

SUPER SNACK PLATE



MY SUPERHERO:

MY SUPERHERO NAME:



SUPER INSTRUCTIONS

STEP 1

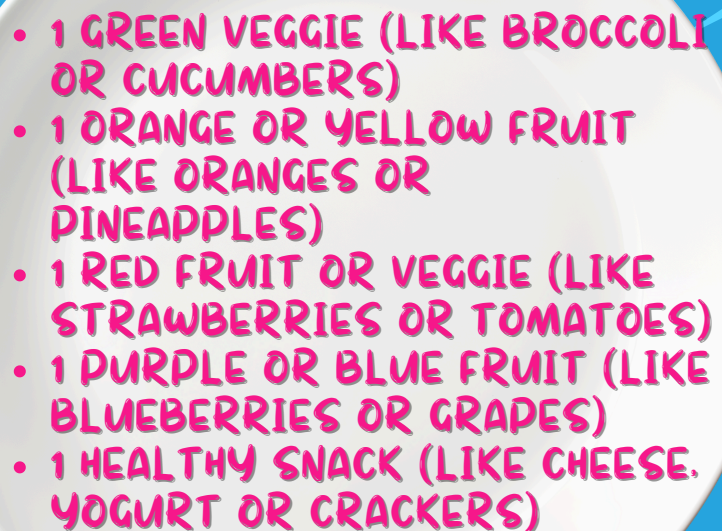
LOOK AT YOUR EMPTY PLATE. THIS IS YOUR SUPER SNACK PLATE! SUPERHEROS NEED COLORFUL FOOD TO GIVE THEM STRENGTH, ENERGY, AND FOCUS.

STEP 2

USING CRAYONS, MARKERS, OR STICKERS, FILL YOUR PLATE WITH THE FOODS DOWN BELOW.

STEP 3

AT THE BOTTOM OF THE PAGE, DRAW YOURSELF AS A SUPERHERO WITH YOUR SUPERHERO NAME AND SUPER SNACK PLATE! YOU WILL EARN YOUR FUEL HERO BADGE WHEN DONE!

- 
- 1 GREEN VEGGIE (LIKE BROCCOLI OR CUCUMBERS)
 - 1 ORANGE OR YELLOW FRUIT (LIKE ORANGES OR PINEAPPLES)
 - 1 RED FRUIT OR VEGGIE (LIKE STRAWBERRIES OR TOMATOES)
 - 1 PURPLE OR BLUE FRUIT (LIKE BLUEBERRIES OR GRAPES)
 - 1 HEALTHY SNACK (LIKE CHEESE, YOGURT OR CRACKERS)



SUPER TIP: EATING THE RAINBOW HELPS YOUR BODY STAY STRONG, YOUR BRAIN STAY SMART, AND YOUR HEART STAY HAPPY!

