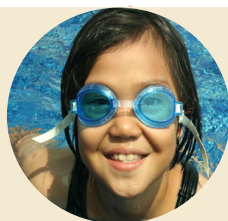


A Fun & Healthy Father's Day Celebration!



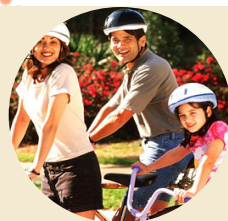
Fly a Kite

It is great aerobic exercise because of the running to start the kite and great strength conditioning by keeping it up in the sky!



Go Swimming

It is a good way to get aerobic and resistance training without even feeling it. Plus, it is a way to cool down in the hot weather!



Ride a Bike

It is an excellent way to get aerobic and strength training. Also, it's good for all ages and a way to explore the neighborhood!



Easy Low Calorie Recipes



Mini Cheeseburgers

30 mins - 18 servings
310 calories

- 1 lb. Lean ground beef
- 1/4 cup Dry Italian-style bread crumbs
- 1 clove Garlic, minced
- 1 Egg
- 4-1/2 oz. Cheddar Cheese, cut into 18 slices
- 18 Grape tomatoes

HEAT grill to medium heat.

MIX first 4 ingredients just until blended; shape into 18 (1-inch) balls. Flatten slightly to form patties.

SPRAY large sheet of foil with cooking spray; place on grill grate. Add patties; grill 2 to 3 min. on each side or until done (160°F).

THREAD 1 each burger, cheese slice and tomato onto each of 18 toothpicks.



Pizza Pasta Salad

110 mins - 10 servings
270 calories

- 3 cups Penne pasta, cooked, rinsed
- 4 Tomatoes, chopped
- 12 OSCAR MAYER Pepperoni chopped
- 1 cup KRAFT Five Cheese Blend
- 1/2 cup Sliced fresh basil
- 1/2 cup KRAFT Grated Parmesan Cheese
- 1/2 cup KRAFT Tuscan House Italian Dressing

COMBINE ingredients.

REFRIGERATE 1 hour.



Cheesecake Parfaits

20 mins - 10 servings
180 calories

- 2 pkg. PHILADELPHIA Cream Cheese
- 1/4 Sugar
- 2 tbsp. Skim milk
- 1 tsp. Zest and 1 Tbsp. juice from 1 lemon
- 1-1/2 cups COOL WHIP Whipped Topping
- 15 Shortbread cookies, crushed
- 4 cups Strawberries, quartered
- 1 cup Blueberries

BEAT cream cheese, sugar, milk, lemon zest and juice in medium bowl with mixer until blended. Gently stir in COOL WHIP.

SPOON remaining cookie crumbs into each of 10 parfait glasses; top with cream cheese mixture. Cover with layers of strawberries, remaining cookie crumbs, remaining cream cheese mixture and blueberries.

SPRINKLE with reserved cookie crumbs.

<http://kraftrecipes.com>

For more information visit www.ParentActionForHealthyKids.org

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