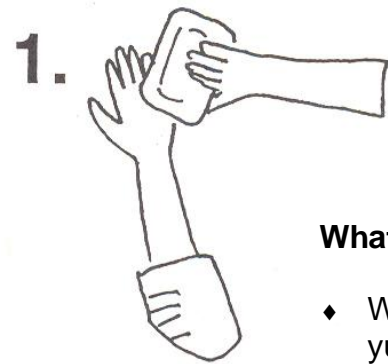
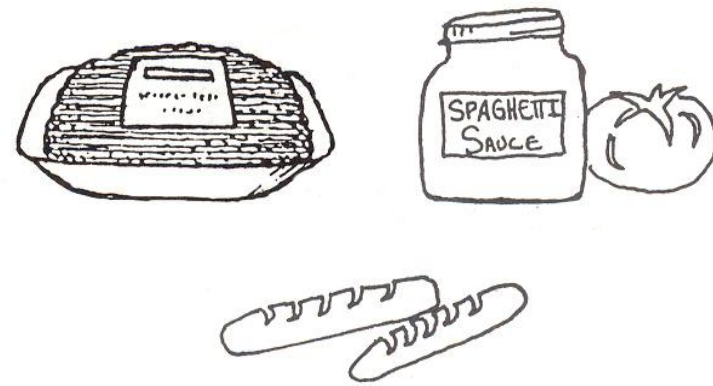


# A Fun, Easy Family Recipe

## Beefy Italian Dunkers

### What You'll Need:

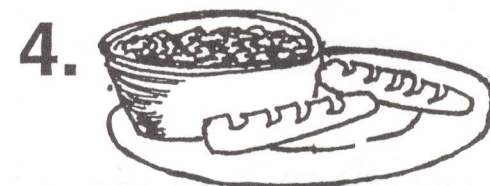
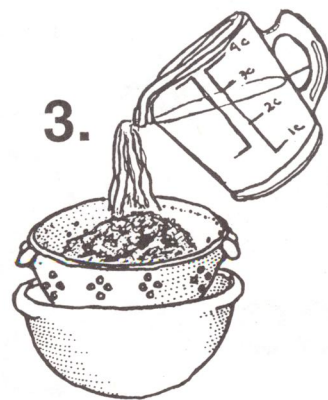
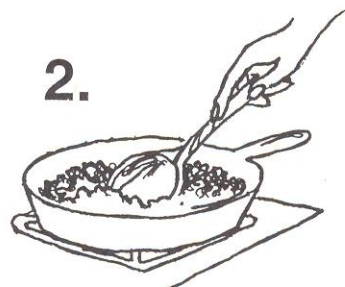
- ◆ 1 pound ground beef.
- ◆ 1 jar or can (28-30 Oz.) spaghetti sauce.
- ◆ Ready-made breadsticks or cheese bread.



### What to Do:

- ◆ Wash your hands and get an adult to help you make this yummy creation.
- ◆ Brown the ground beef in a skillet, stirring occasionally until the meat is no longer pink. Drain the excess fat.
- ◆ Place the ground beef in a strainer or colander and rinse with hot tap water. Stir.
- ◆ Combine the ground beef and spaghetti sauce in a sauce pan or microwave-safe 2-quart dish. Heat on stovetop or in microwave until the sauce simmers. Place 1/2 cup of meat sauce in a dish and serve with breadsticks or cheese bread.

Makes about 10 to 12 1/2 cup servings.



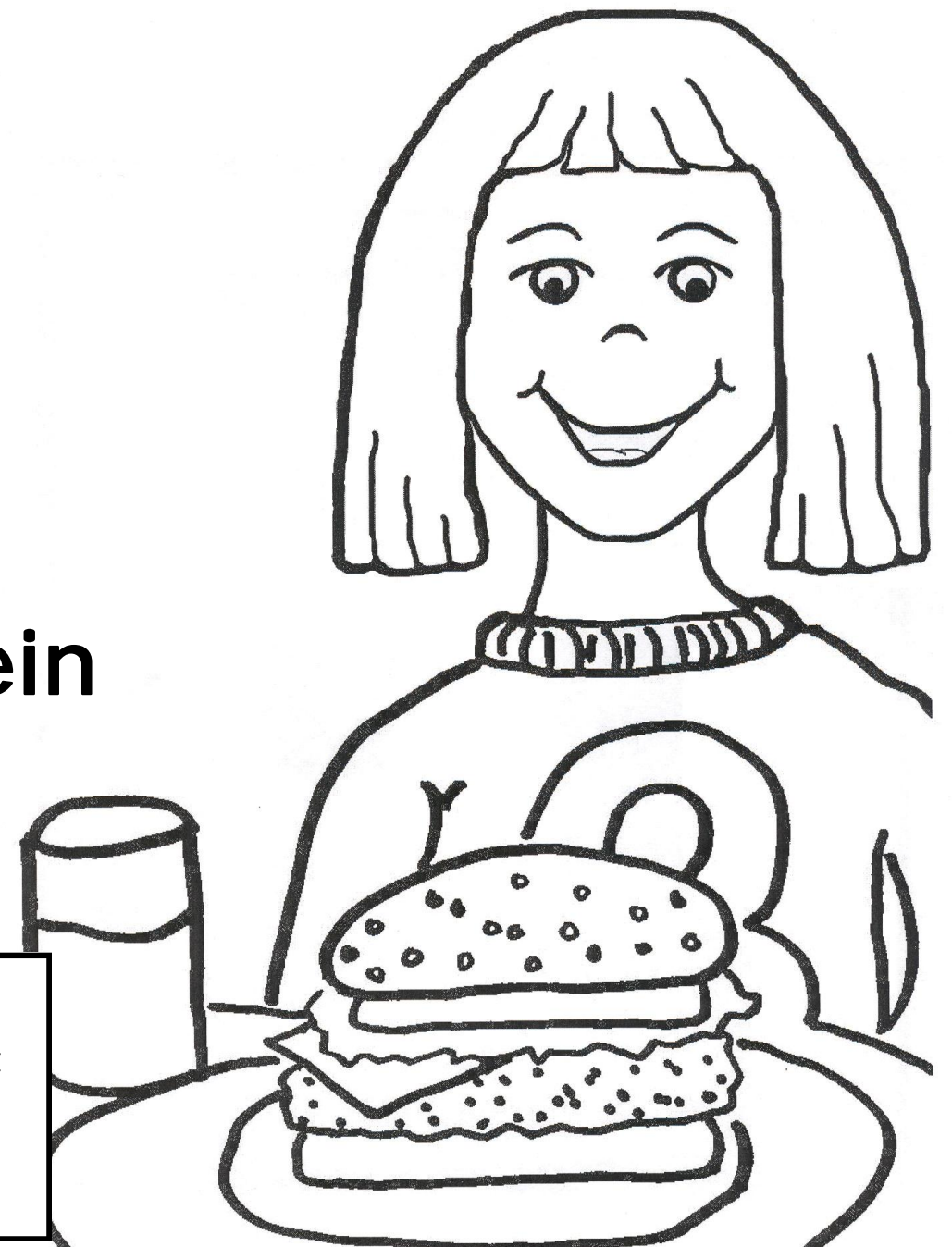
# Power Up with Lean Beef!

Get some ZIP! Hamburgers made with lean beef have body-building nutrients that will give you an extra "zip" in your step. These nutrients include:

**Z**inc

**I**ron

**P**rotein



Safety Tip: The color of your hamburger should be brown. Do not eat hamburgers with a pink center. Color the picture to make the hamburger brown.

# Power Up with Lean Beef

MyPyramid for Kids tells you how to eat smart and stay active. Remember to choose from the five different food groups each day.

1. Color each strip in the pyramid:

- ◆ Grains--Orange
- ◆ Veggies--Green
- ◆ Fruits--Red
- ◆ Oils--Yellow
- ◆ Milk--Blue
- ◆ Meat and Beans--Purple

2. Fill in the letters below to form each food group

G \_ \_ \_ \_ NS

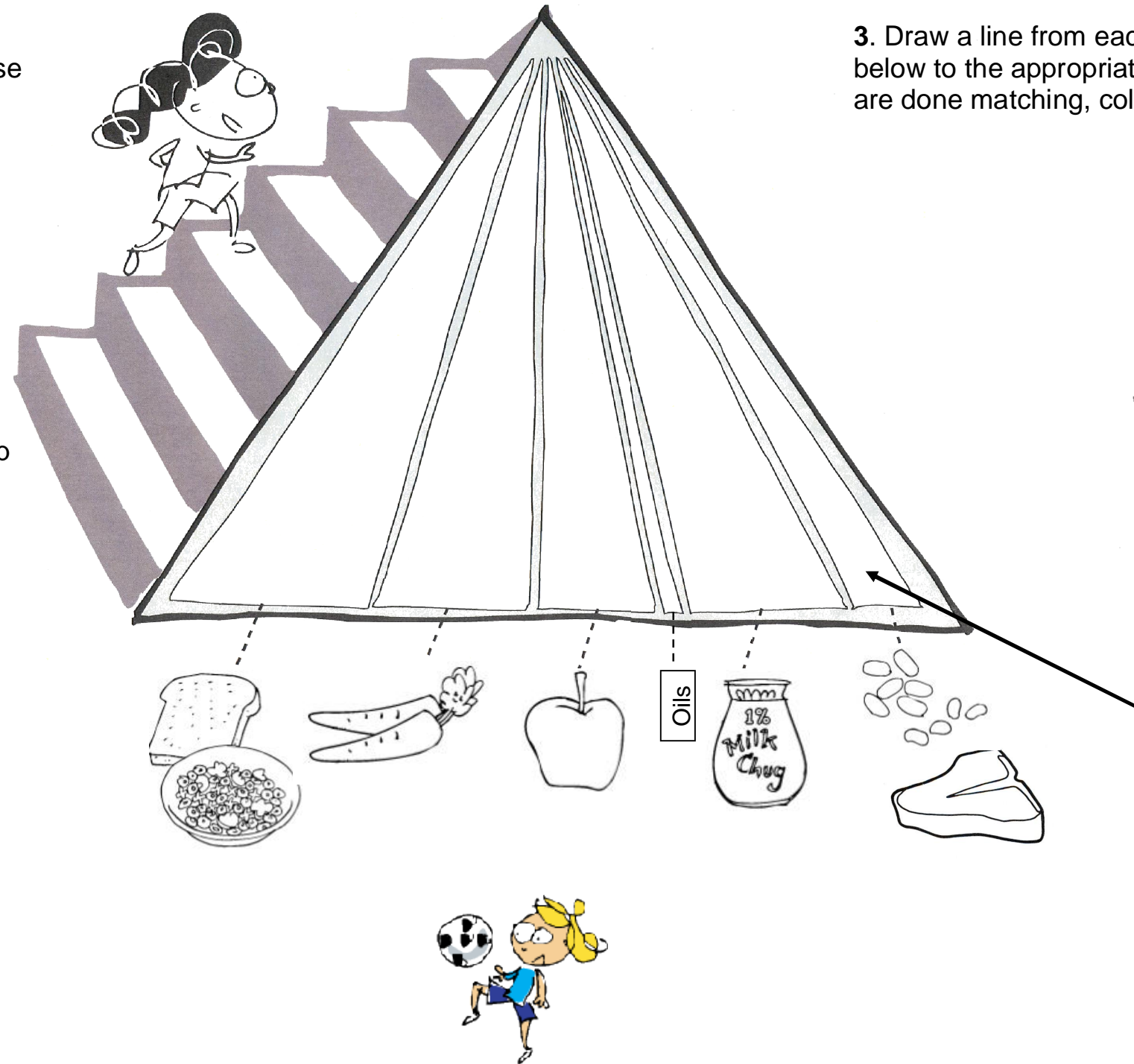
V \_ G \_ T \_ BL \_ \_ \_

F \_ \_ \_ \_ TS

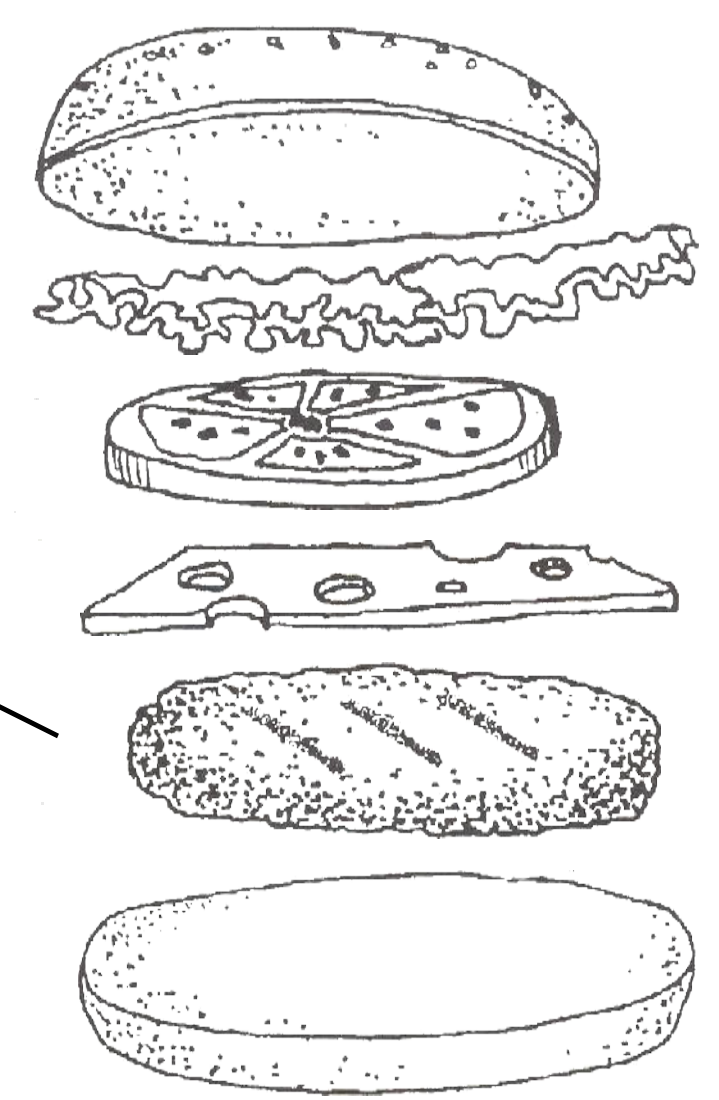
O \_ \_ \_ S

M \_ \_ \_ K

M \_ \_ \_ T and B \_ \_ \_ \_ S



3. Draw a line from each food in the vegetable cheeseburger below to the appropriate food group in MyPyramid. When you are done matching, color the cheeseburger.



GET MOVING! Move at least 60 minutes daily.

Take the time to walk, dance, bike or play---it all counts toward a healthier way!