Nutrition Adventures:
All the Colors of the Supermarket

This is a Supermarket Scavenger Hunt! As you make your way around the grocery, find the two fruits and/or vegetables listed for each “power color.” Check each item off as you go. It’s good for our body to eat fruits and veggies of all the colors of the rainbow. Each color has different powers to help you stay healthy.

**RED**
- Red pepper
- Pomegranate

**ORANGE**
- Apricot
- Sweet Potato

**YELLOW**
- Pineapple
- Yellow squash

**GREEN**
- Green onions
- Avocado

**BLUE/PURPLE**
- Eggplant
- Blueberries

**WHITE**
- Cauliflower
- Parsnips

**Depending on the time of year, these foods may be out of season and hard to find. In this case, try finding them in another form, like frozen or dried. In a pinch, try canned or jarred – but watch the salt and sugar!**

“saving the world one healthy food at a time” ™
© www.superkidsnutrition.com