



Experience the Disney Magic of Healthy Living

TRYathlon

Disney.com/healthyfun



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 follow the Game Plan to put your **TRYathlon** IN 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!





GAME PLAN

Whether you want to TRY fun games from around the world, new tasty and exotic recipes, or even growing your own edible garden, here's your Game Plan for the Magic of Healthy Living TRYathlon:

1

PLAY YOUR WAY



TRY new games from around the world, and discover new ways to challenge your hand-eye coordination and your brain! TRY one of more of the following games:

Stick & Rubber Race from Dominican Republic

La Thunkuna from Bolivia

What's the Time, Mr. Wolf? from Australia



2

PASS THE PLATE



No matter how big the planet might seem, we all come together when we Pass the Plate! You'll never know if you like something until you TRY it, so TRY these new snacks full of flavor and fun, and celebrate tastes from around world. Here are a few simple recipes that are easy to make, healthy to eat, and probably different from your daily routine:

Pita Pockets from the Middle East

Mini Pizzas from Italy

Quesadillas from Mexico

Fruit Kabobs from Indonesia

Edamame from Japan

3

GARDEN OF POSSIBILITIES



Learn how to grow a garden designed just for you! Whether you're short on space or time, there are all kinds of options for growing in any situation. TRY one or more of these fun ideas to get you growing:

Grow A Flowerpot Herb Garden

Plant a Favorite Food Garden

TRY IT!

Ready to give this TRYathlon a try? Check out the following pages for the "how to" on games, recipes and garden growing!

TRY TRACKER

Put your Game Plan IN ACTION and track your TRYathlon results!



<div>1</div> <div>PLAY YOUR WAY</div> <div></div>	✓	Notes
Stick & Rubber Race		
La Thunkuna		
What's the Time, Mr. Wolf?		
<div>2</div> <div>PASS THE PLATE</div> <div></div>	✓	Notes
Pita Pockets		
Mini Pizzas		
Quesadillas		
Fruit Kabobs		
Edamame		
<div>3</div> <div>GARDEN OF POSSIBILITIES</div> <div></div>	✓	Notes
Grow A Flowerpot Herb Garden		
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Stick & Rubber Race

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FROM DOMINICAN REPUBLIC

Ready to get movin'? The objective of this game is to race your opponent to the finish! In the Dominican, this game is called Stick & Tire Race. Kids often use old rubber car or bicycle tires because they are easy to find, and a row of banana trees is used as the finish line.

WHAT YOU NEED TO PLAY

- One old "rubber tire" per player (you can use a basketball or soccer ball, or choose traditional bicycle, motorcycle or car tire as they do in the Dominican)
- Two sticks, 3 to 4 feet long
- One plastic soda or water bottle per player
- Scissors (Always get your parents' permission or assistance when using sharp objects.)
- A safe, large, open field or court to play in



GLOBAL GAME TRIVIA*

Which country has a stick and ball game named after an insect?

Answer: Great Britain (Cricket!)

HOW TO PLAY

- 1 Ask a parent or adult to cut off the bottom half of each plastic bottle, one per player, keeping the neck section (and recycling the bottom section).
- 2 Insert a stick through the neck of the bottle to hold the stick in place under the lip of the tire.
- 3 Practice by pushing your tire or ball with the stick (trying to keep them in a straight line).
- 4 Determine a start and finish line.
- 5 Roll to the start.
- 6 Players take their mark, get set, go! (It's OK to use your hand to get started, then you must use the stick only to get to the finish.)



La Thunkuna

FROM BOLIVIA

La Thunkuna is the South American version of Hopscotch. Bolivian kids play the game with named squares versus numbered squares. You'll learn to hop your way around the weekdays and practice your Spanish at the same time. *Juguemos!* (Let's Play!)

WHAT YOU NEED TO PLAY

- Two or more players
- A puck (a stone or an orange peel works well)
- Chalk
- A place suitable for using chalk on the ground (like a playground, patio or driveway)



El Mundo (World)

El Cielo (Heaven)

Domingo
(Sunday)

Viernes
(Friday)

Sabado
(Saturday)

Jueves
(Thursday)

Miercoles (Wednesday)

Martes (Tuesday)

Lunes (Monday)

HOW TO PLAY

- 1 Throw the puck into the first box *lunes* (Monday) and hop on one foot over this box into the second box *martes* (Tuesday).
- 2 With your non-hopping foot, kick the puck out of the first box *lunes* back behind the start line (designer to add "start line" to the drawing). Then hop back out of the pattern to the start line.
- 3 Throw the puck into the box *martes*. Jump in box *lunes*, then in box *miercoles* (Wednesday). Kick the puck back to the start line, then hop out of the entire pattern.
- 4 Repeat the same approach for *miercoles*, and then for *jueves* (Thursday). When you throw the puck into *jueves*, hop in box *miercoles*, and then jump into box *viernes* (Friday), and *sabado* (Saturday), with one foot in each box. Then jump on one foot into box *domingo* (Sunday), and kick the puck back behind the start line.
- 5 Don't throw the puck in boxes *viernes*, or *sabado*. Continue throwing the puck into box *domingo*.
- 6 Always hop over the space where the puck lands. If the puck lands into the wrong space on any toss or kick, you lose your turn.



What's the Time, Mr. Wolf?

Here's a fun game from your mates down under that keeps you on your toes—sort of like a mix between Red Light, Green Light and Tag, only there's an Aussie wolf too!



WHAT YOU NEED TO PLAY

- Three or more players
- An open field or large room to play in

HOW TO PLAY

- 1 Choose one player to be the "wolf".
- 2 The wolf turns his/her back to other players who stand about 15 feet away (5 meters in Australia)- Hint: 1 step equals approximately 1 foot.
- 3 The other players ask, "What's the time, Mr. Wolf?"
- 4 The wolf makes up a time and announces it; if the wolf says 5:00, for example, the players take 5 steps toward the wolf.
- 5 When the other players are close enough to catch, the wolf declares "Dinnertime!" and chases the other players.
- 6 The first player caught by the wolf becomes the next wolf.

TRYATHLON TIDBITS

Did you know that moving around and being active actually provides more oxygen to the brain? Brilliant!

Get moving and unleash your power.

Pita Pockets with Hummus & Cucumbers

TRYATHLON

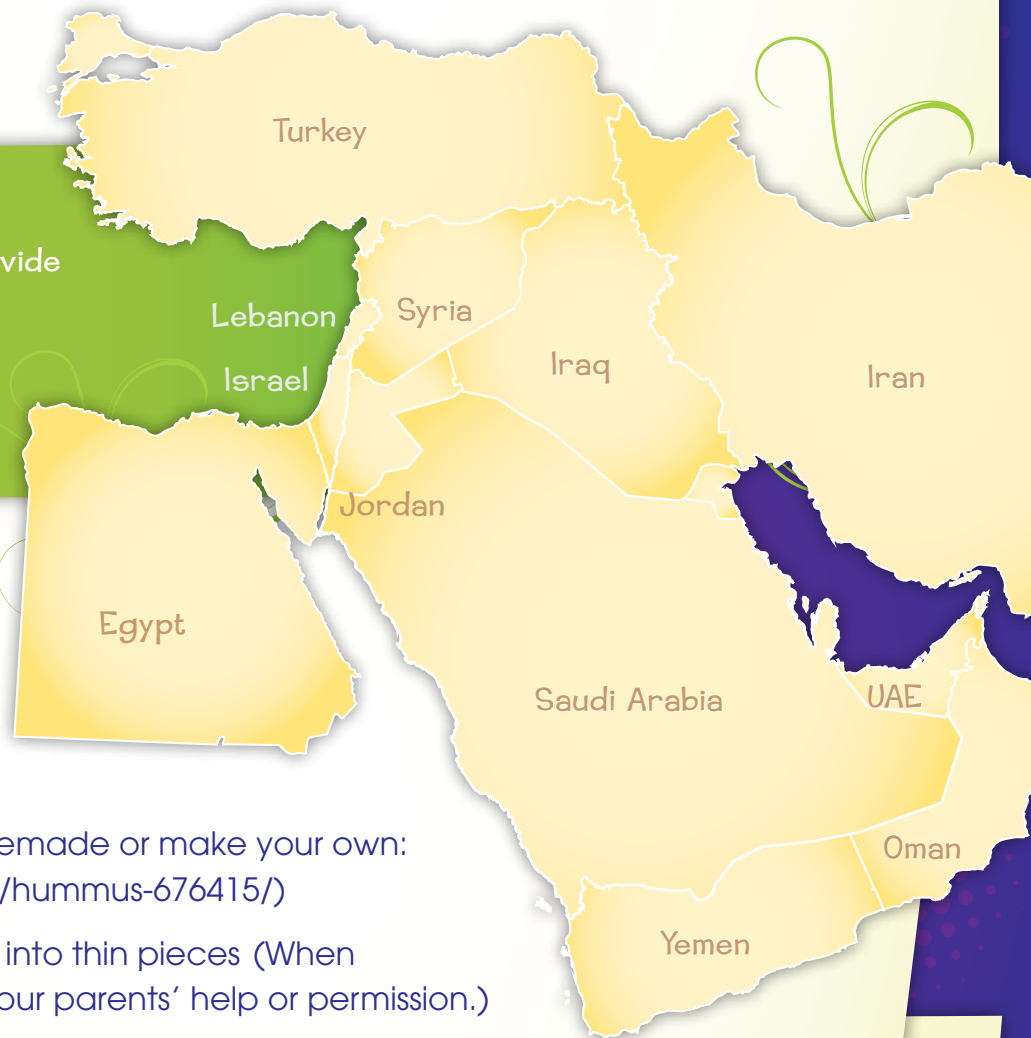


FROM THE MIDDLE EAST

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 (premade or make your own: <http://familyfun.go.com/recipes/hummus-676415/>)
- 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!





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!

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



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



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!





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.

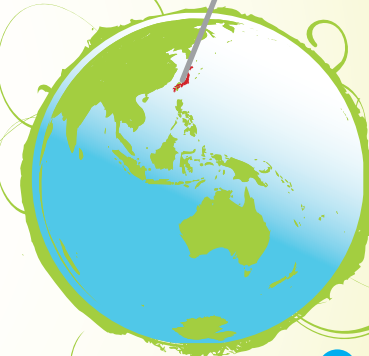
INGREDIENTS

- 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!)



Grow a Flowerpot Herb Garden

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Plant more than one herb and you have an herb garden! You don't need a huge plot of land. In fact, a flowerpot on a balcony or sunny windowsill will do the trick.

MATERIALS NEEDED

- A small shovel or large spoon
- A flowerpot (you can also use a rinsed out milk carton; just ask a parent or adult to cut the top off and make sure to poke holes in the bottom so water can drain out)
- A saucer or plate to place underneath your flowerpot
- Potting soil
- A watering can
- Two types of seedling herbs such as sage and thyme (you can find these at supermarkets, garden stores & farmers markets). Other herbs that grow well together in small containers are mint, parsley and oregano.

Note: Seeds can take up to a month to germinate, but buying plant starts makes for an instant garden. Directions below are for plant starts, but if you prefer seeds, just follow directions on seed packets.

TRYATHLON TIDBIT

Remember it's a world full of flavor & fun. Get out and explore it.



TRYATHLON TIDBIT

With a little water, soil, air & care, YOU can make miracles happen!

DIRECTIONS

- 1** Fill your flowerpot (or empty, cleaned milk carton) 3/4 full of potting soil.
- 2** With your shovel or spoon dig a hole big enough to hold the roots of your plant.
- 3** Place the plant in the hole, fill in soil around the roots (gently patting the dirt down).
- 4** Water your plants right after planting (a little water is best).
- 5** Place your pot in a sunny spot near a window.
- 6** Water it every few days (or if you notice the soil is dry).
- 7** When herbs are ready for harvest, choose a recipe to make and share with your family, such as:
 - White Bean & Sage Dip
<http://familyfun.go.com/recipes/white-bean-and-sage-dip-687169/>
 - Pasta Salad with Fresh Herbs
<http://familyfun.go.com/recipes/pasta-salad-with-fresh-herbs-688022/>



Plant a Favorite Food Garden




TRYATHLON




Many people grow gardens and then decide what meals to make with the harvest afterward. Why not plant a small garden to produce the exact ingredients of your favorite food? Here's how to plant your very own favorite food garden:

DID YOU KNOW?

Radishes and loose-leaf lettuce are some of the fastest growing veggies--from seed to harvest in less than a month. Sounds like the makings for a salad are coming right up!



- 1** First, select a fairly simple but favorite food, noting the main ingredients.
 - 2** Then find out how and when to grow those ingredients (a nursery expert can help you with a plan, and lots of info can be found at the library or online).
 - 3** Because many people like pizza and spaghetti, here's an example of how to grow a garden that produces healthy ingredients for the sauce - tomatoes and basil. (These two are also considered "companion plants" because they grow well together.)
- 

TRYATHLON TIDBIT

Playing in the dirt can't hurt (as long as you clean up afterward); wear gloves, grubby clothes and old shoes or rubber boots.



PLANT A FAVORITE FOOD GARDEN:

Tomatoes



TRYATHLON



Tomatoes are great for container gardening, so you can grow them on a balcony or patio. Dwarf varieties and cherry tomatoes are readily available at most garden centers and nurseries, but most recipes call for Roma tomatoes, because they are packed with flavor! You decide!

MATERIALS NEEDED

- Large flowerpot or planter box
- Spade or small shovel
- Watering can or hose
- Potting soil
- Slow-release organic fertilizer (10-10-10 or one specially formulated for tomatoes)
- Tomato seedlings
- One or more 4- to 5-foot stake(s), depending on how many plants you grow
- One or more pieces of cloth or plastic plant ties



DIRECTIONS

- 1 Fill your pot or planter with a moist potting mixture leaving a 2-inch space between the top of the potting mix and the rim of the pot.
- 2 Add 2 tbsp. of fertilizer.
- 3 Grab the tomato seedling by the stem and shake off loose soil—remember, you need to leave room to plant basil (below), so only use 1/2 of your planter for tomatoes.
- 4 Plant the tomato in the pot or planter to the same depth it was at in its nursery pot. Firm the soil around the plant lightly by hand.
- 5 Insert the stake into the potting mix behind the tomato plant pushing it down to the bottom of the pot or planter.
- 6 Water the tomato plant(s) until the excess moisture drains from the bottom, and water whenever the soil begins to feel dry.
- 7 Tie the tomato plant(s) to the stake(s) loosely with a cloth or plastic plant tie when it is 12 to 16 inches tall, then tie the plant every 8 inches as it grows.
- 8 Harvest tomatoes when they reach full color and size and the fruit feels firm to the touch.



Note: Depending on the variety of tomato you choose, you will need to adjust your grow time for the basil so they are both ready to harvest around the same time. Tomatoes usually take longer than basil, so you'll want to plant tomatoes first. Consult a garden expert at your local nursery for more precise timing.

PLANT A FAVORITE FOOD GARDEN:

Basil



TRYATHLON



DID YOU KNOW?

Dragonflies can fly up to 20 miles per hour! These insect-eating fliers are a welcome sight in any garden because they protect from gnats, beetles, moths, and mosquitoes.



Basil is an annual herb well known in Italian cooking, but it's originally from India! Today there are dozens of different basil varieties, which all grow well in warm, sunny weather (if you live in cold conditions, you can mimic growing conditions indoors). Only plant when and where there is no danger of frost.

MATERIALS NEEDED

- Basil seeds or starts
- Large flowerpot or planter box
- Spade or small shovel
- Watering can or hose
- Potting soil

DIRECTIONS

- 1 Plant the basil seeds or starts a good distance from the tomato plant(s) (at least 6 inches); if planting starts, make sure they are 10 inches apart. (Note: If you don't have a large enough space to grow tomatoes and basil in the same place, you can also grow them in separate pots.)
- 2 Cover seeds lightly with soil, or fill soil around starts, and keep moist. (Note: don't over water.)
- 3 Let your plants grow for about 6 weeks before picking the leaves. (Note: Pick the tips first, to encourage the plant to sprout additional stems.)

HERE ARE THREE TASTY TOMATO AND BASIL RECIPES FOR YOU TO TRY FROM DISNEY FAMILY FUN. BUON APPETITO!

Quick Marinara Sauce (you can substitute your fresh tomatoes for canned!)

<http://familyfun.go.com/recipes/quick-marinara-sauce-683761/>

Pesto Sauce (Pesto means "pounded" in Italian)

<http://familyfun.go.com/recipes/pesto-genovese-678581/>

Insalata Caprese (Tomatoes with Basil and Mozzarella)

<http://familyfun.go.com/recipes/tomatoes-with-basil-and-mozzarella-678461/>