SuperKids Nutrition and California Raisins

Guess who's here for all seasons!

I come in blackish-purple and yellow.

I'm super sweet, chewy and taste great in all sorts of dishes.

Some people say I have wrinkles, but that's because I'm sun dried.

I may come in a bag or a box, but either way I am a tasty surprise.

Ancient Greeks and Romans used me as a reward for the winners of sport competitions.

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_ _ _ _ _ _ _

Answer: California Raisins

Fill in the blank

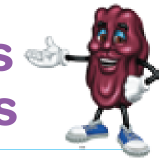
1. Raisins are dried ____________.
2. Raisins are wrinkled because after drying, ___________ is taken out of the fruit.
3. Raisins can last for _________ in sealed containers, but refrigeration can make raisins last 6 months to a year.
4. Iron in raisins makes it a food that's really important to our _________.
5. California produces ____ percent of all the raisins in the United States and about ____ percent of the raisins in the world!

Answers: 1. Grapes 2. Water 3. 1 month 4. blood 5. 95,50

The Super Crew says:

CHOOSE THIS:	INSTEAD OF THIS:
Fresh, dried or frozen fruit with raisins.	Fruit roll-ups or food "made with fruit flavoring".
Frozen yogurt with low-fat granola.	Ice cream with chocolate sauce.
Low-fat carrot mini muffins, whole grain oatmeal topped with raisins.	Cupcakes or brownies, sugary cereal.

Top 10 benefits of California Raisins



1. They taste soooooo good!
2. Do not spoil easily because of their low water content.
3. Good source of energy because of higher concentration of carbohydrate.
4. Easy to store or carry.
5. Convenient to eat!
6. Do not cause cavities like other foods of equal sweetness because of special compounds they contain like oleanolic acid.
7. Contain magnesium, iron, potassium, and boron.
8. Fructans in raisins increase the fiber contents as well as act as a prebiotic to improve intestinal health.
9. Provide lots of what the Super Crew calls fight-o-chemicals, that fight off disease, such as polyphenols.
10. Loaded with antioxidants!

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Good nutrition + Fitness = Healthy family

the Super Crew

- Take a walk together – walk and talk!
- Play sports or tag together – what a better way to build team spirit and get the heart beat up!
- Have a cook-off – who can make the best salad or side dish?
- Get a dance party going – dance around the house with the whole family.
- Cleaning contests – who can do the best job vacuuming?
- Gardening – plants need food and water, just like us!
- When it's raining, try active games for the Wii, XBOX Kinect or PlayStation Move, like Wii Fit, Kinect Sports or The Michael Jackson Experience.

Grade level 2-4

Crack the Code!

What food really knows how to move and groove?

Complete the following problems:
Match the answer with the letter in the Code Key Box, and write that letter in the blank. Each column is one word. Penny adds, *"You can time yourself to see how speedy you are, and then try again later to see if you've improved!"*

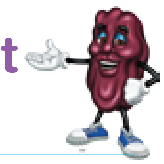
2x15=	3x20=	15x4=
4x6=	2x12=	12x3=
4x11=	6x8=	3x10=
16x3=	3x14=	4x2=
3x9=	24x2=	
18x2=	22x4=	
6x10=	7x6=	
44x2=		
12x4=		
3x8=		

_ _ _ _ _ _ _ _ _ _
_ _ _ _ _ _ _   _ _ _ _!

CODE KEY Some letters and numbers won't be utilized

A = 24	F = 27	K = 8	Q = 9	V = 6
B = 7	G = 5	L = 44	R = 60	W = 2
C = 30	H = 3	M = 23	S = 42	X = 51
D = 17	I = 48	N = 88	T = 11	Y = 49
E = 25	J = 13	O = 36	U = 19	Z =3
		P = 2		

Top 10 ways to eat California Raisins



1. Eat as a snack by itself.
2. Mix into a homemade trail mix.
3. Use raisins to bake homemade, whole-grain goodies.
4. Make your own energy/granola bars.
5. As a topping on oatmeal, grits, plain yogurt, or other foods.
6. Use as an ingredient in salads such as carrot-raisin pineapple salad.
7. Use in savory dishes such as rice pilaf or chicken stew.
8. Sprinkle on your favorite dessert such as frozen yogurt with raisins.
9. Make a delicious and nutritious compote.
10. Go for a classic "ants on the log" and top a celery stick with some cottage cheese sprinkled with raisins.

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