

TOP SECRET

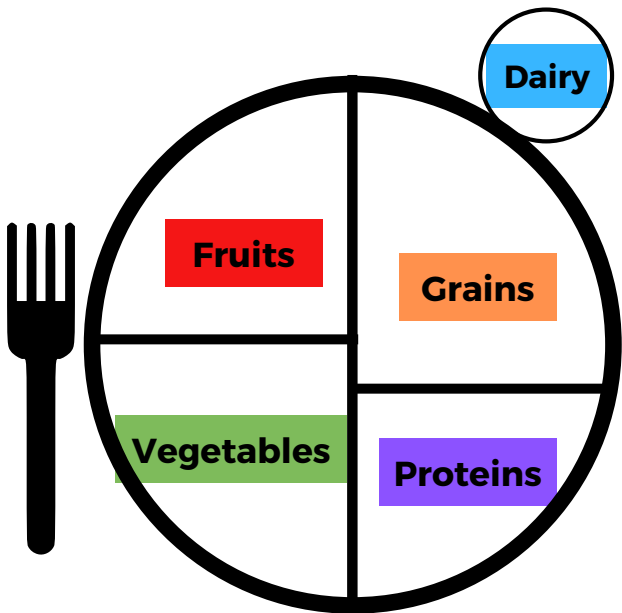
**CASE 1:
THE FEDERAL
BUREAU OF
FRUITS &
VEGETABLES**

SECRET AGENT:

AGENT NUMBER:

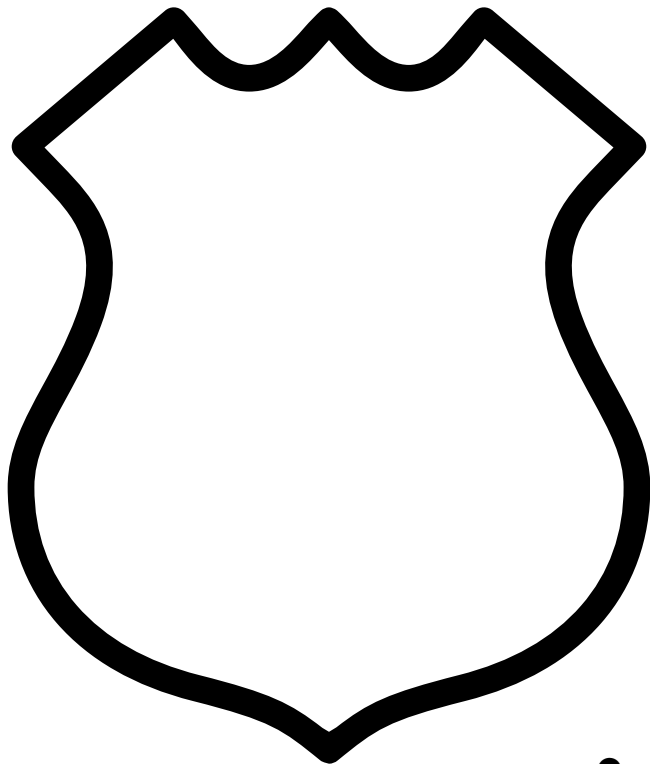
(YOUR AGE)

MYPLATE



2

MY BADGE



3

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

4

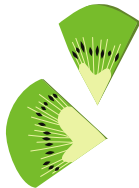
MATCH THE FRUIT OR VEGETABLE TO THE DETECTIVE SKILL



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

5

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!

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