SuperKids Nutrition

Good nutrition + Fitness = Healthy family

There is no April Foolin' that Spring is here!

With the welcoming warm weather that Spring brings take your after-school games outside. Grab some friends and join the Super Crew kids in these fun, outdoor activities:

1. Grab some chalk and map out a **hopscotch** course down the driveway!

2. Backyard **Field Day!** Pick 4 of your favorite events – football toss, sprint, jump rope, or basketball shots – and rotate through each station.

3. Take turns making a **Scavenger Hunt!** Who can find all the items?

4. Create 2 teams and play **Capture the Flag!** Each team hides their "flag" or towel and tries to capture the other teams without getting caught.

Vampires Beware!

Did you know garlic helps protect your body from colds and keep your heart and blood pumping properly? Garlic Day is April 19th and deserves some love for its super food powers!

Try eating garlic in three new ways:

#1: Help Mom or Dad make *roasty, toasty, garlicy* bread! Mix sautéed chopped garlic with olive oil and spread it on whole grain dinner rolls, add to pizza or in a veggie wrap.

#2: Grilled *Garlic* Cheese! Add chopped garlic and tomato slices into your next grilled cheese!

#3: Make your own Garlic Hummus! Blend 1 can of chickpeas, ½ cup olive oil, juice from ½ a lemon, ½ cup water, 2 garlic cloves, salt, and pepper. Enjoy with veggies strips like carrots, celery, or peppers!

Penny's April Mash Ups!

"I eat purple, power foods to move at super sonic speeds!"

- Penny

Help Super Crew kid Penny unscramble her packing list for her picnic trip! Celebrate National Picnic Day with a picnic at your favorite park or in your backyard!

MPULS
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RRCBYLBAEK
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EPLPUR SGPREA
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CSRCOE LALB
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STBKAE
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TEBES
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Purple Power Smoothie Bowl

Super Crew kid Penny loves fueling up with smoothies on warmer days…especially when they are **purple** and she can add her favorite toppings! Help her blend this smoothie into the grooviest shade of purple. Fuel up with Penny to get some extra super powers to keep you running your fastest, playing your hardest and thinking your smartest during all of your springtime activities.

What you'll need:

(Serves 2)

- ½ cup fresh or frozen blueberries
- ½ cup fresh or frozen blackberries
- 1 banana
- ½ cup plain Greek yogurt
- 1 cup baby spinach
- ¼ cup pomegranate juice
- 1 cup water (less if not using frozen berries)
- Toppings: try sliced banana, berries, walnuts, chia seeds or dark chocolate chips! Get creative!

1. Add juice, water, yogurt, spinach, and fruits to a blender.
2. Blend on high speed for 30-60 seconds.
3. Pour into two bowls, add your toppings and enjoy!

Answer Key: Plums, Purple Grapes, Basket, Blackberry, Soccer Ball, Beets

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