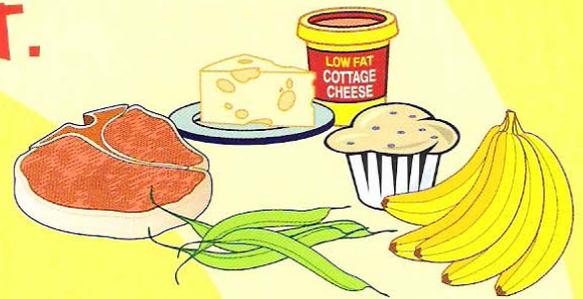


MUSCLES

POWER PANTHER SAYS EAT SMART.

FOODS WITH **CARBOHYDRATES** PROVIDE FUEL FOR EXERCISING MUSCLES, AND PROTEIN HELPS BUILD MUSCLE TISSUE.



MUSCLES HELP US MOVE. SOME MUSCLES ARE ATTACHED TO BONES AND MOVE THE BONES. YOU CAN HAVE STRONG MUSCLES BY EATING HEALTHY FOODS AND BEING PHYSICALLY ACTIVE. IT IS IMPORTANT TO PROVIDE GOOD FUELS FOR EXERCISING MUSCLES. FOODS FROM THE **GRAIN, RICE, PASTA AND BREAD GROUP** ARE PACKED WITH CARBOHYDRATES--GREAT FUEL FOR EXERCISING MUSCLES. PROTEIN FOODS LIKE **MEAT, POULTRY, EGGS, NUTS, BEANS AND MILK** HELP BUILD MUSCLE TISSUE.

POWER PANTHER SAYS PLAY HARD.

EXERCISE INCREASES MUSCLE STRENGTH AND LETS YOU PLAY LONGER.

MUSCLES NEED TO BE EXERCISED IN COMBINATION WITH A GOOD DIET TO BECOME BIGGER AND STRONGER. EXERCISE HELPS MAINTAIN MUSCLE STRENGTH, FLEXIBILITY AND ENDURANCE. PHYSICAL ACTIVITY IS ALSO IMPORTANT FOR OUR MUSCLES. EXERCISE INCREASES MUSCLE STRENGTH, HELPS YOU EXERCISE LONGER AND KEEPS YOU MORE FLEXIBLE.



DID YOU KNOW...

POWER POINTS...

THE **HEART** MUSCLE NEVER RESTS. IT CONTRACTS ABOUT **70** TIMES EACH MINUTE.



EACH OF US HAS **636** DIFFERENT MUSCLES IN OUR BODIES! OUR MUSCLES ARE DIFFERENT SIZES. WE HAVE LARGE MUSCLES, SMALL MUSCLES AND IN-BETWEEN SIZE MUSCLES. YOUR MUSCLES MAKE UP 40% OF YOUR BODY WEIGHT.



MUSCLE WORDS!

USING THE CODE IN THE BOX AT THE BOTTOM OF THE PAGE, DE-CODE THESE IMPORTANT MUSCLE WORDS.

6 21 5 12

16 18 15 20 5 9 14

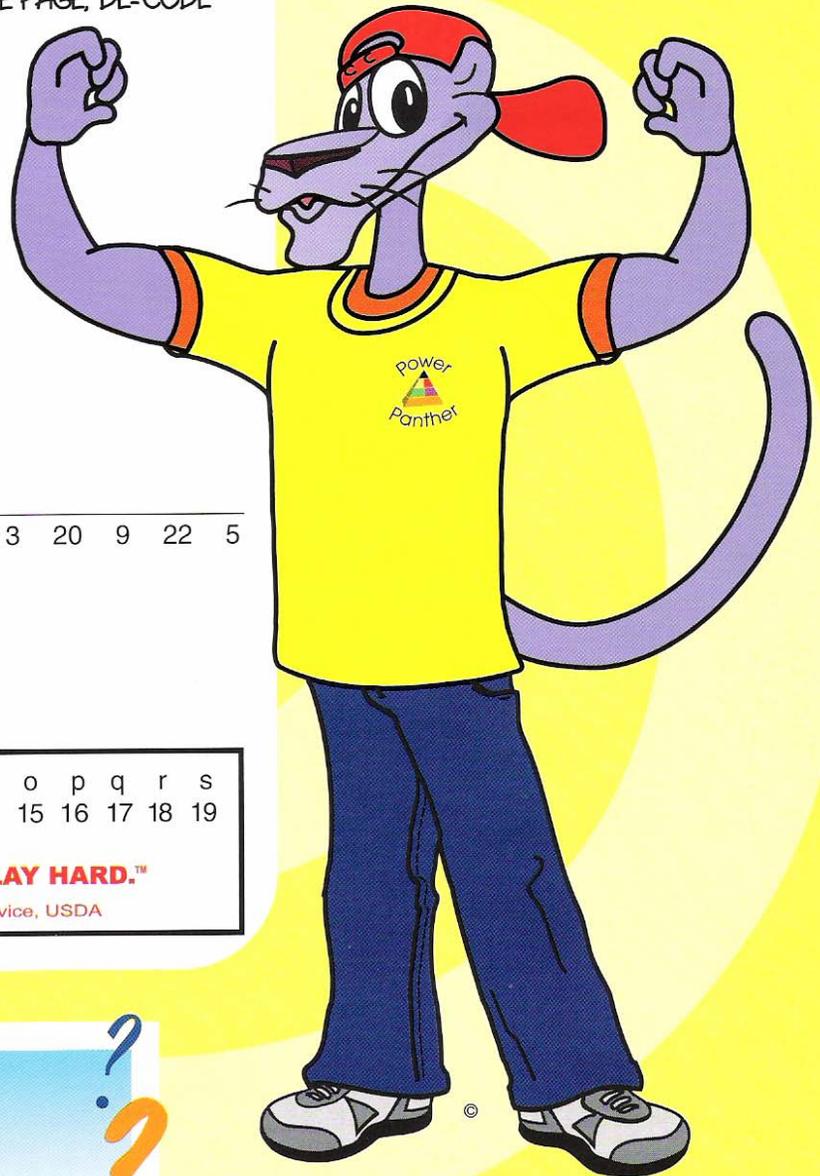
6 21 5 24 9 2 12 5

6 8 25 19 9 3 1 12 12 25 1 3 20 9 22 5

19 20 18 15 14 7

a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	q	r	s
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
t	u	v	w	x	y	z												
20	21	22	23	24	25	26												

EAT SMART. PLAY HARD.™
Food and Nutrition Service, USDA



Who am I?

- I AM A FISH IN THE SEA.
- I AM IN THE MEAT GROUP.
- I AM A GOOD SOURCE OF PROTEIN.

TUNA