

SUMMER NUTRITION CLUB SUPERHEROES

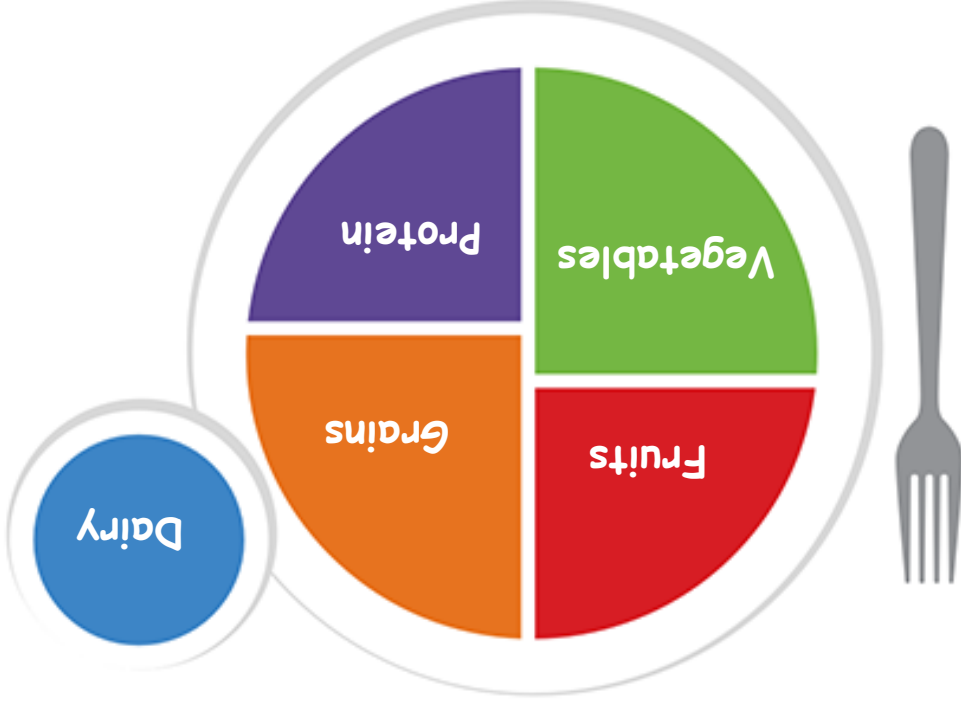
MISSION 1:

SUPER FRUITS & VEGGIES



—  —
G L E A N E R S

MY PLATE



2

LET'S MAKE:



SUPERHERO SIDEKICKS

INGREDIENTS:

- 1 stalk of celery
- 1 tablespoon cream cheese
- 4 grapes
- 4 cherry tomatoes
- Candy eyes (optional)

MAKE IT YOUR OWN!

- Use nut butter or Greek yogurt as the base.
- Use blueberries, cucumber, apple, kiwi, orange, etc. as toppings

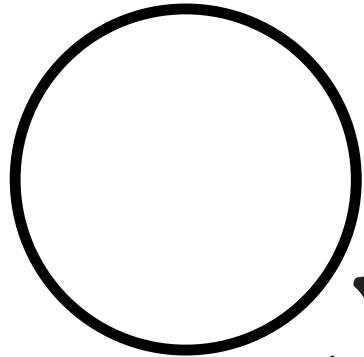
DIRECTIONS:

1. Cut celery into 2-3 pieces.
2. Spread cream cheese on each piece of celery.
3. Add grapes on top of the cream cheese on one piece of celery, and the cherry tomatoes on the other.
4. Optional: Use a small amount of cream cheese to attach candy eyes to the "head".

















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FOOD CRITIC

Food Name:



Draw food here

Look: 			
Feel: 			
Smell: 			
Taste: 			

Circle words that describe the food:

- Sweet Savory Sour
Bitter Fresh Crunchy
Spicy Sticky Juicy



FRUIT AND VEGGIE SUPERPOWERS



Red fruits and veggies help your heart and brain stay healthy

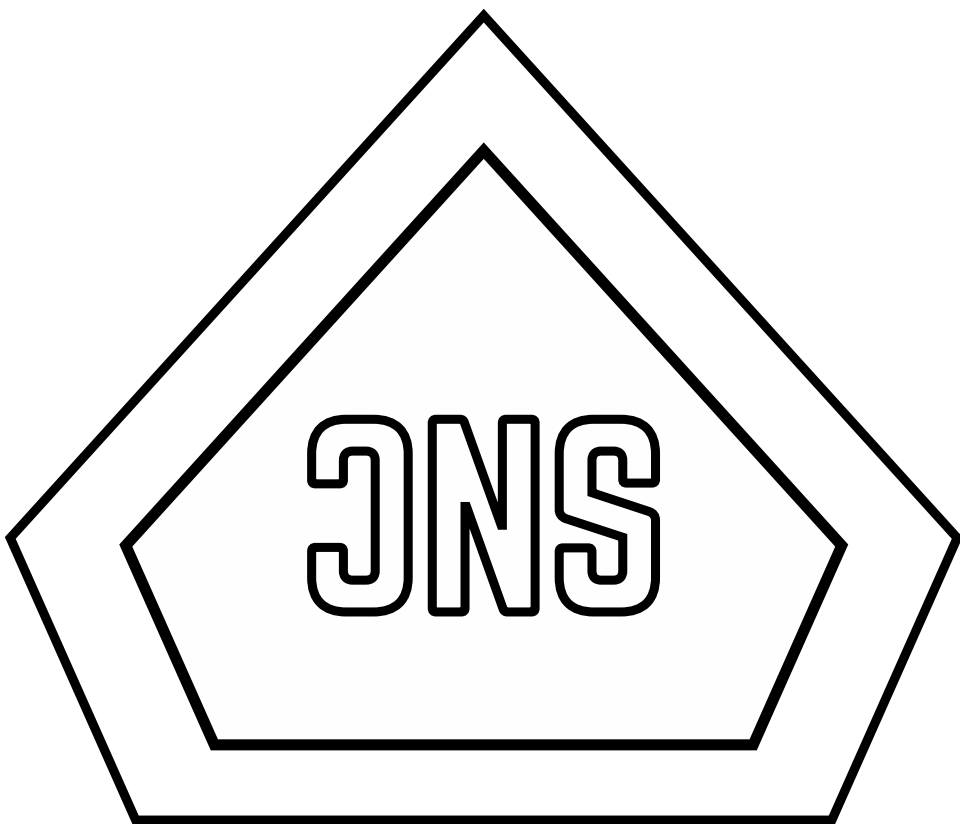
Orange and yellow fruits and veggies help your eyes and heart, and help you fight off sickness

Green fruits and veggies help your bones and teeth stay strong, and help to heal cuts

Blue and purple fruits and veggies keep your memory sharp

















White and **brown foods** help your heart stay healthy

NAME: _____



SUPERHERO SYMBOL

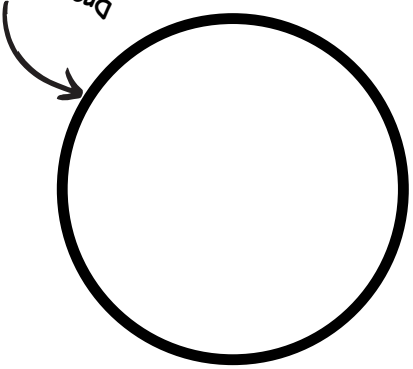
Food Name: _____

				Taste:
				Smell:
				Feel:
				Look:

Circle words that describe the food:

- Sweet Savory Sour
- Bitter Fresh Crunchy
- Spicy Sticky Juicy

Draw food here



FOOD CRITIC