Directions:

Spell the name of each fruit or veggie in the space below. Then take just the first letter of each word and read it out loud! It will spell my nick-name. I eat the colors of the rainbow, to give me super powers and help me grow healthy. How about you?

Spell my nick-name

Yellow Squash

Blueberries

Broccoli

Avocado

Super Baby Abigail

Visit me at:

www.superkidsnutrition.com

–

I have x-ray vision, super smarts, and can fly.

Color Me!

Visit the world one healthy food at a time.

 saving the world one healthy food at a time. TM

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Directions:
Can you think of fruits, veggies, nuts or beans that begin with each of the letters in Carlos' name?

A
R
O
L
C

Color Me!

Visit me at:
like bananas, cauliflower, and garlic.
I get my powers from white foods
sink bombs.
I create clouds and

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Saving the world one healthy food at a time.

TM

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– Carlos

Like bananas, cauliflower, and garlic.
I get my powers from white foods
sink bombs.
I create clouds and
A grain (actually a seed), gluten-free, the Aztec thought is had supernatural powers.

A grain

Small, round to oval citrus fruit, native to China, used mainly for preserves.

Italian soft cheese, made from whey, it has a similar texture to cottage cheese.

East African flat bread, made from Teff flour, it looks like a spongy pancake.

Italian so p cheese, made from whey, it has a similar texture to coagge cheese.

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Directions:

Show me how to spell my name using one of my favorite red foods twice. Got it?

Draw two RED foods that you like to eat:

Baby

Who likes to eat tomatoes?

Visit me at:

www.superkidsnutrition.com

I can move and shape water:

I drink water

I get my powers from drinking water and eating red foods like:

watermelon, beets, and raspberries.

Tomato

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– Tom-Tom

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Draw two RED foods you like to eat:
Directions: Marcus is learning to cook. So many words, so many techniques! Choose the word that matches each definition. If you’re stuck, ask an adult to help you search the Internet for answers.

- To flavor food to improve its taste appeal
- To cut food into bite-size pieces, larger than minced
- To cut food into very small pieces
- To bake or broil food to form a golden crust on top
- To boil a sauce to decrease its volume, concentrate flavor, and increase thickness
- To sauté food
- To broil
- To marinate
- To brown
- To temper
- To season
- To reduce
- To mince
- To stuff
- To cut
- To marinate
- To brown
- To season
- To reduce
- To mince

Mince
- To flavor food to improve its taste appeal
- To cut food into bite-size pieces, larger than minced
- To cut food into very small pieces
- To bake or broil food to form a golden crust on top
- To boil a sauce to decrease its volume, concentrate flavor, and increase thickness
- To sauté food
- To broil
- To marinate
- To brown
- To temper
- To season
- To reduce
- To mince

Color Me!

I can heal things and make heat. I get my powers from yellow foods like lemons, star fruit, yellow squash, and pineapple.

Visit me at: www.superkidsnutrition.com

Marcus

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Saving the world one healthy food at a time. TM
Directions: What is this character’s name? Spell it right. Choose only a GREEN-colored foods from the column to the right, then write each of them in the left column to spell her name.

- Iceberg Lettuce
- Italian parsley
- Squash, Chayote
- Snow peas
- Sugar snap peas
- Shallots
- Swaedd
- Spinach
- Eggplant
- Edible
- Escarole
- Edamame
- Jerusalem artichoke
- Jackfruit

What is this character’s name? Spell it right: Choose only a GREEN-colored foods from the column to the right, then write each of them in the left column to spell her name.

Jessie

Visit me at: www.superkidsnutrition.com

I can change the form of objects.

I get my powers from green foods like kiwi, broccoli, avocado, and cilantro.

Color me!

www.superkidsnutrition.com
Directions: Andy is searching for orange foods that start with the letters A, N, D, Y.

Learn from this activity?

Learn the definition of a new word: Go to a library, consult a dictionary, or do an online search and write the definition. Then, write the definition of a new word. Not so fast! First, think of unusual orange fruits like dragonfruit, date-plums, durian, Naranja orange, and nance. Can you think of any more fruits or vegetables that start with the letters that correspond to the letters in his name? In his search, he came across unusual orange fruits like dragonfruit, date-plums, durian, Naranja orange, and nance.

Vegetables that start with the letters A, N, D, Y?

Visit me at: www.superkidsnutrition.com

I am Super Strong.

- Andy

I get my powers from orange foods like apricots, sweet potato, carrots, and mango.

Color Me!

Search for orange

www.superkidsnutrition.com

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Saving the world one healthy food at a time. TM
I can move at Super Speeds.

I get my powers from purple foods like purple cabbage, eggplant, plums, and mulberries.

Visit me at: www.superkidsnutrition.com – Penny

Directions: Can you spell my name with purple fruits, veggies, whole grains, nuts, and legumes? The left column below is an example. You can fill out the right column. Surprise me!

What’s in a name?

Nutrition Tip: Freeze grapes off the vine for a cool and unique frozen sweet snack.