The Super Crew's Rainbow Food Plate!

Abigail needs your help to create a rainbow food plate for the Super crew! Write down your favorite healthy red, green, brown and white foods to give her a colorful plate!

Red Brown
Green White

Unscramble Andy's Orange World!

How many kinds of orange-colored foods do you know? Help Andy solve the word scramble of orange fruits and vegetables below!

GNEORA should be __ __ __ __ __ __
TARCOR should be __ __ __ __ __ __
MKPPINU should be __ __ __ __ __ __ __ __
YAAAPP should be __ __ __ __ __ __ __ __
MGNAO should be __ __ __ __

Pineapple and Strawberry Bright Smoothie!

Use seasonal strawberries and pineapples to create a tasty and bright colored smoothie bowl! This healthy breakfast will give you plenty of vitamin C and fiber to help keep your immune system stay strong and your gut be healthy! Top with oats and nuts!

INGREDIENTS
• 1 cup of strawberry halves
• 1 cup of chopped pineapples
• 1 cup of Greek yogurt
• ½ cup of milk of choice
• 1 teaspoon of honey (optional)

DIRECTIONS
• Put everything into a blender.
• Puree until smooth.

Answer Key for word scramble: orange, carrot, pumpkin, papaya, mango.

Nutrition & Fitness Tips

Super Crews' Favorite Colors!

Super Crews are discussing their favorite colors. Draw a line to match their favorite color based on what they said. Then write in your favorite foods that come in these colors.

Jessie: “I love the color of leafy vegetables.”

Kira: “I like the color of whole grains.”

Carlos: “My favorite color is the inside of a banana!”

Penny: “I just ate my eggplant. I love it!”

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