



## Follow-up Story & Activity

### Directions to Teacher:

- Read the letter from the Chief Detective aloud to the class or pass out the letter to students.
- Have students choose a goal and cut out and paste the goal on the next page. Then, they can draw a picture of themselves accomplishing the goal!
- We'd love to hear from you! Send the drawings to us! Students may even be able to see their drawing posted on our website.

### Address:

Weis Mystery Tours™  
Attn: Field Trips Coordinator  
1000 S. 2<sup>nd</sup> St. P.O. 471  
Sunbury, PA 17801

### Email:

[fieldtrips@weismarkets.com](mailto:fieldtrips@weismarkets.com)



Weis Detectives,

Thank you for visiting your local Weis Markets and helping me, the Chief Detective, and the Inspector solve the *Case of the Missing Energy*.

Energetic George had lost his energy and it was our job to figure out why! Since we cracked the case, Energetic George has been full of energy. He sent me this note:

Dear Weis Detectives,

Thanks for helping me find my energy! Since you solved the case, I've been eating breakfast with a serving of fruit and whole grains every day. At lunch, I always have a serving of milk and colorful vegetables. I have been answering the teacher's questions in my favorite class and led my kickball team to victory during recess! After school, I eat a healthy snack and play outside with my friends.

Because of your help, I made lots of healthy changes and I feel great! Next week, my goal is to eat four cups of fruits and vegetables every day. What's your goal?

Keep up the good work detectives!

Energetic George

Energetic George set a goal to eat more colorful fruits and vegetables. Would you like to set a goal too? Check out the goal activity!

When you're finished, mail your goals and drawings to me so I can share them with Energetic George. You'll be setting such a good example I bet it will help him find even *more* energy!

Sincerely,

*Chief Detective*



Name: \_\_\_\_\_

### The Case of the Missing Energy

# Set a Goal!

#### Directions:

Just like Energetic George, we can all make healthy changes. Think about what you learned during your visit to Weis Markets and choose a goal below. Then cut out and paste your goal on the next page and draw a picture of yourself accomplishing your goal! Then, mail it to the Chief Detective at Weis Markets.

**I WILL** drink low-fat milk and water every day and limit sugary beverages to special occasions.

I need \_\_\_\_ cups of water every day and \_\_\_\_ servings of dairy every day.

\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ will help me build strong bones and teeth.

**I WILL** eat breakfast every morning and include a serving of whole grains.

Some whole grains I will try for breakfast are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I will also have a serving of milk and fruit with my breakfast.

**I WILL** eat colorful fruits or vegetables at my meals and snacks.

From each color group, I will try:

Blue/Purple \_\_\_\_\_

Red \_\_\_\_\_

Green \_\_\_\_\_

White \_\_\_\_\_

Yellow/Orange \_\_\_\_\_

**I WILL** be active on most days and limit TV and other screen time to less than 2 hours per day.

My favorite activities are:

\_\_\_\_\_  
\_\_\_\_\_

With my family, I would like to:

\_\_\_\_\_

School: \_\_\_\_\_

Name: \_\_\_\_\_

