The Super Crew’s Body Helper’s Guide

Read The Super Crew’s Body Helper’s Guide to learn how different fruits and vegetables help our bodies. Then draw a line from the food to the part of the body that it helps!

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Andy likes orange foods because they have lots of vitamins. Vitamin C can help keep you from getting sick, and get you better faster if you do get sick. Vitamin A is good for your skin and eyes. Examples include carrots, oranges, pumpkin, cantaloupe, and sweet potatoes.

Kira likes brown foods like spices, herbs, and nuts because they are full of antioxidants and can help your heart. Examples include almonds, cinnamon, and basil.

Baby Tom/Tom likes red foods because they protect your heart, can protect you from cancer, and also help your mind and memory! Examples include apples, pomegranate, red bell pepper and red grapes.

Penny likes purple foods, which contain flavonoids that fight heart disease and cancer. Purple foods also help your memory. Examples include eggplant, raisins, and elderberries.

Marcus likes yellow foods because they are packed with antioxidants, which help to protect your cells, heart, and immune system. They also help to prevent cancer. Examples include pineapple, yellow squash, and lemons.

Abigail likes all colors of foods, especially blue foods. These foods help your mind and memory and can help protect you from cancer. Examples include blueberries and açaí.

Carlos likes white foods because they are good for your heart and veins. Some white foods can help protect you from cancer and others make your bones strong. Examples include cauliflower, mushroom, white asparagus and garlic.

Jessie likes green foods because they are good for your whole body, especially your eyes and nails. They also help keep you from getting sick. Examples include kiwi, cabbage, broccoli, artichoke, tomatillo and spinach.

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The Super Crew’s Body Helper’s Guide Key

Heart (Yellow): Pineapple

Head (Blue): Blueberries

Head, Arms, Legs (White): Banana

Eyes and Nails (Green): Cabbage, artichoke, tomatillo

Skin and Eyes (Orange): Oranges, pumpkin, cantaloupe

Heart (Brown): Almonds, mushroom

Heart and Head (Red): Apple, red bell pepper, strawberry

Heart and Head (Purple): Eggplant

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