



# kid power in the house

## HEALTHY KIDS TODAY

### PREVENT CANCER TOMORROW

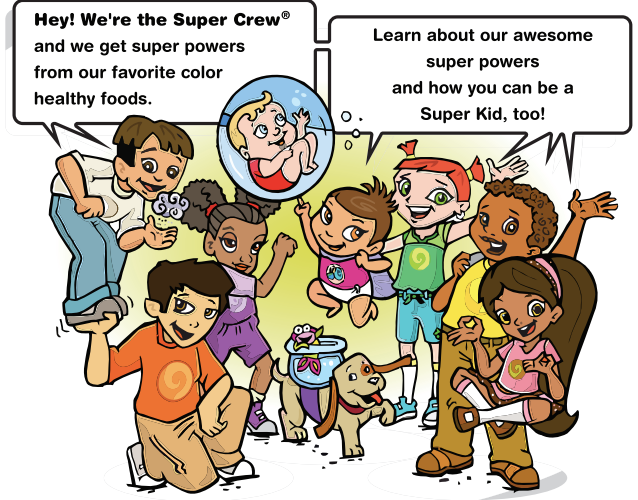
Campaign

**Do you know what makes a hero?:  
Super kids like you can help save lives every day!**

A hero is brave, strong, caring, and thoughtful. A hero makes sure they are healthy and strong so they can take care of others. Every kid can be a hero and that means you. You can help save lives starting right now!

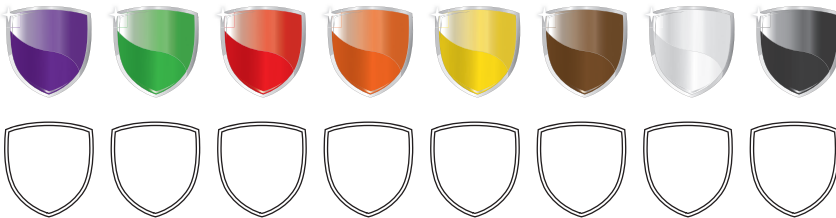
**Be a Super Crew Kid and stop cancer and other illnesses before they start.**

- Eat foods that make you smart, healthy and energized.
- Be active every day to stay strong and fit.
- Help your friends and family make healthy choices too.



## Track your colors today!

purple green red orange yellow brown white black



**How many colors have you eaten today?** Color the shields below to show it! Aim for at least 4 colors every day.

**Directions:** Fill in the shields with the color of the foods you ate today for fruits, vegetables, whole grains, nuts, beans, herbs and spices. See what colors are missing and be sure to eat them tomorrow.

Aim for at least 4 colors every day.



## Super Crew Kids and the Fight-o-Chemicals!

**The fight-o-chemicals** (phytochemicals) in fruits and veggies are like a force field that help you fight off invaders like cancer. Eat more colorful fruits, veggies, beans and other plant foods to make your Super stronger.

Super Crew Kids know these good foods fight off bacteria, viruses and disease so you can live healthy and stay strong. Colorful fruits and veggies also give you antioxidants, vitamins and minerals that fight cancer and other diseases.

**Ever wonder why fruits, vegetables and beans come in different colors?**

Colors are body protectors – every food's color works a different magic on your body.

-Jessie



**Plant foods of all colors can protect you against cancer, inside and out! Turn on your protective shield like the Super Crew.**



**For plants to grow strong, they need the help of the water and nutrients they get from the soil. Just like plants, you need water and nutrients from food to grow up to be healthy, strong and full of energy.**

**This is Super Crew Kid Marcus. He knows all about growing healthy. He loves to garden and take care of plants so they grow to be healthy and strong.**

Without good food, your shield can lose power and be hurt by body invaders. Cancer happens when these invaders are able to change the way cells work in your body.

When you eat colorful plants –vegetables, fruits, whole grains and beans– you get powers that act as a shield to keep your body safe from diseases like cancer.

## **Antioxidant Power:**

### **Help Super Crew Kid Marcus save the apple!**

You've probably seen cut apples turn brown when you leave them out for a while. Did you know that lemon juice can keep the apple fresh looking and not turn brown? That's the work of the antioxidants, which protect your body like they protect the apple!

#### **For this experiment, you will need:**

1. One apple.
2. Juice of one lemon.

#### **Directions:**

1. Cut the apple in half. (Ask an adult to help.)
2. Dip one half into the lemon juice, make sure the cut side is covered in juice. Do not do anything to the other half.
3. Leave both halves on the kitchen counter for a few minutes, then see if they look different.



**To prevent cancer, we need the help of antioxidants to protect our body from damage – like they protect the apple!**

-Marcus

**Make sure your family signs up for more free fun activities at [www.aicr.org/healthykids](http://www.aicr.org/healthykids)**

**Want the energy to run farther, jump higher, do cartwheels, swim faster and play better? Be a Super Crew Kid and get moving!**



**Did you know that being active...**

- makes you smarter and gives you brain power?
- keeps you at a healthy weight, helping you fight off cancer-causing invaders?
- makes you happier?
- can be so much fun?

Get active to help your bones and muscles grow stronger!  
Aim for at least 60 minutes of activity each day!

**Stay active!**

**In green** check off all the ways you like to be active.

**In blue** check off all the new activities you are going to try.

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/> Biking     | <input type="checkbox"/> Jump Rope              |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Dodgeball              |
| <input type="checkbox"/> Running    | <input type="checkbox"/> Flag Football          |
| <input type="checkbox"/> Dancing    | <input type="checkbox"/> Gymnastics             |
| <input type="checkbox"/> Kickball   | <input type="checkbox"/> Swimming               |
| <input type="checkbox"/> Volleyball | <input type="checkbox"/> Dance-Dance revolution |
| <input type="checkbox"/> Frisbee    | <input type="checkbox"/> Freeze Tag             |
| <input type="checkbox"/> Baseball   | <input type="checkbox"/> Soccer                 |
|                                     | <input type="checkbox"/> Tennis                 |



Draw or write about your favorite way to be active.

**Be smarter than the body invaders:**

Eat healthy and exercise to make your protective shield work its best! Be a super kid just like the Super Crew!



**Take the Cancer Prevention Pledge Today!**

When you make simple lifestyle changes today, you create a future where both you and your children can help avoid cancer, type 2 diabetes and heart disease. The choices you make and teach your children now will help them live to their full potential and feel great, too!

**Make sure your family signs up for more free fun activities at [www.aicr.org/healthykids](http://www.aicr.org/healthykids)**