

Your Name: _____



“Tasting all the colors of vegetables, fruits, whole grains, beans, nuts, herbs and spices boosts our body’s protective shield power.”
- The Super Crew®

The Super Crew® Shopping Cart Challenge

Directions:

1. Print this activity and take it to the grocery store.
2. Look at the **New American Plate** model:
2/3 plant foods and 1/3 animal proteins.
3. While shopping:
 - 2/3 (or more) of your grocery cart should be filled with vegetables, fruits, whole grains and beans. Put these in the big part of your cart.
 - 1/3 (or less) of your cart can be low-fat dairy and fish, poultry and lean meat. Wrap the fish, poultry and lean meat in plastic bags and put them in the top part of the cart.

Help your parents make a list of all the healthy foods you plan to buy at the grocery store:

Fruits

1. _____
2. _____
3. _____
4. _____

Vegetables

1. _____
2. _____
3. _____
4. _____
5. _____

Low-fat Dairy (examples: skim or 1% milk, low-fat yogurt and low-fat cheese)

1. _____
2. _____
3. _____

Whole Grains (examples: whole-wheat bread and pasta, brown rice, oatmeal, barley, bulgur, whole-grain low-sugar breakfast cereals)

1. _____
2. _____
3. _____

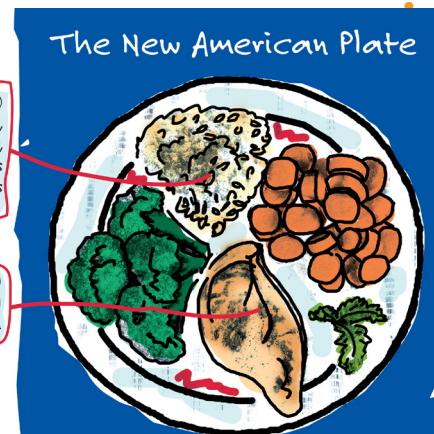
Beans (examples: black, kidney, white, chickpeas, pinto)

1. _____
2. _____
3. _____

Fish/Poultry/Lean Meat (examples are any kind of fish, chicken or turkey breast, skinless cutlets or tenders; and lean meats such as “round,” “loin” or flank steak)

1. _____
2. _____
3. _____

Draw yourself pushing a cart that is loaded with your favorite healthy foods. Make sure you include lots of veggies, fruit, whole grains and beans and smaller amounts of animal protein.



2/3 (or more)
vegetables,
fruits,
whole grains
and beans

1/3 (or less)
animal
protein

Use this model of the **New American Plate** to see the kinds of foods and amounts you need to fill your shopping cart in a healthy way. For more information about the New American Plate, visit www.aicr.org.



"I buy foods that help me run the fastest, jump the highest and think my best!"

-Marcus

Fill in the blank: Help the Super Crew figure out which foods will better shield their bodies for good health and energy. Think of foods that are a better choice for you and your family.

Hint: Choose food that are less processed, lower in fat, sugar and salt and include different colors.

Instead of this...

- Fruit juices or "drinks"
- Potato chips
- Sugary soda
- Whole milk
- White rice
- Sugar cereal
- Processed meat (bologna, bacon, sausage)
- Margarine and butter

Buy this...

- Whole fruit
- _____
- _____
- _____
- _____
- _____
- _____
- olive or canola oil, tub spread without trans fats

Visit www.aicr.org and www.superkidsnutrition.com to learn how to make healthy eating and living choices and for more fun activities with the Super Crew.