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SHAPEDOWN®



*Just for
Kids!*

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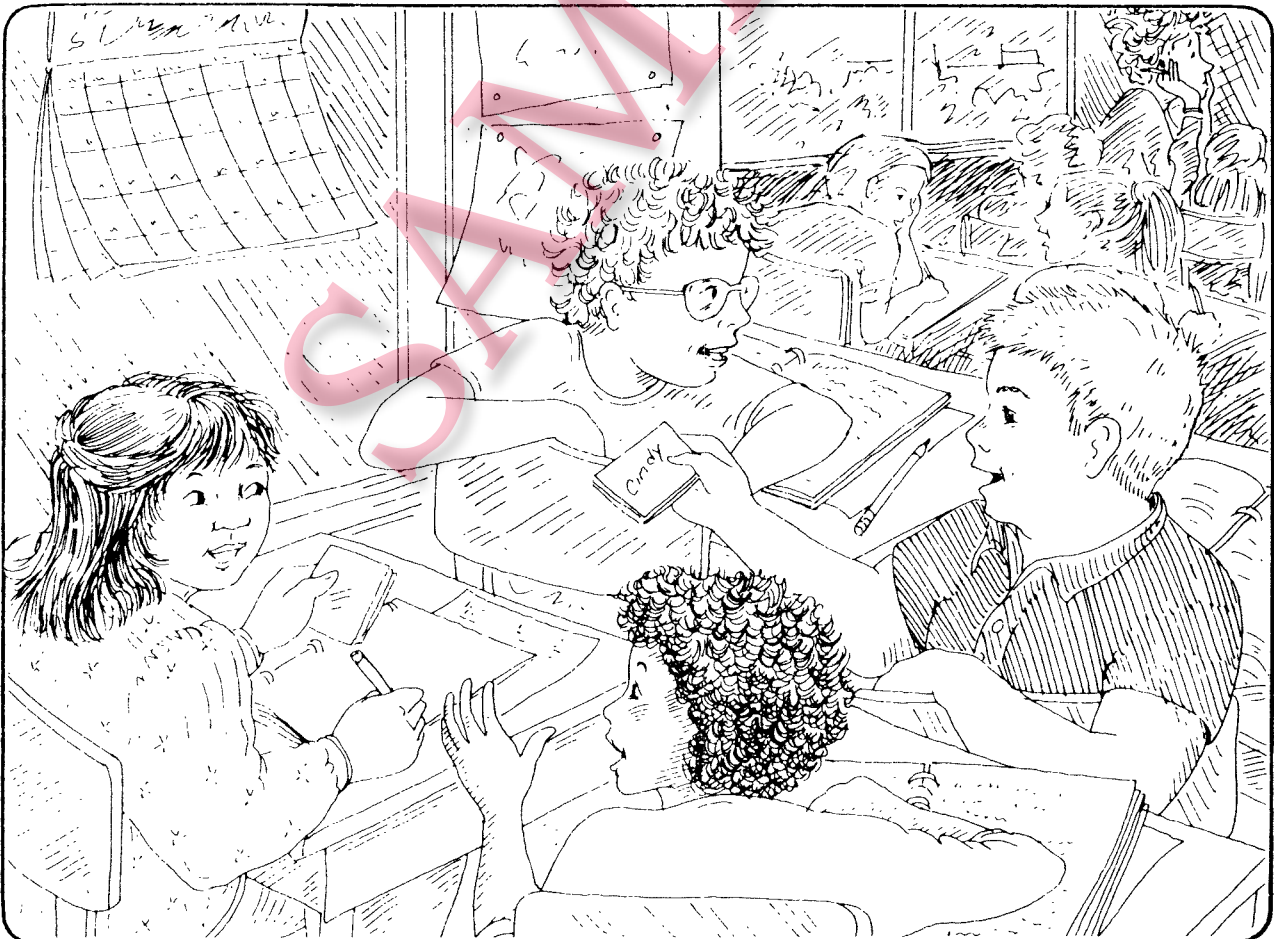
1. CINDY AND THE CLOWN'S SURPRISE

In the back of Ms. Bacon's classroom was a cozy corner. Kids lucky enough to have their desks in that corner of room 6 were out of earshot of Ms. Bacon. These four kids could whisper, tell riddles and giggle without Ms. Bacon hearing a sound. It was the middle of the year now and they were quite experienced at carefully slipping a note — with a special secret scribble in code — from desk to desk until it reached the boy or girl whose name was carefully lettered on it.

This morning Ms. Bacon had a terrible headache that she got from worrying about her bird, Meredith, who was expecting baby birds any

moment. You see, Meredith had been sitting on those eggs for so many days that Ms. Bacon was afraid that they were empty. Today she had to take the eggs to the vet to find out whether the five eggs were baby birds . . . or not.

Ms. Bacon wanted peace and quiet to nurse her headache and think about her bird. With her eyes squinting and her voice slightly shrill, she instructed the students to work for two hours straight in their math books. Two hours straight! So, the four lucky children in the cozy corner in room 6 boldly passed notes and freely giggled between math problems.



Just for Fun!

FOOD FINDER'S CLUB I

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The FOOD FINDER'S CLUB wants you! If you can find all of the foods listed below on the FOOD SUMMARY, you will be their next member. Remember, in SHAPEDOWN you are not on a diet. You are just eating healthier, something all kids - even skinny kids - should do.

Also, keep in mind that in SHAPEDOWN no foods are off limits. You can eat foods from all of the groups. Eating a healthy diet means eating most of your foods from the **FREE FOOD** and **LIGHT FOOD** lists, but if it is important to you to have a particular **HEAVY** or **JUNK FOOD**, you can have it. Just talk to your parent about it during **FAMILY TIME**. Together you can work out a way to have the food you want.

Are you ready to find the foods? Just look at the FOOD SUMMARY on the next page and circle the food listed below. Then write in what kind of food each one is: **FREE**, **LIGHT**, **HEAVY** or **JUNK**). **READY, SET, GO!**

Food	What kind of food is it? (FREE, LIGHT, HEAVY, JUNK)
cheese	_____
gum	_____
pizza	_____
doughnuts	_____
bread	_____
bananas	_____
flavored low-fat yogurt	_____
green peppers	_____
honey	_____
turkey hot dogs	_____

Did you find all ten? Congratulations, and welcome to the FOOD FINDER'S CLUB. Later on, the inner circle of the FOOD FINDER'S CLUB will ask you to join it. More later!