



Back to School

Make This Your Best School Year Ever!

From fun new foods to exciting new moves, TRY these 10 Tips to be your best in and outside the classroom:

1 Build a Breakfast with a Boost

Did you know the 8-12 hours between dinner and breakfast is like fasting all day? Break that fast and refuel with foods that boost your metabolism and help to keep you alert. TRY building a breakfast with fiber (TRY adding fruit), or protein (TRY a glass of low fat milk or a spoonful of peanut butter).

2 Snack Smart

Eating antioxidants, nutrients and omega 3 fatty acids help feed your brain so it can function at its best. TRY making smart snacks—like a handful of blueberries, hardboiled eggs, or tuna on wheat crackers—to improve your memory and help you soak up knowledge like a sponge!

3 Pack a Lunch with a Punch

Have fun eating nutritious foods with easy, no-cook foods like pitas and wraps packed with veggies and protein. TRY packing a lunch with a punch of nutrition to stay focused all day!

Did You Know? If you have dairy or meats in your lunch, it's important to keep them cool to stay healthy. Don't forget to include an ice pack!

4 Make Healthy Choices at the Cafeteria

When eating lunch at the school cafeteria, TRY choosing healthy foods first. Fruits and veggies score big by adding fun color and texture to your plate, AND they're packed with vitamins and fiber to keep you healthy and give you energy for hours. And don't forget to drink! Good old H₂O is still the best way to stay hydrated.

5 Read Before You Feed

Ever read the labels on packaged food? Ingredients are listed in the order of the amount they contain—from highest to lowest. To get big nutritional bang for your buck TRY eating foods where wholesome ingredients top the list!

6 Rise & Shine Stretches

Have you noticed how dogs and cats stretch when they get up? They're onto something! Light stretches like touching your toes or reaching for the sky help your body wake up and be ready for the day. TRY stretching every Monday morning to start, and increase days as you go!

7 Discover Desk Moves You Can Use

Sitting at a desk for a long time can make your back slouch and muscles numb. Without ever leaving your seat, TRY ankle rotations, calf flexes, or torso twists to help you concentrate.

8 Make the Most of Recess

Did you know the heart muscle strengthens when you challenge it with intense activity like running and jumping? Get your friends movin' with you during free time. TRY tag, four square, jump rope, or a game of horse. Unleash some energy and be ready to rock in class.

9 Get Active After School

Ready to release the stress of the school day so you can focus on your homework? When you get home, TRY new skateboard moves, dancing to favorite songs, or riding bikes (with parents' permission). Notice the enhanced concentration afterward!

10 One Last Blast Before Bed

Before or after dinner, get your family goin' with a fun evening activity. TRY a brisk walk or a few calming yoga moves to help you digest, relax, and get ready for a good night's Zzzzz.

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Did You Know? Your body grows and rebuilds when you are in a deep sleep. TRY going to bed one hour earlier for an entire school week!

TRY it!

Here are a few tasty, recipes that help fuel the fun before, during, and after school!

Banana Smoothie

Build a breakfast with a boost when you blend fruit and yogurt for a tasty Banana Smoothie! It all starts with a frozen banana—just peel and store in the freezer.

Ingredients

- 1 frozen banana
- 1/2 cup nonfat yogurt
- 1/2 cup fresh orange juice (can substitute apple or pineapple juice)
- 1/4 cup blueberries, washed (can substitute strawberries or blackberries)

Instructions

- Combine all ingredients in a blender and blend until smooth. Serves 1.

SAFETY NOTE: When cutting or cooking, always get your parents' help or permission.



2 SERVINGS OF FRUIT



GORP

A great grab-and-go snack with a funny name, GORP is made with "Good Old Raisins & Peanuts" and provides enough protein and energy to get you through the school day. It's also easy to store and doesn't need refrigerating!



Ingredients

- Ziplock baggie or plastic container
- 1/4 cup peanuts (can substitute with almonds or de-shelled sunflower seeds)
- 1/4 cup raisins (can substitute with dried cranberries, blueberries, cherries, apricots or bananas)
- 1/2 cup whole-grain cereal

Instructions

- Combine nuts, dried fruit, and whole-grain cereal into reusable baggie or plastic container. Enjoy!

Mediterranean Bento Box-Lunch

Pack a lunch with a punch when you make Mediterranean Bento Boxes! Full of protein, whole grains and veggies, this meal from across the pond will add fun and new flavors to your school day.

Ingredients

- Hummus (1/2 cup plain, garlic or pepper)
- Whole wheat pita bread
- Olives (Kalamata or black olives)
- Red peppers, cucumbers, and any other veggies you like
- Small container & large container with lid

Instructions

- Scoop hummus into small container for dipping
- Cut pita into wedges
- Slice peppers, cucumbers or other veggies into thin strips
- Add olives
- Combine all the above into a organized large container and seal



GOOD SOURCE OF PROTEIN

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TRY it!

More tasty, recipes...



GOOD
SOURCE OF VITAMIN C

Southwestern Club Wrap

Take the best of a club sandwich and roll it up for a lunch you can't wait to unwrap!

Ingredients

- 1 whole wheat tortilla
- 1 tsp Ranch dressing
- Iceberg lettuce, sliced
- 1 slice Pepper Jack or Monterey Jack cheese
- 1/2 ripe avocado, thinly sliced
- 1/2 red bell pepper, chopped
- Several slices of smoked turkey
- Tomatoes, sliced

Instructions

Note: You can add as much of each ingredient as you like, but don't overdo it, or the sandwich will be difficult to roll.

- Open tortilla and spread ranch dressing on half
- Layer each ingredient on half of the tortilla (atop ranch dressing)
- Fold in each side of the tortilla and begin rolling the wrap from the end with the filling
- Tuck in the filling as you roll
- Slice the wrap in the center, on an angle



GOOD
SOURCE OF CALCIUM

Cheesy Diplomas

Cheesy Diplomas are a fun way to reward yourself for making it through another great school day, and help you get an important dose of dairy.

Ingredients

- **Sandwich meat of your choice** (1 slice per diploma)
- **Sliced cheese** (Swiss or provolone work great)
- **Scallions**

Instructions

- For each diploma, stack a slice of sandwich meat on a slice of cheese
- Roll them up and tie each diploma with a scallion. Congratulations!



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