

# POWER PLAY CHALLENGE



## SETH JONES' NUTRITION CHALLENGE

Before the Columbus Blue Jackets play at Nationwide Arena, they have to make sure they have plenty of energy for the game. Defenseman #3 Seth Jones does this by eating three healthy balanced meals on game day.

Help Seth by circling only the healthy items on this list and then create a meal (breakfast, lunch, or dinner) for him to eat that include each of the five food groups (grains, protein, vegetables, fruit, and dairy)!

### CIRCLE ONLY THE HEALTHY ITEMS BELOW

Yogurt	Beans	Cucumber	Sausage
Carrots	Oatmeal	Potato Chips	Pizza
Cookies	Doughnuts	Soda	Lettuce
Strawberries	Pasta	Bread	Peanut Butter
Orange Juice	Salmon	French Fries	Broccoli
Apples	Cake	Corn	Eggs
Blueberries	Spinach	Bananas	Grape Jelly
Chicken	Cupcakes	Hot Dog	String Cheese
Ice Cream	Tomato	Turkey	Bell Peppers
Milk	Popcorn	Bacon	Grapes
Candy Bars	Rice	Water	Zucchini
Cottage Cheese	Mangos	Pears	Sweet Potatoes

Which meal are you planning (circle only one):      **Breakfast**      **Lunch**      **Dinner**

Based on your meal selection, list the ingredients below for each of the five food groups:

**GRAINS:**

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**PROTEIN:**

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**VEGETABLES:**

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**FRUIT:**

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**DAIRY:**

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PNC

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### MEAL:

(Draw and color the meal below)



#3 SETH JONES