

To keep learning about the mystery of mealtime, scan the QR code with a smart phone camera or visit the link below!



[gleanersnutritionhub.org/summernutritionclub](https://gleanersnutritionhub.org/summernutritionclub)

**TOP SECRET**

**CASE 1:  
THE MYSTERY  
OF MEALTIME**

# MINI FRUIT PIZZA

A mini sweet treat!



## Ingredients:

1 rice cake

2 spoonfuls yogurt

(Greek, vanilla, or

strawberry)

1-2 strawberries

1 kiwi!

Any other fruit or

toppings you like!

*\*Makes 1 pizza\**

## Instructions:

1. Rinse and dry all produce
2. Slice strawberries and kiwi into small bite sized pieces
3. Spread yogurt on the rice cake
4. Arrange strawberries and kiwi on top of the yogurt
5. Enjoy your creation!

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SECRET AGENT:

AGENT NUMBER:

(YOUR AGE)

1

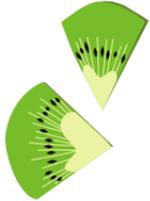
# MATCH THE FRUIT OR VEGETABLE TO THE DETECTIVE SKILL



Keeps your memory sharp to remember clues



Keeps your heart healthy so you can keep solving mysteries



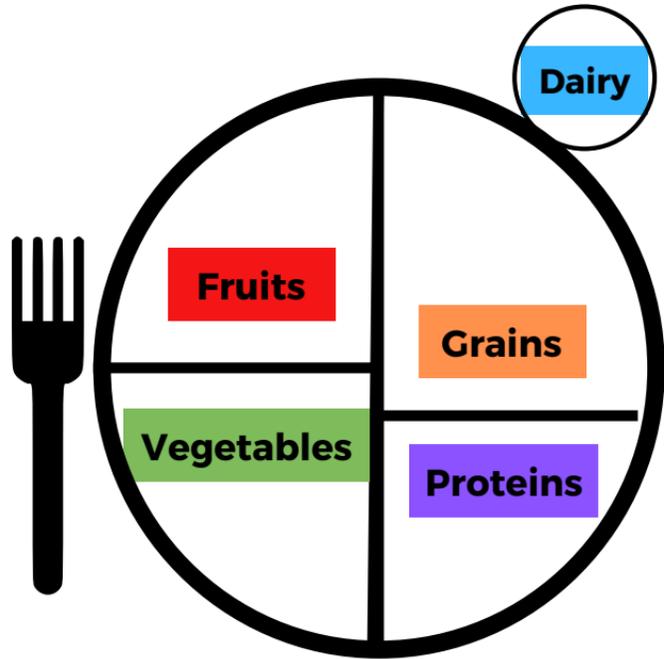
Help your eyes stay healthy to look for evidence



Helps to heal cuts you get solving the mystery

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# MYPLATE



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# HOW FRUITS AND VEGGIES HELP YOUR DETECTIVE SKILLS

**Red fruits and veggies**  
help your heart and brain

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

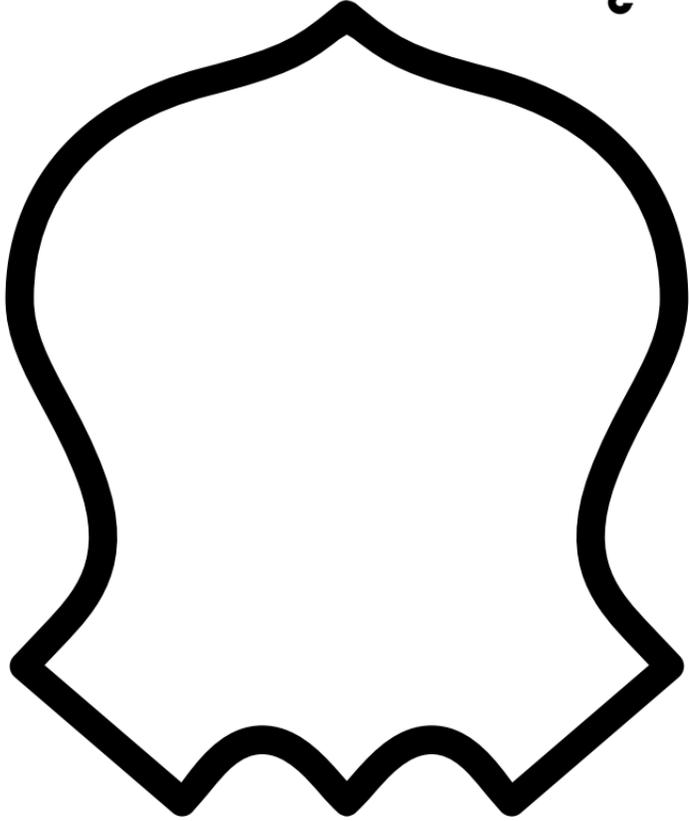
**Green fruits and veggies** help  
your bones and teeth stay strong,  
and help to heal cuts

**Blue and purple fruits and  
veggies** keep your memory sharp

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

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## MY BADGE



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