

SuperKids Nutrition

Good nutrition
+ Fitness
= Healthy family



Let's play a word game!
Help Marcus create as many words
as you can from the word:

POLENTA

Marcus was able to find 40 words!
How many can you find? Below are some
examples to get you started!



1. TEN
2. PAN
3. APE
4. TOP

Word game answers: pole, lent, pant, plant, pot, net, tan, tape, tone, ate, die, ant, plot, plate, lap, let, lot, late, plan, plane, eat, tap, nap, no, leap, tea, loan, pat, nope, pen, on, at, plane, poet, an, eon

Easy Polenta Rounds

Want to try something tasty? Eat some polenta!
Ask a family member to help you make the recipe below,
so you can be a Super Crew star!

Ingredients:

- 1 tube pre-cooked polenta
- 2 tbsp of olive oil
- A few sprigs of fresh rosemary and chives

Directions:

1. Put the oven on broiler and preheat.
2. Wash chives and herbs.
3. Remove rosemary from stem.
4. Cut chives with kitchen scissors.
5. Cut the polenta into thin circles.
6. Grease cookie sheet with oil.
7. Place polenta rounds onto cookie sheet and lightly drizzle oil over polenta.
8. Broil for 8 minutes. Check after 5 minutes with oven light to make sure they're not browning.

Makes 5 servings



Quick Corn Facts

- Munch on corn for superhero-style vision! This veggie's got lutein and zeaxanthin, powerful phytochemicals that keep our eyes in tip-top shape!
- Did you know that each antioxidant has a different color?! So try corn in white, yellow, red, and even blue!
- Corn also has lots of fiber, which helps us feel full!

I love all yellow super foods, including polenta!
What's your favorite?

- Marcus

