



# Leopold the Lion

## Snack Time!

Here are two of Jack and Ella's favorite snack time recipes.  
These snacks are healthy and simple—but the best part is, they taste great!

### Kid Kabobs

#### INGREDIENTS:

Cherry Tomatoes  
Cheese Cubes  
Cucumber Cubes  
Thin Deli Sliced Ham  
Popsicle Sticks or Skewers  
Ranch Dressing or Honey Mustard

#### DIRECTIONS:

Slide a tomato, a cheese cube, and a cucumber cube on a popsicle stick or skewer. Fold a slice of ham into a small bundle and add to the skewer. Repeat for desired number of skewers. Serve with ranch dressing or honey mustard for dipping.

### Trail Mix

#### INGREDIENTS:

1 cup Cheerios or Chex  
1 cup Goldfish or Pretzels  
1 cup Walnuts, Peanuts, or Almonds  
1 cup Sunflower or Pumpkin Seeds  
1 cup Dried Fruit (raisins, cranberries, apricots, etc.)  
1/2 cup Chocolate Chips or M&Ms

#### DIRECTIONS:

Combine all ingredients and serve. Store any leftover trail mix in a sealed container.

#### ***FAMILY TIP***

*Use trail mix as a lunchbox substitute for chips or a cookie.*

(Parents.com)

Written by Denise Brennan-Nelson | Illustrated by Ruth McNally Barshaw | 978-1-58536-828-0

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## Leopold Makes Dinner

Leopold is so grateful for Jack and Ella's help! To show his appreciation, he's decided to make them dinner. Can you help Leopold make healthy choices?

Circle the foods you think Leopold should serve.

Soda Pop  
Milk

Broccoli

Grilled Chicken      Potato Chips

Apple Slices

French Fries      Hamburger

Ice Cream

Pizza      Rice

Salad

**FAMILY TIP**

*Sharing 3 family meals a week makes kids 12% less likely to be overweight.*

(Cornell University)

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## Train with Leopold

To grow healthy and strong, you need to get lots of exercise—just like Leopold!

Tell Leopold about your favorite activities by ranking them from 1 to 5.

(1 is your favorite and 5 is your least favorite)



\_\_\_\_\_ Riding a bike

\_\_\_\_\_ Playing soccer

\_\_\_\_\_ Taking a walk

\_\_\_\_\_ Running

\_\_\_\_\_ Playing basketball

Explain what you like best about your choice for number 1:

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***FAMILY TIP***

*Children need 60 minutes of physical activity a day.*

(letsmove.gov)

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## Leopold's Dictionary

Leopold is so excited to be healthy and active. He wants to share his story with everyone. But first, he needs to learn some words to describe his healthy habits.

Can you help him? Draw lines matching the words to their definitions.

Whole Grain

Measurement of the amount of energy a food gives you.

Exercise

Made with the whole seed, contains extra nutrients, like fiber.

Vitamins

The amount of food you eat. Monitor this to make sure you don't eat more than you need.

Calories

Special nutrients that help your body grow and be healthy. Fruits and vegetables are a great way to get these nutrients.

Portion Size

Physical activity, like walking, running, or playing a sport. You need 60 minutes a day to grow healthy and strong

### **Family Tip**

*Using smaller plates  
can help you control  
portion size.*

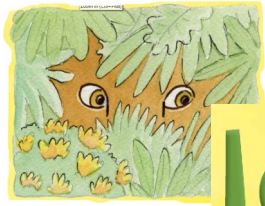
(choosemyplate.gov)

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## Breakfast Choices

Breakfast is the most important meal of the day. Jack and Ella want to make healthy choices. Help them add up the number of calories in each breakfast option.

Chocolate Milk		Toaster Pastry		
<b>210 calories</b>	<b>+</b>	<b>200 calories</b>	<b>=</b>	_____

Apple Juice		Sugary Cereal		2% Milk	
<b>110 calories</b>	<b>+</b>	<b>120 calories</b>	<b>+</b>	<b>120 calories</b>	<b>=</b>
					_____

Orange Juice		Yogurt		Strawberries	
<b>80 calories</b>	<b>+</b>	<b>150 calories</b>	<b>+</b>	<b>50 calories</b>	<b>=</b>
					_____

***Family Tip***  
*In a rush? Make a yogurt and fruit smoothie (200-250 calories).*  
 (Cookinglight.com)

Which breakfast should Jack and Ella choose? Why?

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