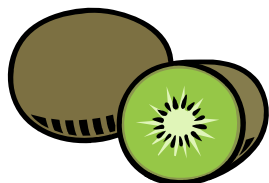
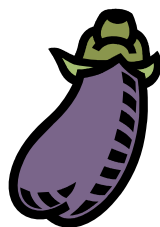


The Super Crew's Body Helper's Guide

Read **The Super Crew's Body Helper's Guide** to learn how different fruits and vegetables help our bodies. Then draw a line from the food to the part of the body that it helps!



The Super Crew's Body Helper's Guide



Marcus likes **yellow** foods because they are packed with antioxidants, which help to protect your cells, heart, and immune system. They also help to prevent cancer. *Examples include pineapple, yellow squash, and lemons.*



Andy likes **orange** foods because they have lots of vitamins. Vitamin C can help keep you from getting sick, and get you better faster if you do get sick. Vitamin A is good for your skin and eyes. *Examples include carrots, oranges, pumpkin, cantaloupe, and sweet potatoes.*



Abigail likes all colors of foods, especially **blue** foods. These foods help your mind and memory and can help protect you from cancer. *Examples include blueberries and açai.*



Kira likes **brown** foods like spices, herbs, and nuts because they are full of antioxidants and can help your heart. *Examples include almonds, cinnamon, and basil.*



Carlos likes **white** foods because they are good for your heart and veins. Some white foods can help protect you from cancer and others make your bones strong. *Examples include cauliflower, mushroom, white asparagus and garlic.*



Baby Tom/Tom likes **red** foods because they protect your heart, can protect you from cancer, and also help your mind and memory! *Examples include apples, pomegranate, red bell pepper and red grapes.*



Jessie likes **green** foods because they are good for your whole body, especially your eyes and nails. They also help keep you from getting sick. *Examples include kiwi, cabbage, broccoli, artichoke, tomatillo and spinach.*



Penny likes **purple** foods, which contain flavonoids that fight heart disease and cancer. Purple foods also help your memory. *Examples include eggplant, raisins, and elderberries.*



The Super Crew's Body Helper's Guide Key

Heart (**Yellow**): Pineapple

Head (**Blue**): Blueberries

Head, Arms, Legs (**White**): Banana

Eyes and Nails (**Green**): Cabbage, artichoke, tomatillo

Skin and Eyes (**Orange**): Oranges, pumpkin, cantaloupe

Heart (**Brown**): Almonds, mushroom

Heart and Head (**Red**): Apple, red bell pepper, strawberry

Heart and Head (**Purple**): Eggplant