

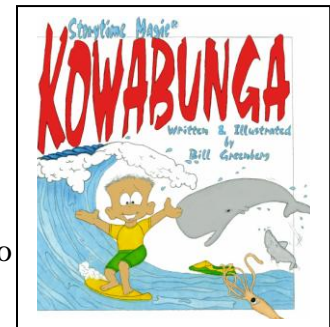
Activity 1



Kowabunga

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Humongous-ginormous sharks? Kowabunga! Freddy wants a super-mondo-primo-most-excellent surfboard for his birthday; but his uncle said that he was too little. Will Freddy go surfing anyway, and be turned into mashed potatoes, when a 10,000 pound whale lands on top of him?



Freddy's uncle said that eating good foods help surfers stay strong and have more energy. This book was inspired by a song about healthy foods.

- * Give everyone in the class (or at home) lots of "sticky notes".
- * Draw a picture or write down your favorite food on half of each "sticky note".
- * As students leave the classroom for a break (or leave the room at home); put the sticky notes on a wall.
- * When students re-enter the room (or come back in the room at your home); have each person pick a "sticky note" from the wall.
- * The challenge is to draw a picture (or write down a food) on each "sticky note" - that is healthier than the one already there.
- * See if they can fill up the wall with "sticky notes" of good-healthy foods (to make you strong and give you lots of energy).