

Summer Adventures Under the Sea

Get into the swim of things with this easy, tasty

Under the Sea Sushi

INGREDIENTS



1 medium whole-wheat tortilla



1 tsp. low fat cream cheese



1/2 cup shredded low fat mozzarella cheese



4 slices turkey lunchmeat



1/4 cup shredded carrots

MAKES
6-8 sushi snacks

INSTRUCTIONS

Pretend you're swimming and take a lap around the kitchen!

1. Ready to cook? Cut the edges of the tortilla to make it into a square.
2. Spread cream cheese along one edge.
3. Spread the mozzarella over the tortilla (avoid the cream cheese, and leave about a 2-inch strip on the edge opposite the cream cheese uncovered too).
4. Arrange the turkey and carrots atop the uncovered strip.
5. Get rollin'! Roll up the tortilla tightly, starting with the turkey/carrot side and rolling toward the cream cheese. Use the cream cheese as a "glue" to close the roll.
6. Cut the tortilla into 1/2-inch discs. Refrigerate until you're ready to eat, then dive in!

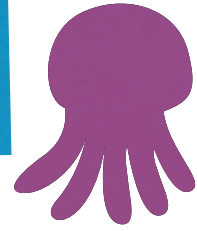


DON'T FORGET TO GET 60!

Make a splash at the pool, run through the sprinkler or just hose off in the yard to get 60 minutes of activity! It's a cool way to stay cool.

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WATER GAMES

Hot outside? Cool off and make a splash with this list of fun water games! Play them at the pool or with the sprinkler in your yard!

POOL GAMES

Octopus

One person is declared “it” in the middle of the pool. All other players must get from one side of the pool to the other without getting tagged by “it.” If they get tagged, they must join hands with “it,” forming a giant octopus. Play until 1 person is left, then start again!

Invisi-Bottle

Fill an empty 2-liter plastic bottle with pool water. Then, line everyone up on the pool deck with their backs to the water. Toss the bottle into the pool! Once it splashes, everyone must turn around and try to find it!

Popsicle

It’s water freeze tag! After someone is declared “it,” they must swim around tagging everyone else. When someone is tagged, they must stand straight up with their hands above their head (like a popsicle). HOWEVER... if a player “submarines” and goes underwater, they cannot be tagged!

Whirlpool

Gather a group in the pool, and then slowly move around in a circle. Move faster and faster until a whirlpool is created!

SPRINKLER GAMES

Sprinkler Freeze Tag

With the sprinkler off, kids must run and dance around it. Then, turn on the sprinkler and have everyone freeze! Any player who moves while the water is on — no matter how wet they get — is out!

Tug of War

Grab a rope (or use a pool noodle or something similar) and divide up into two teams on opposite sides of the sprinkler. Then, tug! Warning: you will get wet!

Fill the Cup

Have everyone hold a plastic cup and begin moving around the sprinkler. All players must continue moving (walking, skipping, running or jumping!). If a player stands still, he or she must dump the water on their head and restart! The first to fill their cup with the spraying water wins!

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