# A Tasting Party for all of the Colors with the Super Crew®
Colorful Lettuce Wraps

Ingredients

- 1 bag of shredded carrots
- 2 heads of romaine lettuce
- 2 whole red peppers (roasted glass jar pepper optional)
- 1 can (15 oz) of corn
- 1 can (15 oz) of black beans
- Make or buy balsamic vinaigrette dressing or ranch dressing
- Optional : quinoa or brown rice

Tools

- Knives for cutting vegetables - include plastic knives for younger children
- Can opener
- Plates
- Spoons
- Small serving bowls
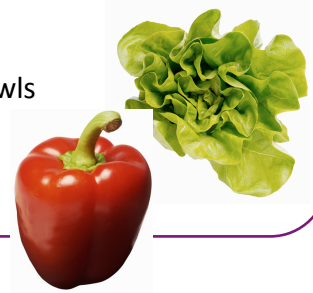
Directions

1. Wash and separate leaves of romaine lettuce

2. Wash and cut red peppers into small pieces

3. Combine pieces of pepper, black beans, corn, shredded carrots, salad dressing and optional ingredients in a serving bowl.

4. Mix vegetables together.

5. Wrap vegetables in a salad leaflet, and enjoy!

Did you know you know eating a variety of colors makes you have super healthy powers? Eat at least 4 different colors everyday and you can be a Super kid, just like us!
-Andy

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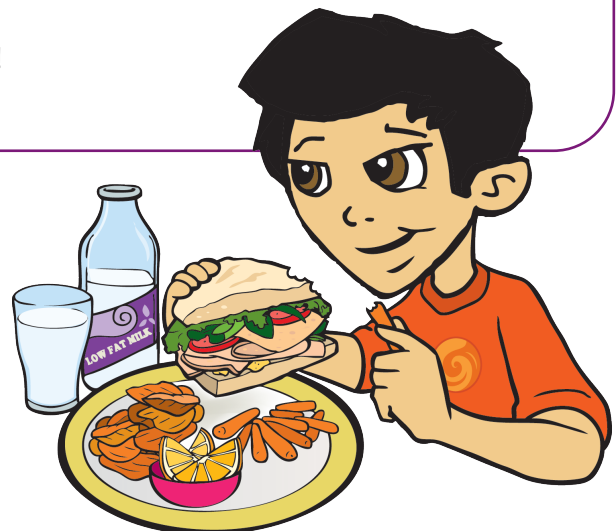
A Tasting Party Logic Puzzle

At the tasting party, Baby Abigail told the Super Crew kids that they should eat all of the colors of fruits and vegetables. So, all of the Super Crew kids decided to taste a new color of food.   Baby Abigail made black beans, yellow corn, orange carrots, red pepper, and green lettuce. Baby Tom Tom, Jessie, Penny, Marcus, and Andy attended the party. Using the clues below, find out which new food each Super Kid tried!

1. None of the children ate the same thing

2. None of the Super Crew kids ate their favorite color of food at the tasting party.

3. Andy ate a yellow vegetable

4. Baby Tom Tom did not eat an orange vegetable

5. Jessie ate Penny's favorite color food

6. Penny wants X-ray vision, and ate a vegetable that helps her see better!

-Abigail

	Baby Tom-Tom	Jessie	Penny	Marcus	Andy
1. Black Beans					
2. Romaine Lettuce					
3. Carrots					
4. Red Pepper					
5. Corn					

Baby Tom Tom   Carlos   Marcus   Penny   Jessie   Andy   Kira

Practice MyPlate and your Colors!

• Make ½ your plate fruits and vegetables

• Make at least ½ your grains whole grains

• Go lean with protein

• Choose low-fat or fat free dairy

• Always remember to eat a variety of colors!

ChooseMyPlate.gov

A Tasting Party Logic Puzzle Answer Key

	Baby Tom Tom	**Jessie**	**Penny**	**Marcus**	**Andy**
1. Black Beans	X	yes	X	X	X
2. Romaine Lettuce	yes	X	X	X	X
3. Carrots	X	X	yes	X	X
4. Red Pepper	X	X	X	yes	X
5. Corn	X	X	X	X	yes

Answers: 1. Jessie 2. Baby Tom Tom 3. Penny 4. Marcus 5. Andy

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