Part B. Let's look at the food pyramid. You'll see that each section of the pyramid represents a food group. Color the boxes at the bottom of the pyramid the right color according to the food pyramid on your classroom poster. Write the names of as many different foods as you can in each section. If they don't all fit, write them below and draw a line to the section where they belong.



Eating Right Kids™ products available at

SAFEWAY VONS Dominick's GENUARDI'S Randall's Tom Thumb PAVILIONS CARRS SAFEWAY

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Activity 2

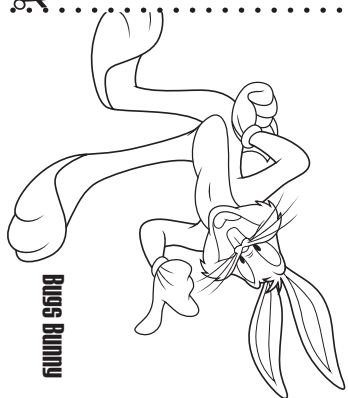
power spot



Eating Right Kids™ products available at
SAFeway VONS Dominick's GENUARDI'S Randall's Tom Thumb PAVILIONS CARRS SAFeway

Bugs and his Looney Tunes friends can help you make choosing better-for-you meals and snacks fast, easy...and fun. First, read the riddles and unscramble the answer for each riddle. Then, write the correct answer under the flap where the question appears on the Looney Tunes Food Power Spotter. Add two more riddles of your own in the blank spaces so you can see how many of your classmates and family members you can stump! Then color the spots their appropriate color by using the poster.

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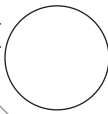


3. You don't need a rod and reel to put me on your dinner plate. I help build strong muscles.



3. S F I H

whole grain

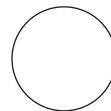


4. T T I S A P G H E

4. Most people think of meatballs when they think of me. I'm a grain and I have lots of important nutrients.



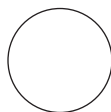
5. I'm a tasty veggie treat, and I'm high in fiber. You'll find me in an ear.



5. O C N R

high fiber

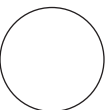
2. I'm low fat. Drink a glass of me with every meal to help build strong bones.



low fat

2. L K M I

1. I'm orange, crunchy and have lots of Vitamin A, so I'm good for your eyes.

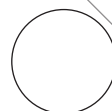


vitamins

1. T O R C A R



8. Write your riddle here:



8. Your answer here

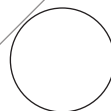
7. D E R R B A

multigrain

7. I taste great if you put something on me, in between two of me, or all by myself.



6. Your answer here



6. Write your riddle here:

Activity 8

Take CONTROL



Bugs and his pals burn so much energy that it's important for them to eat several good meals every day from each of the five sections of the food pyramid. So should you!

Part A. You're in charge of planning your family's meals for the day. It won't be hard, because we've listed lots of choices below. But before you plan your meals, you'll need to find each of the foods hidden in the word search.

GRAINS

brown rice
oatmeal
whole wheat bread

VEGETABLES

carrots
green beans
vegetable juice

FRUITS

oranges
grapes
fruit cocktail

MILK

low fat milk
cottage cheese
frozen yogurt

MEAT & BEANS

chicken breasts
fresh fish
eggs

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

Part B. What's going to be on your menu? Use foods from each of the food groups to plan your meal.

Breakfast

Lunch

Dinner



Eating Right Kids™ products available at

SAFEWAY VONS Dominick's GENUARDI'S Randalls Tom Thumb PAVILIONS CARRS SAFEWAY

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Activity 4

EASY to SPOT

You'll find spots and Looney Tunes characters everywhere in your local supermarket. How many spots can you spot?



Part A. First, color each spot the appropriate color. Use the poster as a reference.

low fat

vitamins

high in fiber

high in protein

made with whole grain

fat free

omega-3

Part B. The next time you go to the supermarket with your parents, take this sheet with you and go on an **Eating Right Kids™** scavenger hunt. Find as many healthy **Eating Right Kids™** products as you can on the shelves. Jot down the type of spot (low fat, antioxidants, whole grain, etc.), and with your family, research and discuss the nutritional benefit of each.



Foods I spotted	Type of Spot	Why It's Good For Me



Eating Right Kids™ products available at

SAFEWAY VONS Dominick's GENUARDI'S Randalls Tom Thumb PAVILIONS CARRS SAFEWAY

LOONEY TUNES Eating Right Kids™ celebration

It's time to have some looney fun... and eat right, too. Use this sheet to help you plan your celebration with your classmates.

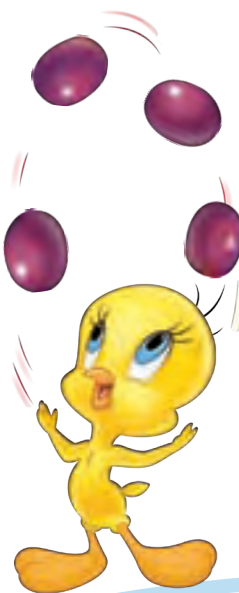


complete ✓

RESPONSIBILITIES

WHO IS ON THE TEAM

Menu planning		
Food assignments		
Set-up		
Invitations		
Physical activity planning		
Clean-up		



OUR THEME

WHAT'S ON THE MENU

Food	Food Group
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

WHAT WE DID FOR PHYSICAL ACTIVITY

1.
2.
3.
4.
5.

AVERAGE RECOMMENDED DAILY ALLOWANCES FOR CHILDREN AGES 7-9

Grains	4-6 ounces
Vegetables	1½-2½ cups
Fruit	1-1½ cups
Milk	2-3 cups
Meat & Beans	3-5 ounces

Eating Right Kids™ products available at

SAFEWAY VONS Dominick's GENUARDI'S Randalls Tom Thumb PAVILIONS CARRS SAFEWAY



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Ideas for your Looney Tunes Eating Right Kids™ Celebration

1. Have students come dressed as Looney Tunes characters.
2. Ask students to act as a food critic and write a review for each meal.
3. Invite parents to join the celebration.
4. Have students compile a cookbook of items brought in for the celebration.
5. Ask students why eating right is important and videotape their responses.
6. Take photos or videotape the event.



Resources

Baylor College of Medicine. Healthy Eating Plan Calculator
www.bcm.edu/cnrc/HealthyEating_calculator.htm

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. Healthy Eating

http://kidshealth.org/parent/nutrition_fit/nutrition/habits.html

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 symbol 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

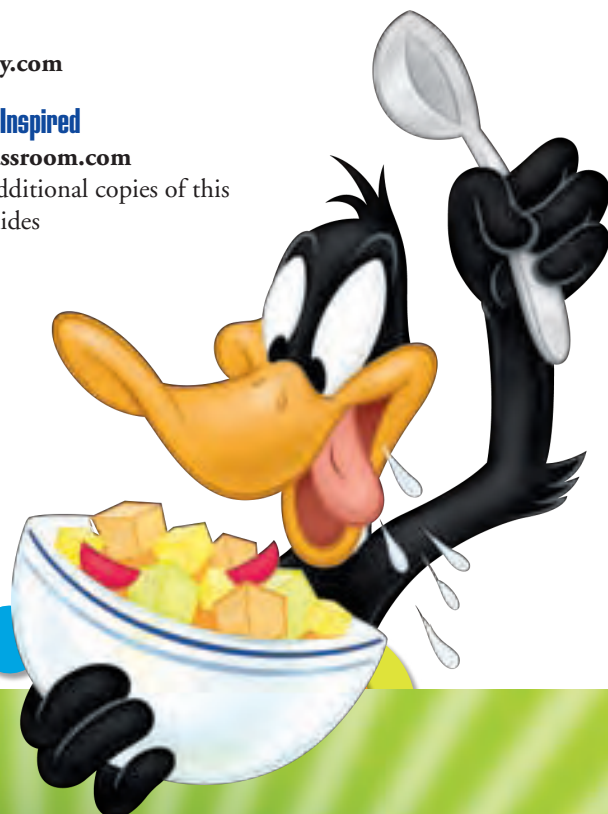
Safeway

www.safeway.com

Young Minds Inspired

www.ymiclassroom.com

Download additional copies of this and other guides



SAFeway VONS Dominick's Randalls Tom Thumb GENUARDI'S PAVILIONS CARRS SAFeway



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 (s09)



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high in fiber 1



Fruits

vitamins 2



Vegetables

made with multigrains 3



Grains

low fat 4



Milk

fat free 5



Fruits

low cholesterol 6



Oils

*Oils aren't a food group, but we need them for good health.

low cholesterol 7



Oils

*Oils aren't a food group, but we need them for good health.

high in protein 8



Meat&Beans

made with whole wheat 9



Grains

vitamins 10



Milk

fat free 11



Vegetables

omega-3 12



Meat&Beans

DID YOU KNOW?

Low-fat milk products have bone-building calcium and fewer calories than whole-milk products.



DID YOU KNOW?

A breakfast like multigrain waffles is good for your heart and digestive system.



DID YOU KNOW?

Orange veggies like carrots are rich in Vitamin A, and that's good for your eyes.



DID YOU KNOW?

The fiber in fruits is good for your digestive system.



DID YOU KNOW?

Choose high protein foods like lean meats and chicken. Proteins are the building blocks for bones and muscles.



DID YOU KNOW?

Soybean oil does not contain cholesterol. And that's good for your heart.



DID YOU KNOW?

Oils from plant sources like vegetable and nut oils do not contain cholesterol and many are low in saturated fat. Choosing these oils may be good for your heart.



DID YOU KNOW?

Fruit can satisfy your sweet tooth without having to add sugar.



DID YOU KNOW?

Fish like salmon and trout are high in omega-3, and that's good for your heart.



DID YOU KNOW?

Fresh vegetables like carrots and string beans are naturally low in fat and calories. They have important vitamins and minerals that keep your whole body healthy.



DID YOU KNOW?

Milk is sometimes called nature's most nearly perfect food.



DID YOU KNOW?

Whole wheat pasta makes a tasty meal and is good for your digestion.



Follow
the path
to

Food,
Fun,
and
Fitness!

vitamins

made with
whole wheat

low
fat

Low fat
foods help
me stay trim
and speedy.

omega-3

high in
fiber

Multigrain foods
are high in fiber,
and they taste
great, too.

made with
whole grain

made with
multigrains

soy
protein

SPONSORED
BY

EATING
RIGHT
uniting flavor & nutrition

Kids

Fruit is a great snack—
it's sweet and tasty
with no added sugar.

fat
free

low
cholesterol

Look for Eating Right Kids™
products in your local supermarket.

SAFEWAY VONS Dominick's GENUARDI'S

Randall's Tom Thumb PAVILIONS CARRS SAFEWAY



LOONEY
TUNES



TURN the
SPOTLIGHT on
FOOD and FUN



Dear Parent or Guardian:

Once again, the Looney Tunes gang is helping your child learn that eating better and staying active is fun and good for you.

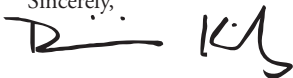
In class, your child has been participating in the **Looney Tunes Eating Right Kids Tune-Up** sponsored by **Eating Right Kids™** and the curriculum specialists at Young Minds Inspired. The program helps your child learn about the importance of a balanced diet and how to make smart food choices.

The **Eating Right Kids** line of nutritious foods and beverages, now

available at your local supermarket, features the Looney Tunes cartoon characters as well as large colored “spots” that point out dietary benefits for children. See page 4 of this booklet for more information about **Eating Right Kids** products.

Have fun doing these activities as you focus on healthful food choices. And remember to SPOT the Looney Tunes gang on nutritious **Eating Right Kids** foods!

Sincerely,

A stylized handwritten signature in black ink.

Dr. Dominic Kinsley, Editor in Chief
Young Minds Inspired



SAFeway



VONS

Dominick's

GENUARDI'S

Randalls

Tom Thumb

PAVILIONS

CARRS | SAFeway

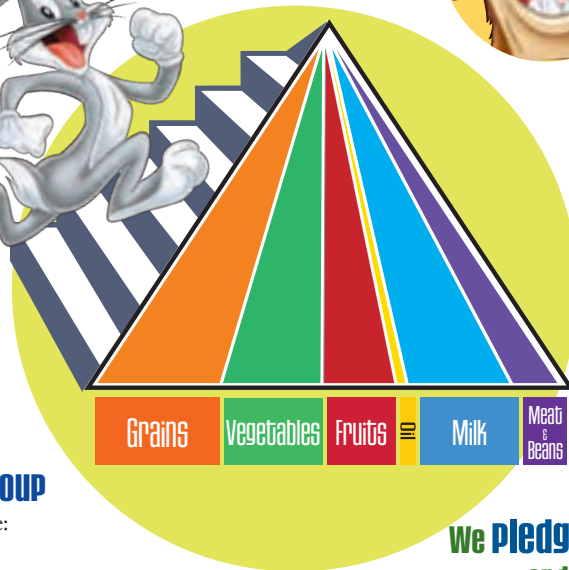
The Looney Tunes Tune-Up Pledge

The USDA *MyPyramid for Kids* reminds us to be physically active and to eat nutritious foods. Fill in the spaces below as you make healthy choices.



Be physically active every day

My favorite activities are:



Choose healthy foods from each group

My favorite healthy choices are:

Meat & Beans _____

Milk _____

Grains _____

Fruits _____

Veggies _____



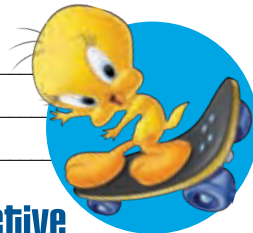
Choose food from every food group every day

My healthy menu choices for one day would be:

Breakfast

Lunch

Dinner



We pledge to be physically active and eat healthy every day.

(sign your names here)



seeing spots IS GOOD FOR YOU!

The **Eating Right Kids** products deliver an array of dietary benefits for children. Each benefit is distinctively color-coded so it's easy for parents and kids to select the better-for-you products they need. Find them in your local supermarket.



EATING
RIGHT
Kids

omega-3

high in
fiber

fat
free

low
fat

made with
whole wheat

made with
multigrains

high in
protein

vitamins

made with
whole grain



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