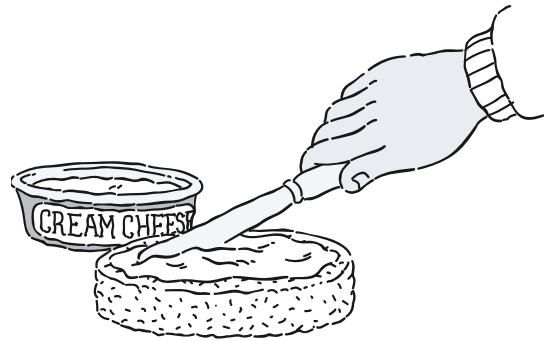


Arthur's Open-Face Sandwiches

1

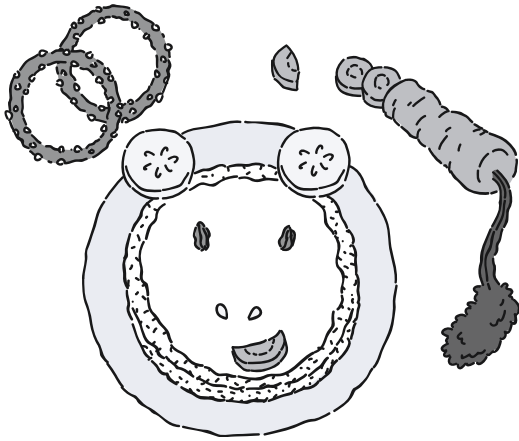
Spread an English muffin, rice cake, or mini pita bread with hummus, cream cheese, or cheese.



2

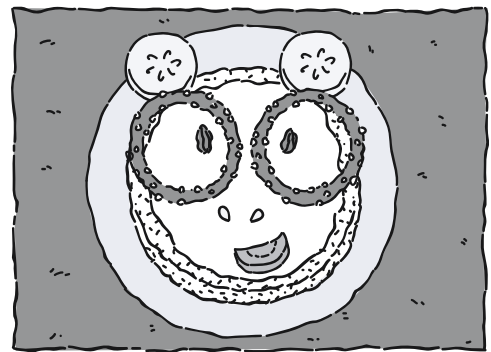
Make Arthur's face.

- Use raisins or sunflower seeds for his eyes and nose.
- Use cucumber or banana slices or dried apricots for his ears.
- Use bits of carrot or sweet red pepper for his mouth.



3

Use round pretzels for Arthur's eyeglasses.



For a nutritious breakfast, try an Arthur sandwich with a glass of milk and a sliced orange.

Who knew Arthur could be so yummy ... and good for you, too!



Staying Healthy

Tips for Parents and Kids

It's important to eat right and get enough exercise. To stay healthy and fit:

- 🍏 Eat plenty of fruits, vegetables, bread, cereal, rice and pasta. Provide fresh fruit and cut-up vegetables for snacks.
- 🍏 Try not to have too many fatty foods, sweets, or soft drinks.
- 🍏 Don't spend too much time in front of a computer screen or television.

Get up and move! It's fun and it's good for you. Here are some ideas to get you started:

- 🌀 Put on music and dance around your living room.
- 🌀 Go for a walk. Play follow the leader, toss a bean bag back and forth, or walk in a pattern: skip 4 steps, walk 4 steps, skip 4 steps, walk 4 steps.
- 🌀 Keep a balloon or beach ball up in the air using your feet, knees, head, and hands.

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Cómo gozar de buena salud

Consejos para padres e hijos

Es muy importante comer bien y hacer suficiente ejercicio. Para mantenerse sano y en forma:

- 🍏 Comer muchas frutas, verduras y legumbres. Tener a mano frutas frescas y verduras picadas para la hora de la merienda.
- 🍏 Tratar de no comer demasiadas comidas grasosas ni demasiados dulces. Evitar las bebidas gaseosas.
- 🍏 No pasar mucho tiempo frente a la pantalla de la computadora o del televisor.

¡Muévete! Es divertido y bueno para la salud. He aquí algunas ideas para comenzar:

- 🌀 Poner música y bailar en la sala.
- 🌀 Salir a caminar. Corretear y saltar, lanzar una bolsita llena de frijoles, o salir a pasear siguiendo un patrón determinado: dar 4 brincos, dar 4 pasos, dar 4 brincos, dar 4 pasos.
- 🌀 Mantener un globo o una pelota de playa en el aire usando los pies, las rodillas, la cabeza y las manos.

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