

WHAT AM I?

The Super Crew is on the lookout for fruits and veggies in and around Abigail's house, but they need your help. Try to figure out the answers from the clues below, but remember, you can peek at Super Baby Abigail's Lunch Time Adventure and view the characters' color powers in Meet the Super Crew™ on www.superkidsnutrition.com for more helpful hints!



I may help fight cancer and improve memory. I'm round and juicy, and grow on bushes. Super Baby Abigail loves me best!

What am I?



I can help your heart and your brain. Eating one of me a day may keep the doctor away. Baby Tom Tom likes me because I'm yummy, crunchy, and red!

What am I?



I help protect you against food poisoning and help your immune system. I give Kira superpowers. I come in many varieties—dried and fresh—and can add exciting flavors to foods.

What am I?

I'm full of vitamins and healthy monounsaturated fat. Eating me may help protect you from heart disease. Jessie mashes me into a sauce for tacos, or chops me up to add to a salad or sandwich.

What am I?



Can you find any other fruits and veggies in Super Baby Abigail's Lunch Time Adventure?

ANSWERS

The Super Crew is on the lookout for fruits and veggies in and around Abigail's house, but they need your help. Try to figure out the answers from the clues below, but remember, you can always peek at Super Baby Abigail's Lunch Time Adventure and view the characters' color powers in Meet the Super Crew™ on www.superkidsnutrition.com for more helpful hints!



I may help fight cancer and improve memory. I'm round and juicy, and grow on bushes. Super Baby Abigail loves me best!

What am I?
BLUEBERRY
(blueberry bushes)



I can help your heart and your brain. Eating one of me a day may keep the doctor away. Baby Tom Tom likes me because I'm yummy, crunchy, and red!

What am I?
APPLE
(apple trees; apples in fruit bowl)



I help protect you against food poisoning and help your immune system. I give Kira superpowers. I come in many varieties—dried and fresh—and can add exciting flavors to foods.

What am I?
HERBS and Spices
(herb bushes)



I'm full of vitamins and healthy monounsaturated fat. Eating me may help protect you from heart disease. Jessie mashes me into a sauce for tacos, or chops me up to add to a salad or sandwich.

What am I?
AVOCADO
(grown by Fruit & Veggie Pro)



Can you find any other fruits and veggies in Super Baby Abigail's Lunch Time Adventure?