



2 FUN
ACTIVITIES
INSIDE!

FRUITS &
VEGGIES



GIVE ME

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

Stay healthy by eating five fruits and vegetables everyday!

Eating 5 fruits and vegetables every day is like giving our bodies a high-five of health! These colorful foods are packed with vitamins and minerals that help us feel awesome. They make our skin sparkle, help us see in the dark, and keep our tummies happy. Plus, they protect our superhero bodies so we are ready for any adventure. So, remember to **GIVE YOURSELF 5** of these amazing treats every day, and you'll be a healthy, happy kid!



MATCH A FRUIT OR VEGGIE WITH EVERY MEAL/SNACK

Fruits & Veggies



Meal/Snack





Guam is like a treasure island of tropical fruits and veggies!

We have delicious things like mangoes, papayas, and watermelons that are juicy and sweet. And guess what? You can enjoy them in super fun ways!



Try making fruit smoothies, fruit salads, or even yummy fruit popsicles. Don't forget the veggies like eggplant and bok choy, which can be used in tasty dishes like tinaktak and kádu. Eating these colorful treats in exciting ways makes them super yummy and good for you!

FIND 5 OF YOUR FAVORITE FRUITS & VEGGIES

B A N A N A C X C S L E T T U C E D
W F Q S H Z H E C T P C T P E A R S
Y O A J O M J S A R R A Z O Q F T A
I E B K N R B A B A D L A T M B L N
P T E A I A A L B W E A U A V A R C
B J L L K W Q N A B G M E T A O T C
E A L E Y C I W G E G A V O C A D O
A Q P D B A A I E R P N L T Y S A C
N P E O U R V R Y A I H G M B A N
S C P W N J E E R Y A I G M B A N
P B P L F I T A P O N M A V D R T U
N X E M E Z O G D B T R A Q Y O E T
G A R L I C A N Q F A W J N U C R U
R B E R R Y H R O P R I Y M G C M W
A L K B A G O A S Y V U A F A O E R
P Z J P I N E A P P L E I B J L L O
E C A U L I F L O W E R B T J I O E
S P I N A C H E C H E R R Y W A N E

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|-----------|------------|-------------|---------|-----------|------------|
| APPLE | BLUEBERRY | CAULIFLOWER | GRAPE | ORANGE | STRAWBERRY |
| ASPARAGUS | BREADFRUIT | CHERRY | KALE | PAPAYA | TOMATO |
| AVOCADO | BROCCOLI | COCONUT | KIWI | PEAS | WATERMELON |
| BANANA | CABBAGE | CORN | LETTUCE | PINEAPPLE | |
| BEANS | CALAMANSI | EGGPLANT | MANGO | POTATO | |
| BELPEPPER | CARROTS | GARLIC | ONION | SPINACH | |