Wow!
Power Panther's TRANSFORMATION
Cool!
Can I play, too?
Sure, c'mon!
Eat Smart Play Hard
Wait! (pant) Stop! (pant pant) I need to REST!
OK, we can sit down for a minute.
That's the hardest game I've ever played. But you're not even breathing hard.
I'm just used to it because I practice a lot. If you want, you can do it, too.
I could never be like you. I get tired too fast.
Yeah, I know what you mean. I used to be like that too.
YOU! But you're so GOOD!
Now I am. But when I was your age, I couldn't do much of anything without getting tired.
I never went outside to play, and I watched TV all the time.
COOKIES
I was always the last one to get picked. I was too slow and got tired before the other kids. I wanted to be faster and play better, but I didn't know how.
BODY
Then one day our health teacher said that eating healthy food and being active every day would make our bodies stronger so we could play harder.

I wanted to have a strong body and to play harder. So I decided to do what she said.
I started choosing healthy foods to eat.
LOW FAT YOGURT
I started to play outside...
and watch less TV after school.
Even my friends noticed something was different about me.
FOOD GROUPS
I started doing better in school, too. My teachers couldn't figure it out.
I felt better. I looked better. I could tell I was becoming a different person.
After a while, eating right and playing just became a habit. I just did it.
Now I have plenty of energy and get better grades in school. My friends and I play together a lot.
Eat Smart Play Hard
Do you think I can do it? That's a lot to remember.
You can do it. All you have to do is EAT SMART! PLAY HARD! The rest will come by itself. You'll see.
EAT SMART! PLAY HARD! I can remember that!
And I'll help you. We can do it together. That will be tons of fun!
Yeah! Let's go!

# Power Panther's Transformation

that you have read the comic, see if you can answer these questions about it.

1. What does the boy notice about the Power Panther at the beginning of the story?

   a) He drives a sport car.
   b) He plays basketball really well.
   c) He loves cats and dogs.

2. How does the Power Panther describe himself when he was younger?

   a) He was full of energy.
   b) He was tired all the time and did not have much energy.
   c) He couldn't remember what he was like when he was younger.

3. What did the Power Panther do?

   a) He did nothing and still has no energy.
   b) He learned to play the piano.
   c) He began to eat healthy food and be more active.

4. What happened to the Power Panther after he did this?

   a) He got awards for his piano playing ability.
   b) He continued to sleep all the time.
   c) He got stronger and was better in the sports he was playing.

5. What does the boy decide to do at the end of the story?

   a) He decides to study harder and do all his homework.
   b) He decides to Eat Smart. Play Hard. like the Power Panther.
   c) He decides to quit playing basketball and go get an ice cream cone.

6. List two things you can do to be more like the Power Panther.