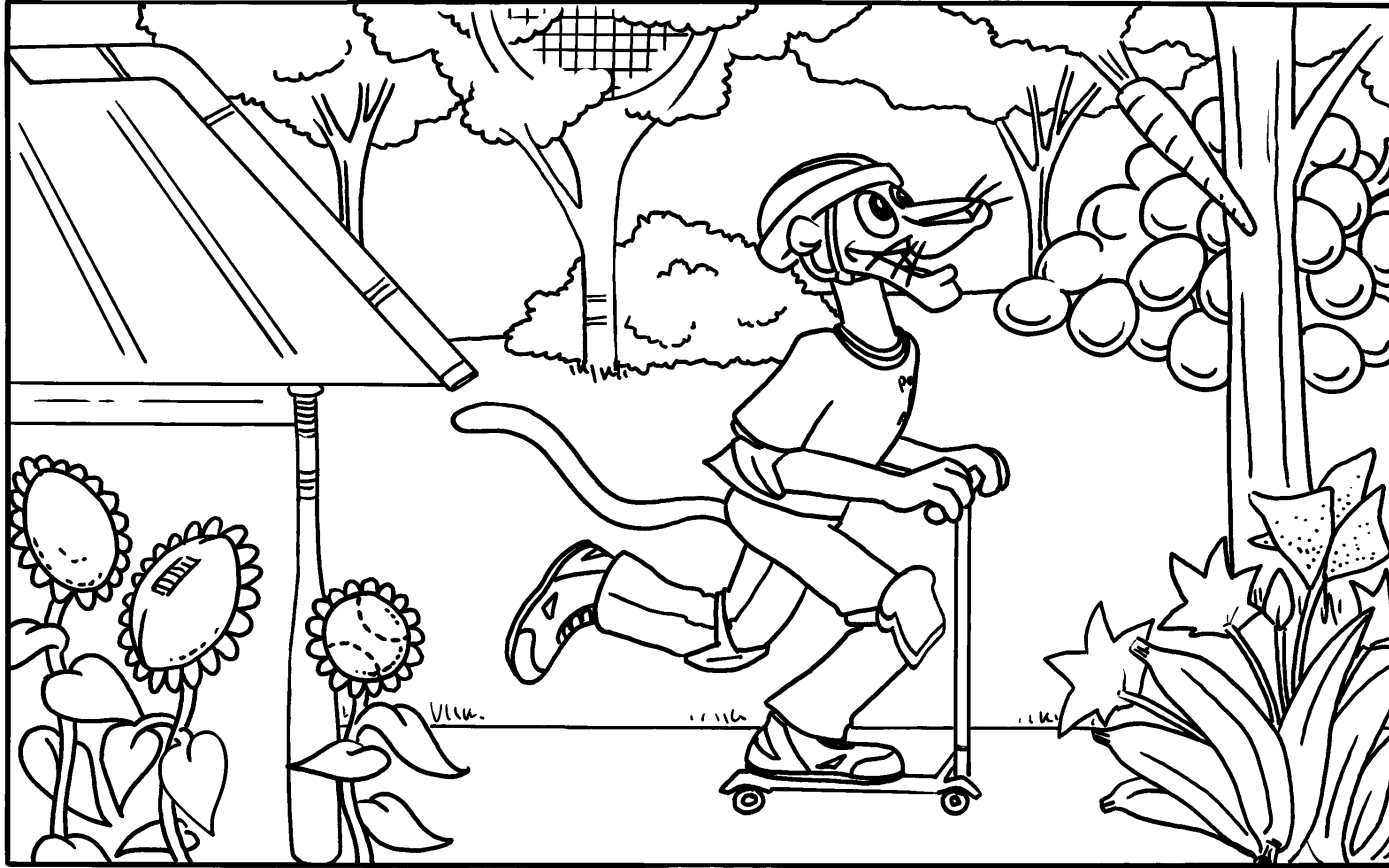


# Balance Your Day With Food and Play

Power Panther™ says... Eat Smart. Play Hard.™



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

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



**FUNNIES**

Why did the tomato turn red?



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

