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magic
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living

TRYathlon



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Experience the Disney Magic of Healthy Living

TRYathlon

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TRY NEW FOODS, NEW MOVES, AND FUN NEW WAYS TO BE HEALTHY
with Disney Magic of Healthy Living **TRYathlon!**



A three-part challenge inspired by food, fun and activities from around the world, this **TRYathlon** invites you, your family, and friends to discover a whole new world full of flavor and fun!

Going global is exciting—you can explore new ways to **TRY** new foods and moves! Spice things up at home with a tasty new recipe or learn to grow your own exotic ingredients! Discover fun, new activities to play with friends and family. This **TRYathlon** will give you a taste of culture so you can share your worldly knowledge with everyone you know. After all, knowledge is power!

Are you ready to celebrate healthy living ideas from across the planet? Just flip the page to put this part of your **TRYathlon** into ACTION!



TRYATHLON TIDBITS

Small things add up; TRY setting a small goal (like nailing a basketball shot or completing 20 sit-ups), and you'll see big improvement soon!

Pita Pockets with Hummus & Cucumbers

TRYATHLON



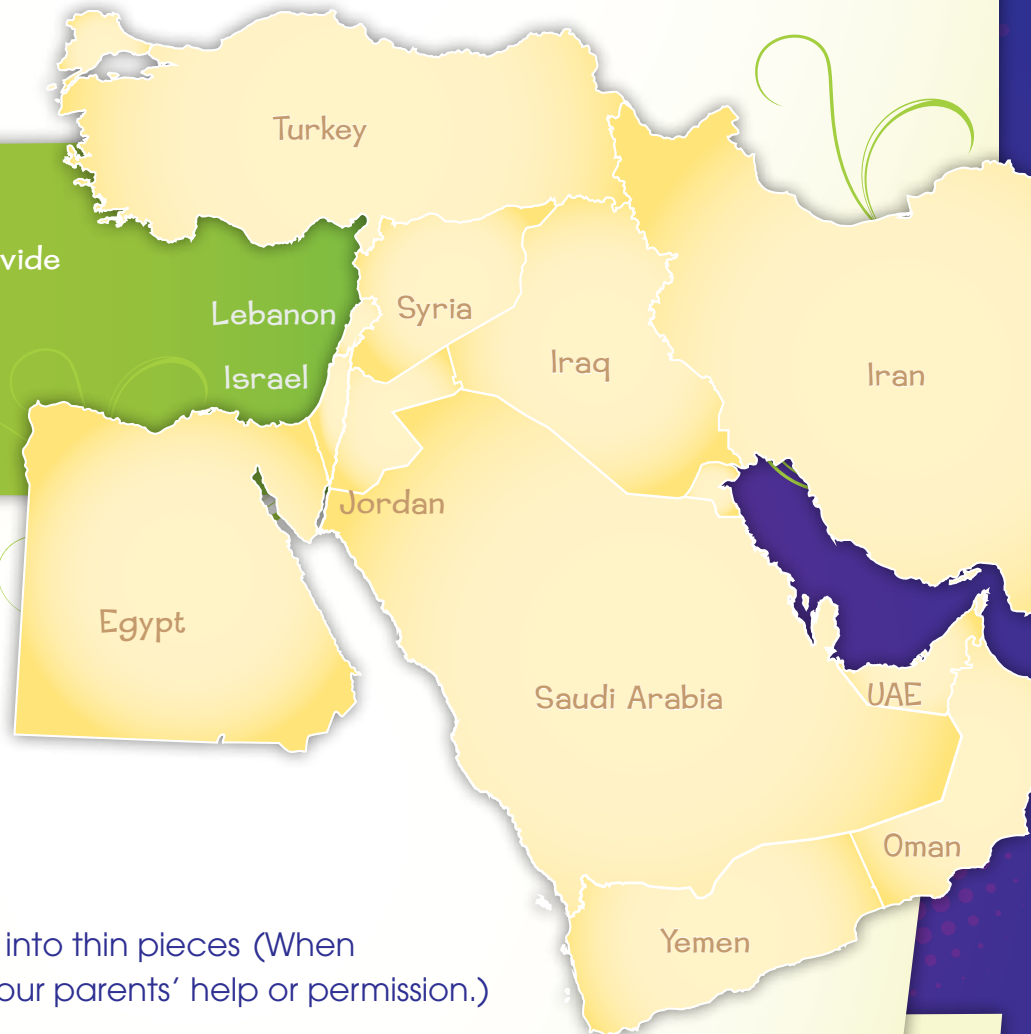
✓ COMPLETED!

FROM THE MIDDLE EAST

Pita and hummus is a popular Middle Eastern combination that kids from Egypt to Greece have enjoyed since ancient times. Today we can buy both ingredients at most grocery stores and add a number of veggies, lean protein and cheeses to make for a full meal. We'll keep it simple and add crunchy cucumbers, but you can also TRY tomatoes, onions, chicken and feta cheese if you wish! You can also enjoy hummus as a dip for your favorite veggies, like celery, carrots, snap peas or broccoli!

DID YOU KNOW?

Ancient Egyptians ate onions to provide strength while building pyramids .



INGREDIENTS

- 1 package pita bread (whole wheat is a great whole grain choice)
- 1 small container of hummus
- 1 cucumber, washed and sliced into thin pieces (When cutting or cooking, always get your parents' help or permission.)

INSTRUCTIONS

- 1** Toast pita bread in toaster, oven or serve cold.
- 2** Open hummus and spread inside pita pocket.
- 3** Layer cucumbers atop hummus and enjoy!



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Mini Pizzas FROM ITALY

Grazie (thanks) to Italy, everyone loves pizza! Though it's been enjoyed in different forms for thousands of years with all kinds of toppings, this recipe will be an easy bake version of the popular Margherita Pizza named after the Queen consort of Italy in 1889. It's topped with tomatoes, mozzarella cheese, and basil, and also represents the colors of the Italian flag!



COMPLETED!

DID YOU KNOW?

In Italy, families eat salad AFTER their main course (to aid digestion).

INGREDIENTS

- 4 English muffins, split (whole wheat is a great whole grain choice)
- 1/2 cup canned pizza sauce
- 2 cups shredded light mozzarella cheese
- 2 Roma tomatoes, diced into small pieces
- Fresh basil, washed and chopped (When cutting or cooking, always get your parents' help or permission.)

Note: You can also add some of your favorite veggies like sliced red peppers and mushrooms to make this a Veggie Pizza!

INSTRUCTIONS

- 1** Preheat oven to 375 degrees F.
- 2** Place the English muffin halves cut side up onto a baking sheet. Spoon pizza sauce onto each one. Top with mozzarella cheese, tomatoes and basil (and any other veggies you choose!).
- 3** Bake for 10 minutes in the preheated oven, or until the cheese is melted and browned on the edges. *Delizioso!* (Delicious!)

Quesadillas FROM MEXICO

TRYATHLON



COMPLETED!

Quesadillas are a favorite Mexican snack made from corn or flour tortillas and *queso* (cheese) that date back thousands of years in Mesoamerica. In addition to cheese, tortillas can be stuffed with various nutritious fillings such as peppers, tomatoes, avocado and fresh herbs like cilantro.

DID YOU KNOW?

Chocolate was once a form of currency for the Mayan & Aztec Indians



INGREDIENTS

- Small corn or flour tortillas (corn tortillas are healthier and more traditional)
- Mozzarella or cheddar cheese (white Mexican Oaxaca cheese is most authentic if you can find it)
- Your veggies of choice (tomatoes, red peppers or mushrooms work well)
- 2 Roma tomatoes, diced into small pieces (When cutting or cooking, always get your parents' help or permission.)
- Fresh cilantro or green onion for garnish
- Trans fat free margarine

INSTRUCTIONS

- 1** Place non-stick skillet on medium heat, add butter. (When cutting or cooking, always get your parents' help or permission.)
- 2** Place tortilla flat in the skillet, add cheese and veggies of your choice.
- 3** Carefully fold tortilla in half and cook until bottom is golden brown.
- 4** Flip over and continue cooking until cheese is melted and the second side turns golden brown. Serve with fresh garnish.

Hint: You can use salsa and/or light sour cream for dipping or a topping.

Fruit Kabobs FROM INDONESIA

TRYATHLON 

COMPLETED!

Fruit is healthy, full of vitamins, and widely available in stores. Fresh pineapple contains an important mineral called manganese, bananas are full of potassium, strawberries are a great source for vitamin C, and grapes are rich in nutrients too. Enjoy the island life like kids in Indonesia, and stack up the fun and nutrition with fruit kabobs.

TRYATHLON TIDBITS

Cooking is part art, part science and all fun! To add flavor to your meals, TRY using lots of different fruits and veggies. Because flavors are like colors; you don't want to paint with just one.



INGREDIENTS

- Skinny wooden skewers (or chop sticks)
- Pineapple chunks (fresh chopped into bite sized cubes or canned chunks in their own juice)
- Bananas, peeled and sliced into bite sized pieces (When cutting or cooking, always get your parents' help or permission.)
- Strawberries, washed
- Grapes, washed



INSTRUCTIONS

- 1** Place ingredients (above) into bowls.
- 2** Form a production line and slide one piece of each fruit at a time onto skewers (be careful as skewer tips can be sharp).
- 3** Enjoy!



COMPLETED!

TRYATHLON



Edamame FROM JAPAN

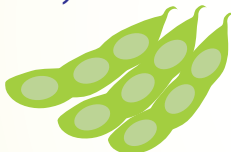
Edamame are young, soft soybeans harvested before they begin to harden. They are a nutritious, protein-packed snack popular in Japan. They're also a good source of iron, fiber, magnesium, riboflavin, and potassium—just to name a few.

TRYATHLON TIDBITS

In order to power up, your body needs good fuel. Try fuel-powered foods filled with vitamins, minerals, and protein to give you energy, like fruits, veggies, nuts and whole grains.

INGREDIENTS

- Fresh or frozen plain edamame/soybeans in the shell (ask your produce department or visit an Asian market)
- Sea salt



INSTRUCTIONS

- 1** Add frozen edamame (in the shell) to boiling water and cook for approximately 5 minutes, or microwave in a covered bowl for 5 minutes. If fresh, cut the time in half. (When cutting or cooking, always get your parents' help or permission.)
- 2** Let cool for 1-2 minutes and strain.
- 3** Lightly sprinkle with flakes of sea salt.
- 4** Peel and pop the beans right into your mouth... *Oishii!* (Yummy!)

