



2 FUN ACTIVITIES INSIDE!

EVERY FOOD GROUP, EVERY DAY!

HEALTHY HEROES



HEALTHY HERO PLEDGE

I, _____ promise to fuel my body with wholesome food and drink, stay active and strive to inspire others by leading a healthy lifestyle.

OUR MISSION IS TO INSPIRE AND EMPOWER YOU WITH THE KNOWLEDGE TO MAKE HEALTHY CHOICES. WE WANT TO NOURISH THE POTENTIAL OF YOUR YOUTH IN A FUN AND CREATIVE ATMOSPHERE. TAKE THIS PLEDGE AND BE PART OF OUR TEAM!



HEALTHY HEROES

Get in top shape by eating every food group, every day!

Eating from every food group every day gives you the nutrients to get in top shape!

Protect your body by eating fruits & vegetables, like mango, banana, cucumber, and carrots.

Give your body energy by eating grains and starches, like brown rice, whole wheat bread, and corn.

Build your body for growth and strength by eating protein and dairy, like eggs, fish, peanut butter, and milk.

When we eat the right balance of all five food groups, we can protect, energize, and build our bodies to be our best selves!



Why do you need energy, protection, and body-building foods?

Fill in 1 goal you can achieve with these important functions.

Protection (FRUITS & VEGETABLES)

STRONG & HEALTHY HEART

LESS SICK DAYS

HEAL INJURIES

HEALTHY SKIN

HEALTHY WEIGHT

RUNNING

STAYING ALERT IN SCHOOL

PLAYING WITH FRIENDS

DANCING

STRONG BONES

STRONG MUSCLES

STRENGTH & POWER IN SPORTS

GROWING

Energy (GRAINS & STARCHES)

Body-Building (PROTEIN & DAIRY)

HELP THE HEALTHY HEROES PICK THE RIGHT SNACKS!

Fruits & Vegetables

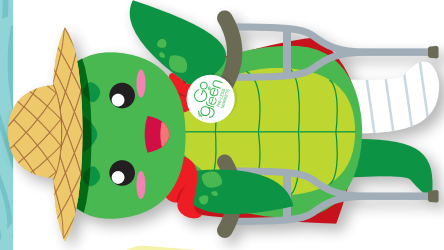
are like magic healing potions for our bodies! They come in all sorts of fun colors and shapes, and they're packed with vitamins, fiber, and other nutrients. They act like a shield, **protecting** us from getting sick or hurt, and helping us heal if we do. Plus, they make our skin glow, help us see in the dark, and keep food moving through our tummies. So, remember to eat your fruits and veggies to keep your body and immune system in tip-top shape!

Grains & Starches

are like super-fuel for our bodies. When we eat foods like bread, cereal, crackers, rice, and corn our bodies turn these carbs into **energy**. This energy is what helps us run, jump, play, dance, and do all the amazing things we love. So, remember to eat your whole grains and starchy foods to keep your energy levels up and stay active!

Protein & Dairy

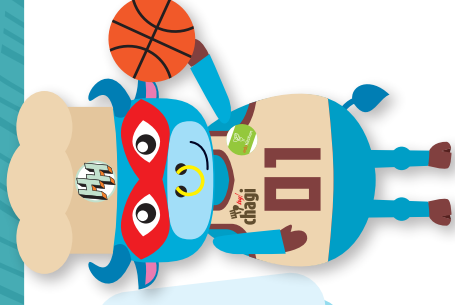
helps us grow and stay strong. When we eat foods like chicken, eggs, beans, and milk, we get protein and calcium to **build our bodies**. They help our muscles and bones grow strong to help us play, run, and even climb. So, don't forget to eat your protein and dairy foods to grow and be strong.



Tasi needs a protective food to heal quickly.



Neni Girl needs an energy food to dance all day long.



Kiko needs a body-building food to jump higher.

