

Meet The Super Crew

Meet all the Super Crew on the [Super Crew kids site!](#)



Abigail

Power:

Her powers change based on the foods she eats. Includes flying, x-ray vision and super smarts!

Power Foods:

Fruits and veggies of all colors, especially blueberries.

Kids

My Kids Site



My Coloring Page



My Body Powers



My Nutrition
Adventure Activity



My Nutrition Tip



Penny

Power:

Moves at super speed.

Power Foods:

*Purple foods like raisins,
eggplant
and elderberries.*

Kids

My Kids Site



My Coloring Page



My Body Powers



My Nutrition
Adventure Activity



My Nutrition Tip



Jessie

Power:

*Changes the form
of objects.*

Power Foods:

*Green foods like avocados,
green grapes
and kiwi.*

Kids

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My Body Powers



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My Nutrition Tip



Carlos

Power:
*Creates clouds
& stink bombs.*

Power Foods:
*White foods like mushrooms,
garlic and white beans.*

Kids

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