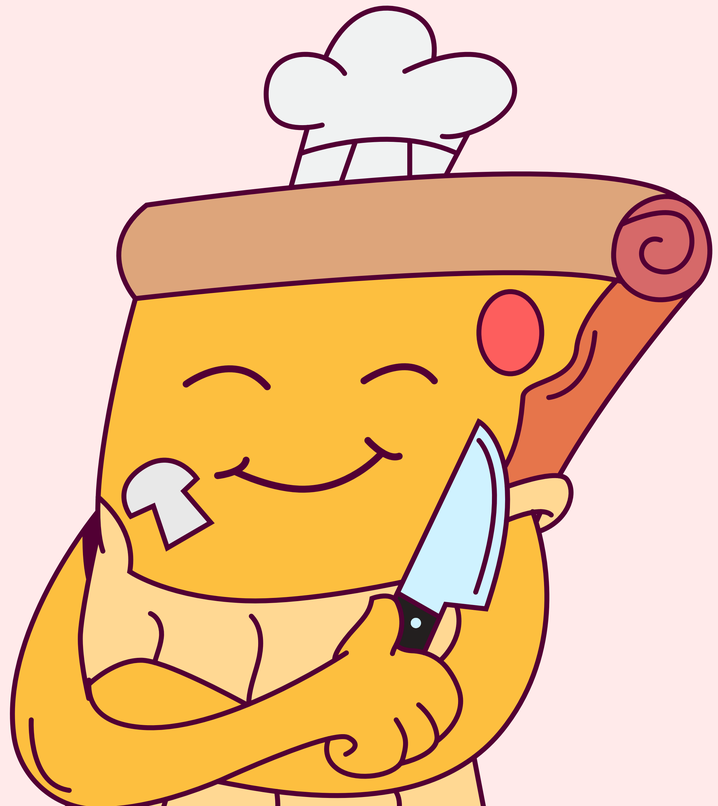
Nutrition Point #1

EAT COLORFUL FOODS-FUEL YOUR BODY WITH A 🌈 RAINBOW!

CREATED BY THE WELLNESS PIZZA

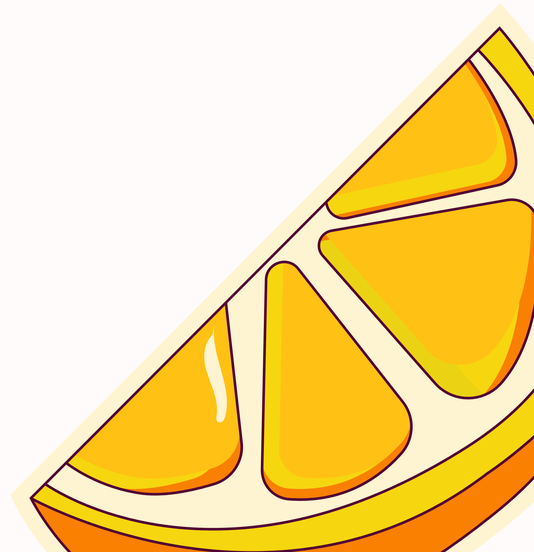


Did you know your body loves color but not just in crayons and clothes? It loves colorful foods too! Fruits and vegetables come in all colors of the rainbow red, orange, yellow, green, blue, and purple and each color gives your body something special.

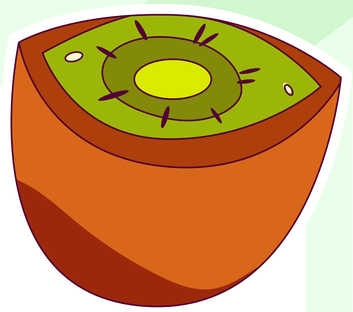
Red foods like strawberries and tomatoes help your heart. Orange and yellow foods like carrots and mangoes help your eyes and skin. Green foods like broccoli and spinach keep you strong and healthy. Blue and purple foods like blueberries and grapes help your brain. And white foods like cauliflower? Yep, they count too they help your bones!

When you eat lots of different colors, you give your body superpowers to run faster, think clearer, and stay happy. That's why we say: **Eat the Rainbow!**

You don't have to eat all the colors in one meal but try to mix it up throughout the day. The more colors you eat, the more nutrients you get. And guess what? Colorful food is fun and tasty too!



Activity: Fruit & Veggie Paint Lab



- Small plastic paint palette or mini cups
- Paint brushes or cotton swabs
- White paper or outline coloring sheets
- Plastic Mixing spoons
- Plates or cutting boards
- Fruit and veggies **Strawberries or raspberries** (red), **Mango or oranges** (orange/yellow) Spinach or kiwi (green) **Blueberries** (blue/purple) **Grapes** (purple) or **blackberries** (deep purple) **Banana** (light yellow, for mixing). you should only need 1-2 pieces or slices! See Recipe below to use more and the remainder.

1. **Mash each fruit or veggie separately in a small cup to make a thick, colorful "paint."**
2. **Add a tiny splash of water if needed to make it smoother or white paint to make it thicker.**
3. **Put each "paint" into a section of the paint holder or mini cup.**
4. **Let kids dip and paint on paper they can make rainbows, fruit shapes, or silly creatures!**

Rainbow Fruit Salad (Serves 4)

- Ingredients: 1 cup strawberries, chopped
- 1 cup mango or pineapple, diced
- 1 cup green grapes or kiwi, sliced
- 1 cup blueberries or blackberries
- 1 banana, sliced
- Juice of ½ an orange or lemon

Wash and cut all the fruit into bite-sized pieces.
Put all the fruit in a big bowl.
Squeeze orange or lemon juice over the fruit to keep it fresh and bright.
Serve in small bowls or cups.
Enjoy your edible rainbow!

Tip: Let kids help with washing, mixing, or arranging by color for extra fun!

Nutrition Point #2

HYDRATE! DRINK WATER – SUPERHEROFUEL FOR YOUR BODY!

Do you know what your body's favorite drink is? It's not juice, soda, or sports drinks it's good old **WATER!** Your body is made up of about 60% water, which means water helps you do almost everything: run, jump, think, and even sleep. When you drink enough water, you have more energy to play, your brain works better in school, and your skin stays happy and healthy.

Imagine your body as a superhero car. Water is the fuel that keeps it running fast and smooth. Without enough water, your superhero car might feel slow and tired and no one wants that!

Sometimes, we forget to drink water because we don't feel thirsty right away. That's why it's important to sip water throughout the day, not just when you're super thirsty.

You can make water fun by adding slices of fruits like lemon, orange, or berries. You can also keep a cool water bottle with you that you love to use.

So, next time you reach for a drink, remember: **Water makes you a real-life superhero!** 💪🏽

Activity: Super soak the Chia Seed water experiment.

What You Need:

- 2 clear cups or jars
- 2 tablespoons of chia seeds
- 1 cup of water
- Spoon

Steps:

- Put 1 tablespoon of chia seeds into each cup.
- In **Cup A**, add 1 cup of water and stir.
- In **Cup B**, leave the chia seeds dry (no water).
- Wait and watch for about 10–15 minutes.

What Happens:

- In **Cup A**, the chia seeds soak up water and become big and jelly-like.
- **In Cup B, the chia seeds stay small and dry.**

Just like chia seeds soak up water and get firm and bouncy, so do our bodies. Our body needs water to keep our cells, muscles, and brains healthy and “squishy” not dried out!

Discussion Questions:

1. Which chia seeds look more fun to eat?
2. How does water help us feel strong and full of energy?
3. What can we do to remember to drink enough water every day?

Tropical Superhero Chia Drink (Makes 2 kid-sized servings)

Ingredients:

- 2 cups coconut water (naturally sweet and super hydrating!)
- 3 tablespoons chia seeds
- 2 tablespoons orange juice (fresh or bottled, for extra flavor
- 1–2 teaspoons honey or maple syrup (optional, taste first)
- ¼ cup mixed fruit pieces (like strawberries, mango, or pineapple), chopped small
- Fresh mint leaves

Instructions:

In a large jar or pitcher, mix coconut water, orange juice, chia seeds, and honey/maple syrup.

Stir really well for 1–2 minutes to make sure the chia seeds don't clump.

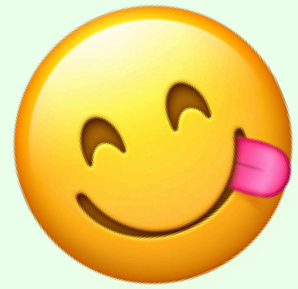
Let it sit in the fridge for at least 20–30 minutes so the seeds get nice and jelly-like.

Before serving, stir again and add chopped fruit and mint leaves on top.

Pour into cups, and enjoy your tropical superhero drink

Nutrition Point #3

EAT REGULAR MEALS—KEEP YOUR ENERGY SUPERCHARGED!



Your body needs fuel all day to zoom, play, and learn! That fuel comes from meals, not just little snacks here and there. When you skip meals or only eat snacks, your body runs out of energy fast. You might feel tired, cranky, or have trouble focusing in class or during sports

Eating regular meals (breakfast, lunch, and dinner) keeps your body strong and your brain sharp. Breakfast gives you a good start to the day, lunch helps you keep going, and dinner helps you refuel and get ready for a good night's sleep.

If you only snack all day, it's like putting just a tiny bit of gas in a car; it won't go very far! When you eat full meals with protein, fruits, veggies, and whole grains, you're giving your body the best kind of power.

So remember: Eat your meals like a superhero fills up their superpower tank, not just little nibbles here and there!

Activity: The "Meal Power Cups "Challenge!

What You Need:

4 colors of plastic or paper cups (one color for each food group), or you can tape paper of different colors on cups:

Red = Protein (chicken, beans, tofu, eggs)
Green = Veggies (carrots, broccoli, salad)
Yellow = Grains (bread, pasta, rice)
Blue = Fruits (apples, berries, oranges)

A flat surface for stacking

How It Works:

Give each player a set of colored cups.
Explain what each color stands for (protein, veggies, grains, fruits).
Challenge them to build the tallest, most steady tower using at least one cup of each color.
If they try to stack only one color (like only yellow = grains), the tower counts for less just like eating only snacks doesn't keep us strong!
Once their towers are built, they can take a "Power Plate Photo" with their creation and describe what foods each color represents.

Recipe:Power-UpPita Pockets(Makes 4 minipockets)

Ingredients:

- 2 whole wheat pitas, cut in half to make 4 pockets
- 1 cup cooked chicken or tofu, diced
- ½ cup shredded carrots
- ½ cup chopped cucumbers
- 2 tablespoons hummus or yogurt-based dressing
- Use seasoning on top

Instructions:

Spread hummus inside each pita pocket.

Fill with chicken or tofu and veggies.

Serve with apple slices or orange wedges for a complete meal!

Nutrition Point #4

HEALTHY SNACKS—POWER UP BETWEEN MEALS!

Imagine your body is like a video game character you need energy to jump, run, think fast, and win! But sometimes, meals alone aren't enough to keep you going all day. That's where healthy snacks come in!

Snacks are like little power-ups between meals. The best ones help you feel strong and focused, not tired or cranky. Candy and chips might taste good and are fun to eat, but they don't give your body the lasting energy it needs.

Smart snacks have protein, fiber, and good carbs to keep your brain sharp and your tummy happy. Things like apple slices with peanut butter, yogurt with berries, or trail mix give you super fuel so you can keep playing, learning, and having fun.

When you choose healthy snacks, you're saying YES to giving your body lasting energy. So, next time you reach for a snack, think: "Is this helping me power up?"

Activity: "Snack Power Bingo!"(bingo cards)

What You Need:

Bingo cards with different snack foods(I can help design these!) Markers, stickers, or crayons to mark spaces Small prizes (optional)

How it works:

Each child gets a Snack Power Bingo card with pictures of different foods from various groups (fruits, veggies, proteins, grains, dairy).
Call out or show different snack food options one by one (example: “apple slices!”, “carrot sticks!”, “yogurt!”). Kids mark the food on their cards if they have it.
The goal is to make a line (horizontal, vertical, or diagonal) — but here’s the twist: to yell "BINGO!", their line must include at least two different food groups paired together (for example: fruit + protein, veggie + dairy).
When they win, they explain what snack combo they would make with the foods in their winning line.

Snack Power Bingo

How to Play Snack Power Bingo:

1. Each player gets a Bingo card with different snack foods.
2. The leader calls out snack foods one at a time.
3. Mark foods on your card if you have them.
4. To win, make a line (horizontal, vertical, or diagonal) with at least two different food groups paired together.
5. When you win, share your snack combo using foods from your line

Recipe: Crunchy Power Trail Mix (Makes 4 servings)

Ingredients:

- ½ cup whole grain cereal pieces
- ½ cup mixed nuts or seeds (like sunflower seeds or pumpkin seeds)
- ½ cup dried fruit (raisins, cranberries, or apple chips)
- ¼ cup dark chocolate chips or yogurt chips (optional)

Instructions:

Mix everything in a big bowl.

Scoop into snack bags or small cups.

Enjoy as a grab-and-go super snack!

Nutrition Point #5

PORTION CONTROL – FIND YOUR JUST-RIGHT SUPER FUEL!

Did you know there's a "just right" amount of food for your body! When we eat too little, we feel tired and can't play our best. When we eat too much, our tummies might hurt and we feel slow

That's why portion control is like being a food superhero it helps you know how much fuel you need to feel strong, fast, and happy. Think of your stomach like a balloon: you want it to be full enough to give you energy, but not so full it might pop!

A fun trick is to use your hands to help measure: your fist is about the size of a good serving of pasta or rice, your palm is about the size of meat or tofu, and your thumb is about the size of a serving of peanut butter or cheese.

When we learn to listen to our body's signals like when we feel full or still hungry we become better at choosing the "just right" portions. Let's practice being portion control pros today!

Activity: Build your perfect plate replay!

What You Need:

1. Paper plates
2. Plastic or felt food pieces (or printed food cards)
3. Cones or markers for a relay line
4. Music for extra excitement

How It Works:

Split the kids into teams.

Place all the food pieces/cards in a pile at the end of a relay line.

One by one, each kid runs to the pile, grabs ONE food item they think belongs on a healthy, balanced plate (just the right portion!), and runs back to put it on their team's plate.

The next teammate goes hey must choose a different food group or add a piece that balances the plate. The goal: build a plate with the right balance of fruits, veggies, grains, and protein not too much, not too little. Once the team thinks their plate is "just right," they shout “Perfect Plate!” At the end, review each plate as a group and talk about portion sizes and balance

Recipe: Mini Power Snack Boxes (Makes 4)

Ingredients:

- 4 small reusable snack containers or cupcake liners
- ½ cup grapes or apple slices
- 4 baby carrots or cucumber sticks
- 4 cheese cubes or a small boiled egg
- 5–6 whole grain crackers

Instructions:

Arrange each food in a section of the container.

Use your hand to check portions!

Pack and enjoy as a balanced, just-right snack

Nutrition Point #6

TRY SOMETHING NEW–BE A FOOD EXPLORER

Have you ever dreamed of being an explorer finding hidden treasures, discovering new worlds, and going on adventures? Guess what? You can be an explorer every single day… right in your kitchen or cafeteria!

When you try new foods, it’s like going on a mini adventure. You might find a fruit that tastes super sweet like candy, a crunchy veggie that makes a loud “crunch!”, or a new dip that feels creamy and cool. Every new food you try gives your body special vitamins and powers it didn’t have before.

Sometimes new foods might look weird or smell funny at first, and that’s okay! You don’t have to love every new food, but just one small bite can help your taste buds learn and grow.

Being a food explorer helps you become brave, strong, and extra healthy. So next time you see something new on your plate, imagine you’re on a mission to find new flavors and become the bravest eater in your family!

Activity: Food Explorer Passport Adventure.

Instructions:

Give each kid a Food Explorer Passport (a small booklet or a printed sheet with boxes for stickers or stamps).

Set up a **“Food Adventure Table”** with small samples of new or less common foods for example: starfruit, edamame, purple carrots, pomegranate seeds, radishes, snap peas, or mango.

Explain that they are **"food explorers"** on a mission to discover new tastes and textures. Each time they try a new food, they get to stamp or sticker their passport. Even if they only take a tiny bite, they still earn it bravery counts!

At the end, celebrate the explorers with a "New Taste Champion" cheer or a small prize (like a fun sticker or colorful bracelet).

Upgraded Recipe: Tropical Explorer Snack Boats (Makes 4 Boats)

Ingredients:

- 2 bananas, cut in half lengthwise (to make boat shapes)
- ½ cup diced mango
- ½ cup diced strawberries or kiwi
- 2 tablespoons shredded coconut
- 2 tablespoons sunflower seeds or granola
- Honey or lime juice drizzle (optional)

Instructions:

Lay each banana half on a plate this is your “boat.” Top with diced mango and strawberries or kiwi to fill the boat with “treasures.” Sprinkle coconut and sunflower seeds or granola on top. Add a tiny drizzle of honey or lime juice if you like a fun twist. Grab your spoon and go on a tropical adventure with every bite!

Nutrition Point #7

MINDFUL EATING–SLOW DOWN AND ENJOY!

Do you ever eat so fast you don't even taste your food? Or finish your lunch and wonder, "Where did it all go?" That's when mindful eating can help! Mindful eating means slowing down, paying attention to each bite, and really enjoying your food.

When you eat too fast, your brain doesn't get a chance to tell your tummy it's full. You might eat more than you need and end up feeling too stuffed. But when you eat slowly, you notice all the yummy flavors and textures crunchy, juicy, creamy! Your tummy and brain work together to tell you, "I'm full and happy now."

Mindful eating is like turning on your super senses. You can listen to your crunch, smell your food, and look at all the colors. Plus, when you eat slowly, you feel calmer and more relaxed.

Next time you eat, try taking small bites and really tasting each one. You'll be amazed at how much more delicious your food can be when you take your time!

Recipe: Build-your-own Yogurt Parfaits (Makes 4)

Ingredients:

- 2 cups plain or vanilla yogurt
- 1 cup sliced berries (strawberries, blueberries, or raspberries)
- ½ cup granola or whole grain cereal
- 2 tablespoons sunflower seeds or chopped nuts
- Honey drizzle (optional)

Instructions:

Let each child layer yogurt, berries, granola, and seeds in a cup or jar. Encourage them to take slow, small spoonfuls and notice each layer's taste and texture. Enjoy together as a calm, mindful snack moment!

Nutrition Point #8

LIMIT FAST FOOD-WHOLE FOODS MAKES YOU STRONG!

Pizza, burgers, fries, and nuggets… they taste yummy and are fun to eat sometimes. But did you know that eating too much fast food can make you feel slow, tired, or even a little grumpy? Fast food is often full of extra salt, sugar, and fat that our bodies don’t need every day.

Whole foods like fruits, veggies, whole grains, nuts, and lean proteins give us real superpower energy. They help us run faster at recess, think clearly at school, and fight off germs so we don’t get sick.

Fast food can be part of a fun treat, like a special birthday or a weekend surprise, but it’s important to eat more whole foods most of the time. Think of fast food like a toy you only play with sometimes, and whole foods like your favorite sneakers you wear every day to stay strong and active!

When you choose whole foods, you’re choosing to be your best, strongest self. So next time you eat, ask yourself: “Is this going to help me power up today?”

Activity: Food Energy Moves!

How It Works:

Explain that **all foods can give us energy,** but some give us quick energy, and some give us longer-lasting energy.

Call out different foods one at a time (for example: “Apples!” “Pizza!” “Carrots!” “Pasta!”).

When you say a food that gives **quick energy** (like fruit, pasta, pizza), kids do a **quick, fun move** — like a jump, spin, or clap. When you say a food that gives **longer-lasting energy** (like veggies, whole grains, protein), kids do a **strong, slow movement** — like a slow-motion superhero pose, a big stretch, or a steady march in place.

Emphasize that **all foods can be part of our energy story,** and we need a mix to feel our best.

Recipe: Build-your-own Better Burger!

Why Burgers?

Burgers are a super popular fast food item, but at home we can build them in a way that gives us more vitamins, fiber, and long-lasting energy and still tastes delicious!

Base Ingredients:

- Whole grain or whole wheat buns (more fiber!)
- Lean ground turkey, chicken, plant-based patties, or lean beef
- Sliced cheese or avocado

Topping Ideas (Pick & Choose!):

- Sliced tomatoes
- Leafy greens (like spinach, romaine, or arugula)
- Grated carrots or sliced cucumbers (for crunch!)
- Sliced pickles
- Pineapple rings (for a fun twist!)
- Red onion or sautéed mushrooms

Extra Tips to Make It More Nutritious:

Use whole grain buns or even lettuce wraps to add fiber.
Add extra veggies for more vitamins and color.
Choose lean or plant-based protein to reduce saturated fat.
Add avocado for healthy fats that help keep you full longer.
Make your own simple sauce with plain yogurt and mustard or herbs.

Instructions:

Cook your burger patty as you like (grilled or pan-cooked). Toast your bun or prep your lettuce wrap. Layer with chosen veggies and toppings make it colorful! Add cheese or avocado if you want. Top, build, and enjoy your custom creation!

Nutrition Point #9

EAT TOGETHER– FOOD TASTES BETTER WITH FRIENDS!

Have you ever noticed that food tastes even yummier when you eat it with your family or friends? That's because eating together isn't just about filling your belly it's also about sharing laughs, stories, and good times!

When we eat with others, we feel happy and connected. We get to learn about each other's favorite foods, tell silly jokes, or even try bites from each other's plates. Eating together helps us slow down and enjoy each bite, and it reminds us that food is more than fuel it's a way to show love and care.

At family dinners, you can help set the table or serve food to make it feel special. At lunch with friends, you can trade funny stories and talk about your day. Even a picnic outside with a friend can make a simple snack feel like a big party!

So next time you sit down for a meal, invite someone to join you. You'll see how fun and magical meals can be when you share them with people you love!

Activity: Make a meal invitation card!

Kids create a colorful card inviting a family member or friend to share a meal together. They decorate it with drawings of their favorite foods, stickers, or fun messages. Then, they give it to someone special to plan a shared meal.

Recipe: One-Pot Rainbow Veggie & Rice Family Fiesta!

Why It's Awesome:
This colorful, warm dish is easy to make, fun to prep together, and super comforting to share around the table. Everyone can help from washing veggies to stirring the pot!

Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 bell pepper (any color), diced
- 1 zucchini, chopped
- 1 cup carrots, chopped
- 1 cup cherry tomatoes or diced tomatoes
- 1 cup corn kernels (fresh or frozen)
- 1½ cups uncooked brown rice or jasmine rice
- 4 cups low-sodium vegetable or chicken broth
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon Italian seasoning or taco seasoning
- Optional: 1 cup cooked shredded chicken, beans, or tofu cubes
- Fresh lemon or lime wedges for serving
- Fresh herbs (parsley or cilantro) for garnish

Instructions:

Team Wash & Chop: Let everyone help wash and chop the veggies —assign easy tasks to younger kids! In a large pot, heat olive oil. Add onion and garlic; stir until soft and fragrant. Add all chopped veggies. Stir and watch the colors come alive! Pour in rice and broth. Add salt, pepper, and seasoning. Bring to a boil, then lower heat and cover. Let it cook for about 25–30 minutes, stirring occasionally. Once rice is tender and liquid is absorbed, stir in protein (chicken, beans, or tofu) if using.

Taste together and adjust seasoning. Add lemon/lime juice and sprinkle fresh herbs. Gather around the table and enjoy your creation together!

Nutrition Point #10

BALANCE YOUR PLATE–BUILD A POWER PLATE!

Your body is like a super machine, and it needs different parts to work its best. If you only eat one food, like just pasta or only fruit, it's like trying to ride a bike with one wheel it doesn't work very well!

That's why it's important to balance your plate. A balanced plate means you mix different foods: protein (like chicken, tofu, eggs), fiber (like whole grains), veggies, and fruits. Each one does a special job! Protein helps build strong muscles, fiber keeps your tummy happy, veggies keep your eyes and skin healthy, and fruits give you quick energy and vitamins.

When you eat all these foods together, your body gets superpowers! You'll feel strong at soccer practice, think clearly during school, and have enough energy to play with your friends.

Next time you make a meal, look at your plate and ask: "Do I have a little bit of each power food?" Let's learn to build the ultimate Power Plate together!

Activity: Build-a-plate Art!

Give kids a paper plate and magazines, colorful paper, or printed food pictures. Let them cut and glue different foods to create their own balanced "Power Plate" collage. They can present it to the group and explain which foods give them their favorite "superpowers!"

Recipe: Power Bowl (Makes 4 bowls)

Ingredients:

- 2 cups cooked brown rice or quinoa
- 1 cup cooked chicken, tofu, or beans (protein)
- 1 cup chopped veggies (like bell peppers, carrots, cucumbers)
- 1 cup fruit pieces (like mango, pineapple, or berries)
- ¼ cup hummus or yogurt-based dressing

Instructions:

In a bowl, add a scoop of rice or quinoa. Add protein, veggies, and fruit on top. Drizzle with hummus or dressing. Mix it all up and enjoy your colorful, balanced Power Bowl!