

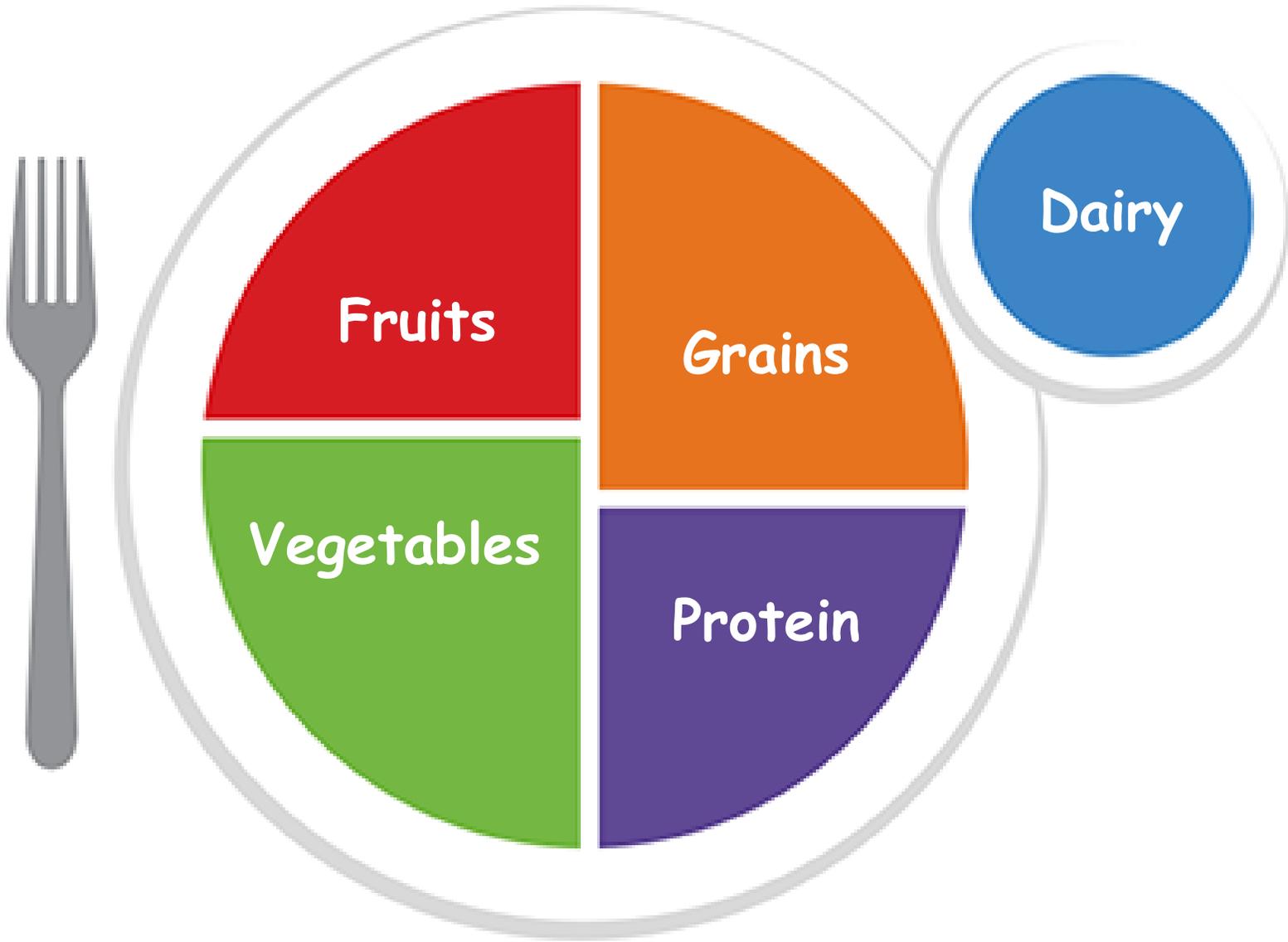
# SUMMER NUTRITION CLUB SUPERHEROES

**MISSION 1:**

## **SUPER FRUITS & VEGGIES**



# MYPLATE





# 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 fruits and veggies** help your heart stay healthy

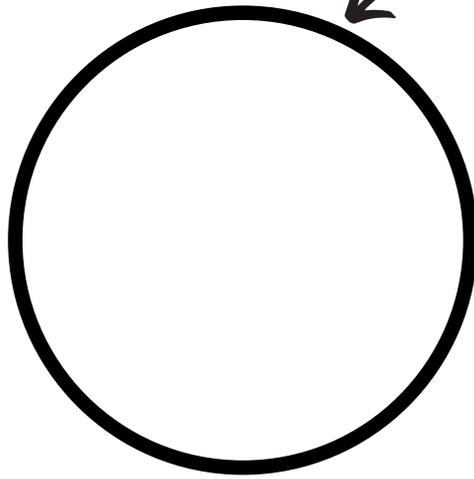
# **SUPERHERO SYMBOL**



**NAME:** \_\_\_\_\_

# FOOD CRITIC

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



Draw food here

<b>Look:</b> 			
<b>Feel:</b> 			
<b>Smell:</b> 			
<b>Taste:</b> 			

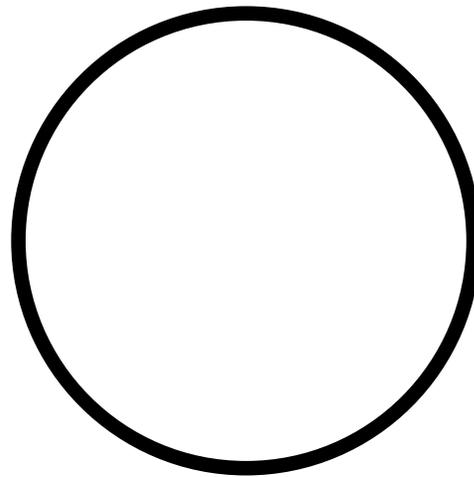
Circle words that describe the food:

Sweet      Savory      Sour

Bitter      Fresh      Crunchy

Spicy      Sticky      Juicy

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



Draw food here

<b>Look:</b> 			
<b>Feel:</b> 			
<b>Smell:</b> 			
<b>Taste:</b> 			

Circle words that describe the food:

Sweet      Savory      Sour

Bitter      Fresh      Crunchy

Spicy      Sticky      Juicy

LET'S MAKE:



# SUPERHERO SIDEKICKS

## INGREDIENTS:

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

Try this fun twist on ants on a log!

## 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".

## MAKE IT YOUR OWN!

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

