

It's a Tasting  
Party with the  
Super Crew®



the  
**Super Crew**

**Hey! We're the Super Crew®**  
and we get super powers  
from our favorite color  
healthy foods.

Learn about our awesome  
super powers  
and how you can be a  
Super Kid, too!



# Meet the Super Crew



**Kira** can camouflage with nature and levitate. “I like **brown foods** like pepper, quinoa, cinnamon, walnuts and whole grains!”



**Abigail** has X-ray vision, super smarts and can fly. “I like every color food, but **blue foods**, like blueberries and blue corn are my favorite!”



**Penny** moves at super speed. “**Purple** and **black foods**, like raisins, black beans and purple potatoes are the best ever!”



**Carlos** can create clouds and stink bombs. “Healthy **white and beige foods**, like garlic and cannellini are topnotch for me!”



**Marcus** can heal and produce heat. “I love **yellow foods**, like corn, star fruit, spaghetti squash and pineapple.”



**Jessie** can change the form of objects. “**Green foods** rock! Romaine lettuce, avocado, green grapes and homemade kale chips are foods I eat whenever I can!”



**Baby Tom Tom** can move and shape water. “**Red foods** like red pepper, watermelon and beets taste the greatest! My favorite drink is H<sub>2</sub>O!”



**Andy** is super strong. “**Orange foods** like carrots, mango, pumpkin and sweet potato keep me fueled right!”





## Green Foods



-Jessie

- Green foods can help your entire body. They help you:
  - See and feel better
  - Make your nails grow strong
  - Help keep you from getting sick
  - Give you strong bones and teeth
- Green foods give Jessie the power to change the form of objects.
- Jessie's favorite green foods are broccolini, Brussels sprouts, avocados, green grapes, kiwi, and cilantro.
- Which green foods will you eat to keep you healthy?





## White and Beige Foods

- Make your bones strong, fight cancer and keep your heart and blood vessels healthy.
- White and beige foods give Super Kid Carlos the power to make clouds and stink bombs.
- Carlos's favorite white foods are garlic, onions, cauliflower, jicama, bananas, and white beans.
- How many of you eat onions? How do you like to eat them?



-Carlos

**Did you know that your blood vessels are like a highway?  
Your blood travels through your super highway to get  
to your brain, heart, and important parts!**



**-Tom-Tom**

## Red Foods



- Red foods keep your heart healthy, may prevent against cancer, and help you remember better.
  - Put your hand over your hearts. Do you hear it beating?
  - Look at your veins in your arms.
  - Keep your heart and veins healthy by eating red foods!
- Red foods and water give Super Kid Baby Tom-Tom the power to move and shape water.
- Baby Tom-Tom's favorite foods are watermelon, tomatoes, beets, strawberries, raspberries, and pomegranates.
- Can you name some red foods that also have a lot of water?



## Yellow Foods



-Marcus

- Contain lots of antioxidants.
- They also keep your heart healthy, prevent cancer, and keep you from getting sick.
- Yellow foods give Super Crew Kid Marcus the power to heal things and create heat.
- Marcus's favorite foods are lemons, pineapple, yellow squash, corn, starfruit, and yellow pepper.
- What is your favorite yellow vegetable?

Did you know that antioxidants fight off villainous free-radicals?  
Free radicals are invaders who try to damage your cells.







## Orange Foods



-Andy

- Orange foods can make you see better and get better faster when you are sick
- Orange foods give Super Kid Andy the power to be super strong. They give him strength to climb, and carry many things. Sometimes, he has to carry the entire Super Crew!
- Andy's favorite foods are pumpkins, apricots, oranges, carrots, mangoes, and sweet potatoes.
- What new orange foods would you like to try?



## Black and Purple Foods

- Black and purple foods can help you improve your memory, help you do better in school,
- Some black and purple foods also contain antioxidants. Do you remember what an antioxidant does?
- Black and purple foods give Super Crew Kid Penny the power to move at super speeds and become a great leader.
- Penny's favorite foods are purple potatoes, eggplant, mulberry, plums, purple grapes, and purple cabbage.
- Can you think of some other purple or black foods?



-Penny



## Brown Foods



-Kira

- Brown spices like cinnamon can fight off germs/bacteria and improve swelling.
- Nuts like walnuts and almonds can improve your brain and protect your heart
- Brown foods give Super Crew Kid Kira the power to camouflage with nature and levitate.
- Kira's favorite foods are cinnamon, turmeric, whole grains, brown figs, pears and walnuts.
- Can you name a nut that looks like a heart and a brain?





## Eat all the colors!



- Eating all of the colors keeps you healthy, and grow big and strong.
- Super Crew Kid Baby Abigail gets her powers from eating all of the colors. Her powers change with the foods she eats. She is super smart, has x-ray vision, and can fly.
- By eating all of the colors, you can be super healthy, too!
- Baby Abigail's favorite foods are blueberries, blue tortilla chips, limes, black beans, strawberries, and kale.

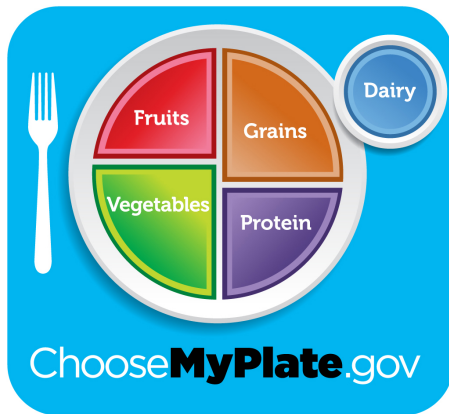


## Aim for Every Color...

- The Super Crew says to aim for at least 4 different colors everyday.
- Fruits and vegetables
  - come in all different colors!
  - are packed with many vitamins and minerals that may help protect you from getting sick
- Your body will get a wide range of valuable nutrients to keep you super healthy like:
  - fiber
  - folate
  - potassium
  - vitamins A and C.



# Let's Practice My Plate with Color!



- Make  $\frac{1}{2}$  your plate fruits and vegetables
  - Fruits
  - Vegetables
  - Always remember to eat a variety of colors!
- Make at least  $\frac{1}{2}$  your grains whole grains
- Go lean with protein
- Choose low-fat or fat-free dairy





# Name 2 Healthy foods that you like for each Super Crew Character!



RED

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BLUE

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ORANGE

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PURPLE

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YELLOW

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BROWN

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GREEN

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WHITE

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# Now It's Your Turn to Eat All the Colors!!!

## Colorful Lettuce Wrap

Serves 15

- 1 bag of shredded **carrots**
- 1 head of **romaine lettuce**
- 2 whole **red peppers**
- 1 can (15 oz) of **black beans**
- 1 can (15 oz) of **corn**
- 2 cloves of **garlic** (dressing)
- A pinch of **brown pepper** (dressing)





## Now It's Your Turn to Eat All the Colors!!!

### For Dressing:

$\frac{3}{4}$  cup olive oil  
 $\frac{1}{4}$  cup balsamic vinegar  
1 tablespoon honey  
2 cloves garlic, minced  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon dry mustard  
 $\frac{1}{4}$  teaspoon ground pepper

### Directions:

- Combine ingredients for dressing and mix together.
- Slice and cut red peppers.
- Separate leaves of romaine lettuce
- Mix together corn, black beans, shredded carrots, peppers, and dressing.
- Put in lettuce wrap, and enjoy!



# Make a Fruit Rainbow at Home

Fantastic Fruit Kabob  
Serves 12

**12 strawberries**, halved  
**1 cantaloupe**, cubed  
**2 bananas**, cut  
**3 kiwis**, sliced  
**1 pint of blueberries**  
**24 grapes**

Place all the fruit on a skewer, with the pointy edge removed.



the  
**Super Crew**



**Activity**

- 1) Write in the names of each section of [MvPlate](http://MvPlate.gov) in the outer circle
- 2) Draw and color your favorite healthy foods in each section

**Healthy Body Pledge**

- ☐ I want to grow strong and healthy
- ☐ I want to feel my best inside and out
- ☐ I will make sure to eat more fruits, veggies and whole grains each day.

**Start -Stop -Keep for the healthiest you!**

Start \_\_\_\_\_

\_\_\_\_\_

Stop \_\_\_\_\_

\_\_\_\_\_

Keep \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

