

# 3's A Treat

Eating Healthy gives you Superpowers.

# Nutri-STEM



Hi , my Nutri- Hero name is

I have the super power of

1

2

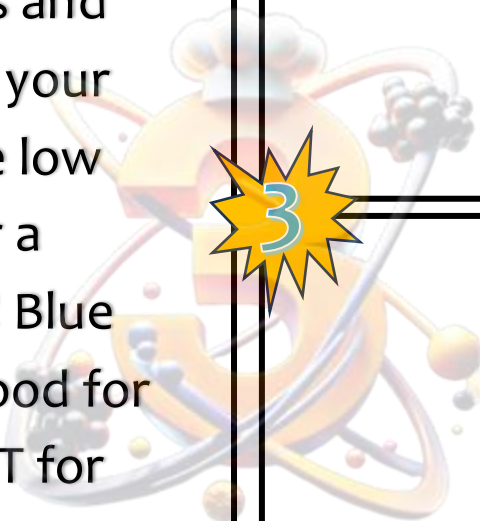
& 3

1

Red foods give you power like super vision because they make your eyes stronger, also red food can make your skin shine heathy and brighter than ever! Orange and yellow foods provide vitamin A, while also giving you super strength building up you joints and bones! Green BOOST your energy when you are low energizing you for a superspeed recovery! Blue and purple foods are good for your heart and GREAT for your memory BOOSTING brain power!

2

3





To maintain my superpowers I eat lots of food such as



Orange/ Yellow

- Oranges
- Carrots
- Cantaloupe
- Mango
- Pumpkin
- Apricot
- Squash

Green

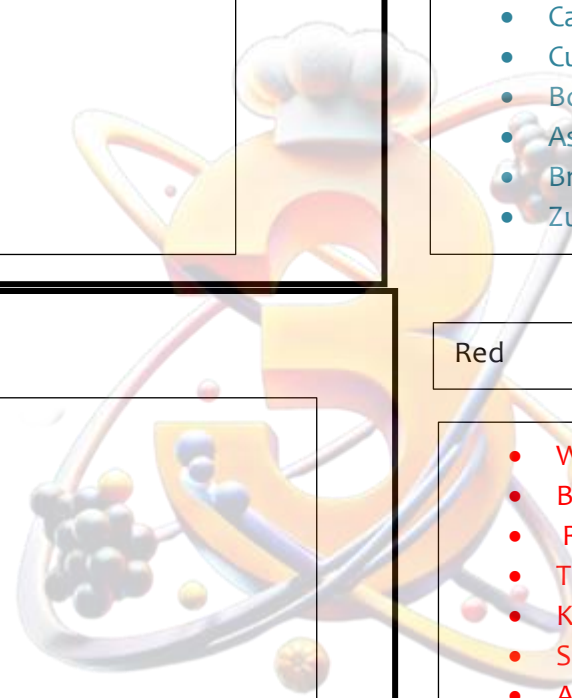
- Broccoli
- Cabbage
- Cucumber
- Bok choy
- Asparagus
- Brussel sprouts
- Zucchini

Blue/Purple

- Purple cabbage
- Blackberries
- Purple grapes
- Eggplant
- Elder berries
- Beets
- Blueberries

Red

- Watermelon
- Bell pepper
- Radish
- Tomato
- Kidney beans
- Strawberry
- Apples





**Check me out!**





Food

Science



Nutrition



**We are chemicals, we are what we  
eat unravel the science with**

**3's A Treat!**