I can move at Super Speeds.

I get my powers from Purple foods and I love to help the Super Crew succeed.

Visit me at:

www.superkidsnutrition.com

- Penny

Penny’s favorite foods are:
- purple cabbage
- eggplant
- purple grapes
- purple potatoes

My absolute favorite sweet treat is frozen grape juice pops.

I make them with Grandmom by pouring concord grape juice into 4 oz popsicle containers.

Purple foods give you a good memory and may protect you from heart disease and cancer. They contain flavonoids, which keeps away heart disease and cancer.

Purple foods give you a good day.

Saving the world one healthy food at a time™

Superkids Nutrition Seasonal Guide for help.

Directions: Draw one purple food for each season section on this page. Use the eggplant, purple grapes, and purple potatoes.

Penny’s favorite foods are: purple cabbage,

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Color Me!

Winter

Spring

Summer
I can move and shape water.

I get my powers from drinking water and eating red foods.

I drink a lot of water to keep my skin soft, help me make tears and saliva, and help me digest food.

Red foods keep your heart healthy, may protect your body from cancer, and they help you remember to eat your vegetables.

Baby Tom-Tom’s favorite foods are: tomatoes, watermelon, raspberries, strawberries, beets, and pomegranate.

I get my powers from drinking water and eating red foods.

Visit me at: www.superkidsnutrition.com

Directions: Draw one red food for each season section on this page – use the SuperKids Nutrition Seasonal Guide for help.

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Saving the world one healthy food at a time...
Color Me!

I am Super Strong.

I get my powers from orange foods.

I love the outdoors and sports.

Visit me at:

www.superkidsnutrition.com

- Andy

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Andy’s favorite foods are:
pumpkin, sweet potatoes, mangoes, oranges, apricots and carrots.

Orange foods are full of vitamin A and beta-carotene. They keep your skin and eyes healthy and help you see in the dark.

Many orange foods contain vitamin C, which keeps you healthy and helps you battle the common cold.

Nutrition Seasonal Guide for help.

Directions: Draw one orange food for each season section on this page. Use the Superkids Seasonal Guide for each.

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Marcus

Visit me at:
and I like to garden.
Get my powers from yellow foods.
I can heal things and make heat.
Color Me!

Marcus’ favorite foods are:
pineapples, yellow squash, lemons, corn, and star fruit.

Did you know you can make
your favorite pasta sauce.
inside with a fork and top with yellow spaghetti squash. scrapes spaghetti from a squash? Bake a

Yellow foods are full of antioxidant, which fight off
dangerous “free radicals”. •

Did you know you can make spaghetti from a squash? Bake a yellow spaghetti squash, scrape the inside with a fork, and top with your favorite pasta sauce.

Saving the world one healthy food at a time™


Directions: Draw one yellow food for each season section on this page. Use the SuperKids Nutrition Seasonal Guide for help.

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I can camouflage with nature and levitate.

I get my powers from brown foods and herbs and spices, and I love to dance and climb trees.

Visit me at: www.superkidsnutrition.com

- Kira

Kira's favorite foods are: brown pears, cinnamon, walnuts and whole grains.

Nuts, like walnuts, protect your heart and brain.

Cinnamon and other spices are powerful antioxidants that fight off bacteria and decrease swelling.

Nuts, like walnuts, protect your heart and brain.

Drawing one brown food for each season section on this page - use the Superkids Nutrition Seasonal Guide for help.

Directions: Draw one brown food for each season. cinnamon, walnuts and whole grains.

Kira's favorite foods are: brown pears, cinnamon and other spices are

Winter

Spring
I can change the form of objects. I get my powers from green foods and I love science. I can change the form of objects.

Visit me at: www.superkidsnutrition.com

Jessie’s favorite foods are: avocados, brussels sprouts, broccoli, kiwi, and cilantro.

Green foods help your entire body, help you see better, make your nails grow strong and keep you from getting sick!

The cruciferous veggies (ex. broccoli) keep away cancer and give you strong bones and teeth.

Superkids Nutrition Seasonal Guide for help.

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Winter

Spring

Summer
Carlos -

My favorite foods are:
bananas, white beans, cauliflower, garlic, onions and jicama.

White foods keep your heart, lungs, and blood vessels healthy. They lower your cholesterol, fight cancer, make your bones strong, and fight germs.

Superkids Nutrition Seasonal Guide for help.

Directions: Draw one white food for each season section on this page - use the SuperKids Nutrition Seasonal Guide for help.

Visit me at: www.superkidsnutrition.com

I create clouds and sink bombs. I get my powers from white foods and my favorite subject is math.

Carlos'

Carlos is saving the world one healthy food at a time™
Abigail loves all colors of food but some of her favorite are blueberries, blue tortilla chips, kale, and black beans.

Directions: Draw one of your favorite foods. For each season section on this page—use the Superkids Nutrition Seasonal Guide for help.

Eat the colors of the rainbow! Eating different colored healthy foods keeps you growing healthy and strong so you can feel good. You live longer than ever before, and may project blue foods can help you from cancer and protect your memory.

Super Baby Abigail

I have x-ray vision, super smarts, and can fly. I get my powers from all colors of healthy food.

The Super Crew

Visit me at: www.superkidsnutrition.com

— Super Baby Abigail

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Saving the world one healthy food at a time

Visit me at: www.superkidsnutrition.com