

THE HEALTHY HEROES WANT YOU!



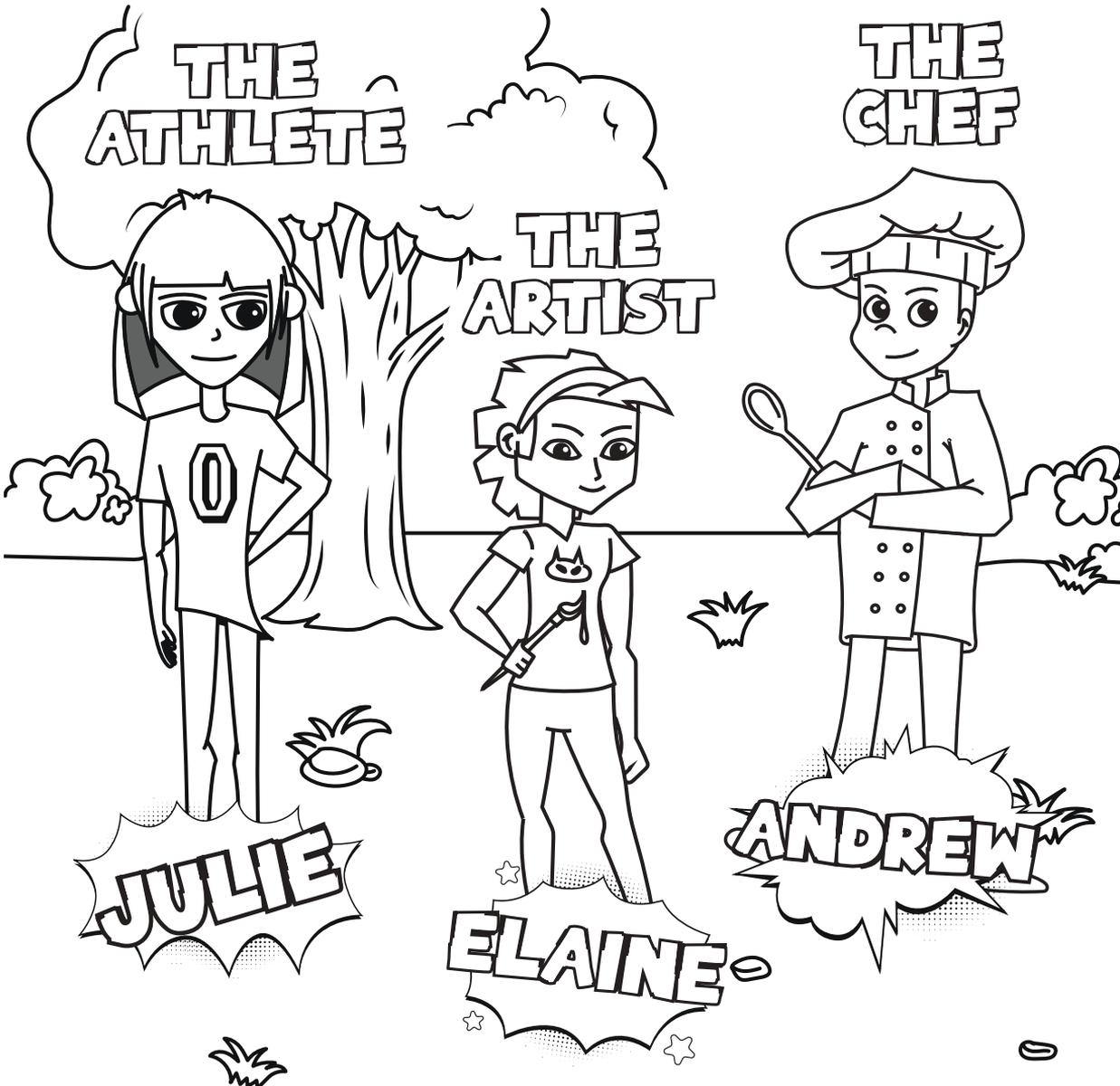
THE HEALTHY HEROES WANT YOU!



Have you ever wanted to be a superhero? Most of us have! Wouldn't it be cool to be strong, full of energy, and spend your days making the world a better place?

But here's a secret: superheroes wouldn't be able to do all the important things they do if they didn't eat good, nutritious food and have healthy daily habits.

So you see? Superheroes are a lot like you and me!



That's why this group of friends got together to form the Healthy Heroes. They help kids all over the world find their superpowers by making smart food choices and doing things every day to be the healthiest they can be.

Are you ready to be stronger, faster, and healthier? Great! Join our team on all kinds of adventures that use your brain, your body, your imagination, and your unique personality to make being healthy fun!

THE GARDENER



CHARLES

THE BRAINIACS



ROBERT



ANA MARIA

Hey! Ana María and Robert here – and we have a super-secret magic code for you. It's the code all superheroes know and now you can too!

Use the answers from the next page to solve the code.

1. 2. 3. 4.

If you can remember the magic code, you're already on your way to building your own superpowers. We've decoded it for you:

KEY =

A ·	L	W ▀▀
B -	M ▬	X ▴▴
C ◀	N ⊥	Y †
D ◻	O ◻	Z T
E :	P ◻	
F ▬	Q ◻	
G ◻	R T	
H ◻	S ▴	
I ·	T ▬	
J ◻	U ▬	
K ◻	V ◻	



Try to eat at least ? servings of fruits and vegetables a day.

1. _____
What number does it spell? ■ ■ ■ ■

Think of it as trying to eat a rainbow every day – red, orange, yellow, green, blue, and purple! If you can't eat all the colors, don't worry. Just get as many as you can.

Make sure you don't spend more than ?

2. _____
What number does it spell? ■■ ■■ ■■

hours on a screen such as a phone, tablet or computer every day (besides your homework, of course!)

Find fun ways to get at least ? hour of physical activity every day.

3. _____
What number does it spell? ■■ ■■ ■■

It doesn't have to be a sport; it can be anything you enjoy. Just as long as you're moving your body! (PS – it's a great way to help limit your screen time to two hours, too!)

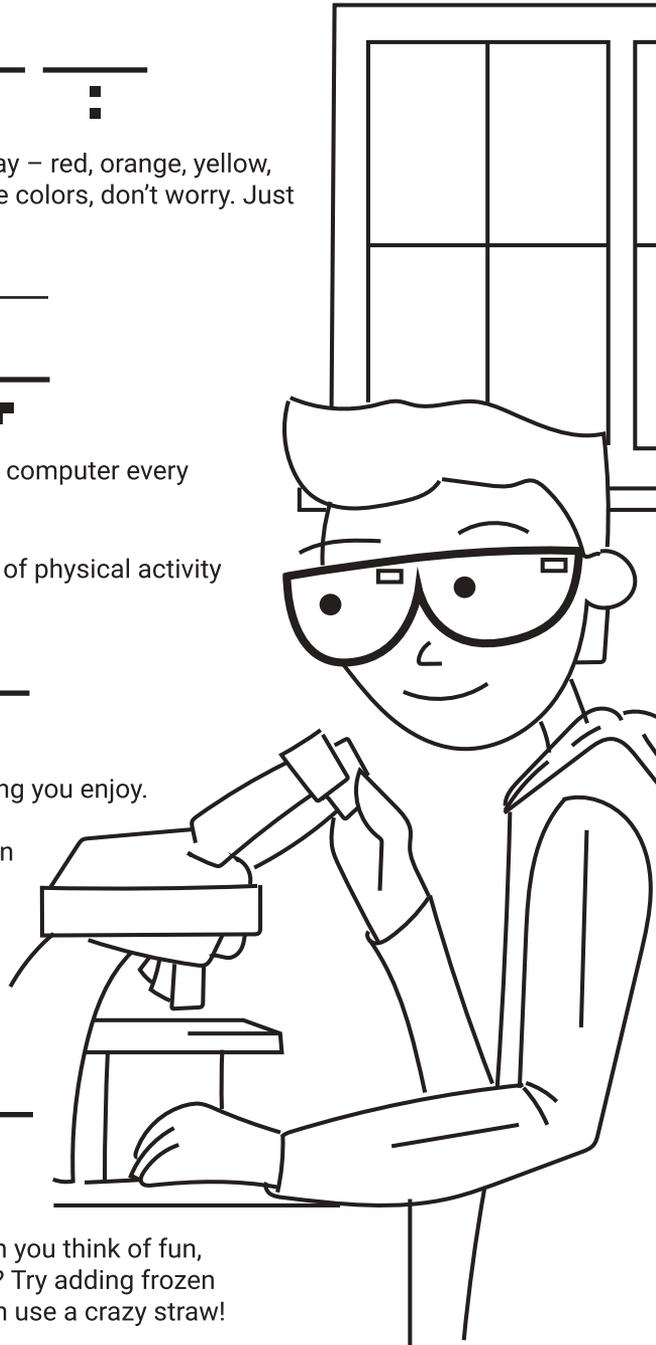
How many sweet, sugary drinks should you have every day?

Every superhero has ? !

4. _____
What number does it spell? ■ ■ ■ ■

The best thing to drink is water. Your body needs lots of it to keep working properly. Can you think of fun, creative ways to drink more water every day? Try adding frozen fruit, make ice cubes with fruit inside, or even use a crazy straw! Try to drink 8 glasses of water every day.

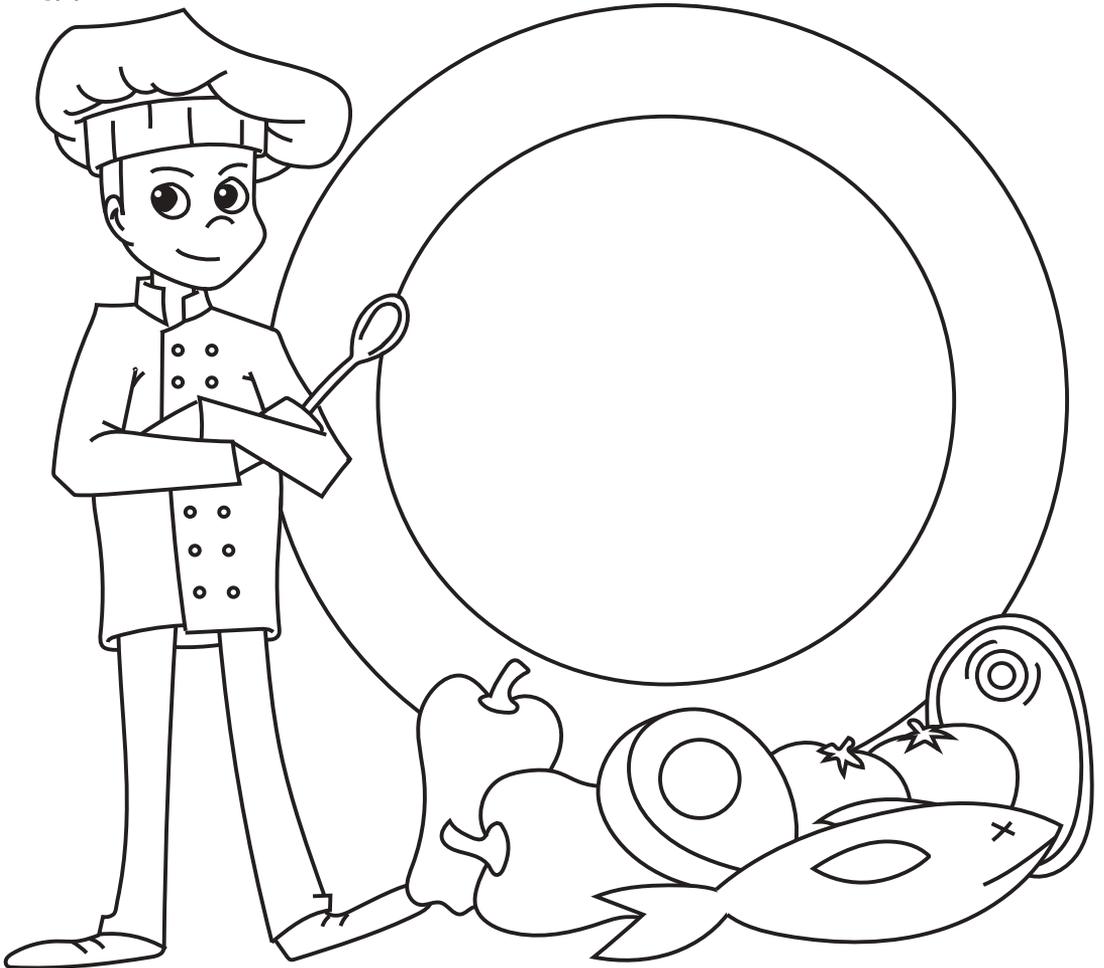
Now that you know the secret code, you'll find lots of fun activities on the next pages to help you be a _____ hero!



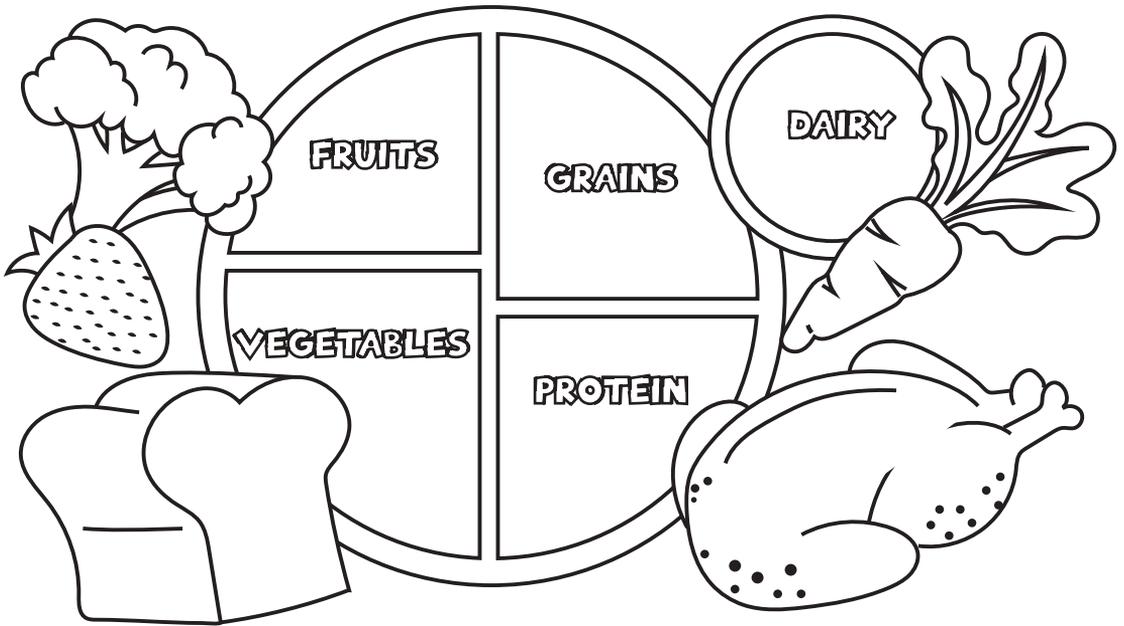
HIGH FIVE FOR FIVE FOOD GROUPS

Our friend Andrew has a fun activity for you to try next time you're having dinner (or breakfast and lunch are great, too!).

Think of your plate like the picture below. Make a space for fruits, vegetables, grains, protein, and dairy. These are the five food groups. Eating food from each of these groups at every meal will help your body get all the important things it needs to grow, stay strong, and give you all the energy you need.



If you're not sure what kinds of foods go in each group, you can use the chart below to see some examples.



What are your favorite foods and what food group do they go in? Make a list below:

VEGETABLES	PROTEIN	FRUITS	GRAINS	DAIRY
Avocado Broccoli Carrot Celery Kale Okra Spinach	Beef Chicken Eggs Lamb Pork Tuna Salmon	Apple Banana Kiwifruit Coconut Grapes Cherry Pear	Barley Corn Oats Rice Rye Pasta Wheat	Buttermilk Cheese Cream Yogurt Kefir Ghee Milk
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NATURE SCAVENGER HUNT



Save this activity for a day with pretty weather when it feels good to be outside.

We're going to spend lots of time in nature trying to locate these items for our scavenger hunt. And don't worry – you don't have to be in a field or a park. Even if you live in the city, you can find little pieces of nature everywhere if you look!

Put a check mark next to the items after you find them. And be sure to look at the time when you start and again when you finish. You might be surprised that you got your one hour of physical activity for the day, just while having fun!

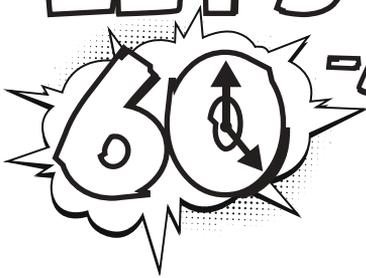
Start time _____ Finish time _____

- ___ A ball
- ___ A dog
- ___ A leaf
- ___ A spider web
(two checkmarks if you see the spider, too!)
- ___ 3 different types of birds
- ___ A stick with a funny shape
- ___ A flying insect
- ___ A spotted rock
- ___ Something smooth
- ___ Something prickly

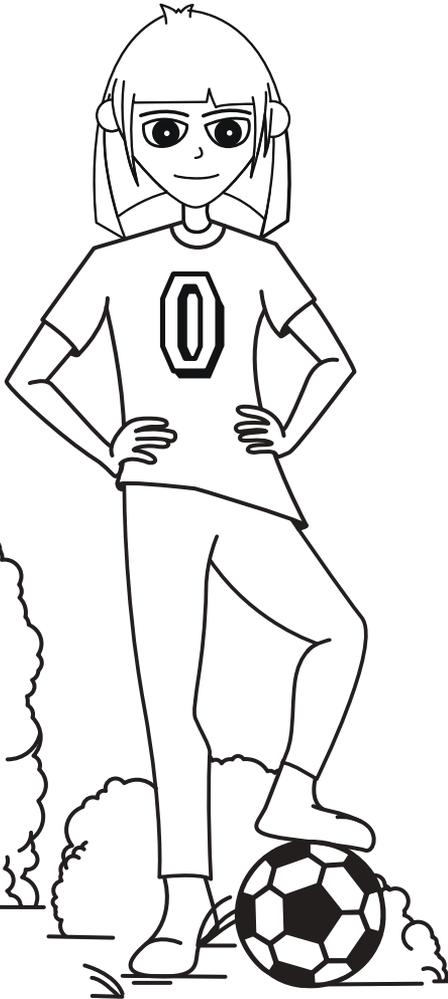


Did you see anything else you thought was cool, but wasn't on the list? If so, what was it?

LET'S PLAY -A-DAY!



We made a chart just for you to keep track of how much you get out and move your body. Getting an hour (1 hour = 60 minutes) each day can be easy if you break it up into shorter activities. Think of something fun you could do for 10 minutes. Every time you do a physical activity for 10 minutes, color in one block. Try to color in six of them every day!



DAY 1

--	--	--	--	--	--

DAY 2

--	--	--	--	--	--

DAY 3

--	--	--	--	--	--

DAY 4

--	--	--	--	--	--

DAY 5

--	--	--	--	--	--

DAY 6

--	--	--	--	--	--

DAY 7

--	--	--	--	--	--

A DIFFERENT KIND OF DONUT



Everybody loves donuts, right? But with so much sugar, they're not a healthy choice for every day. That's why Elaine is here to save the day! She created this delicious recipe that looks like a donut but gives you a heaping helping of health! Now that's thinking like a superhero!

Have a grown-up help you with getting the ingredients and measuring them, and cutting the apples.

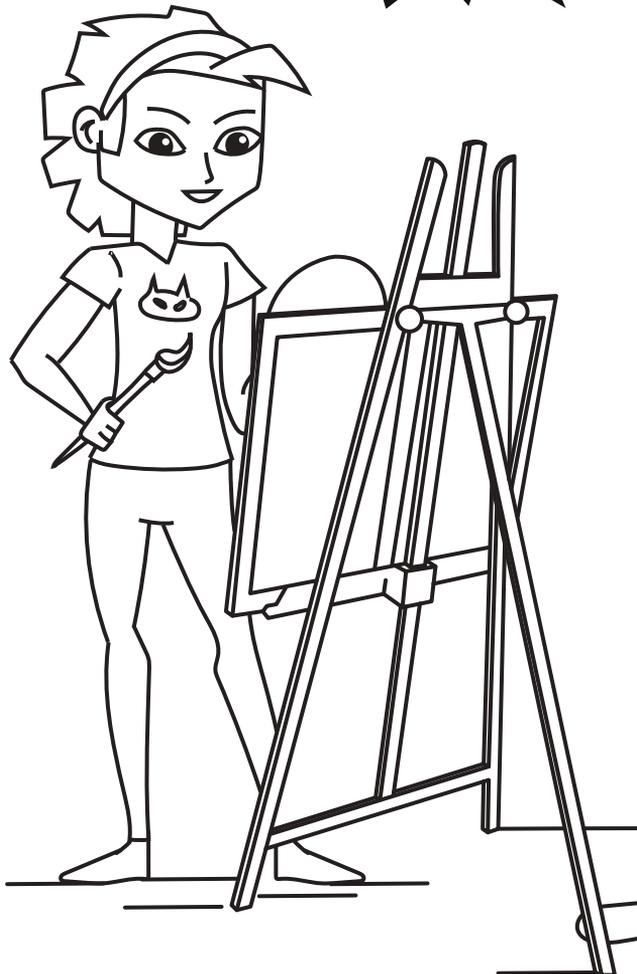
APPLE DONUTS

INGREDIENTS:

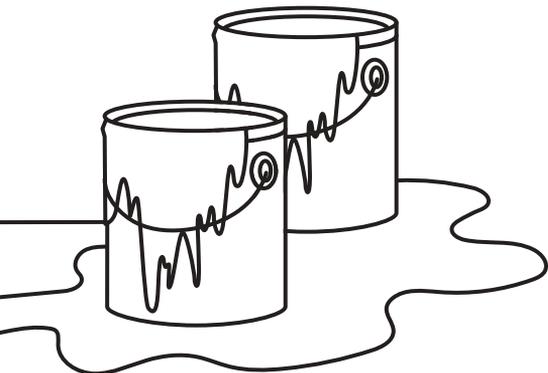
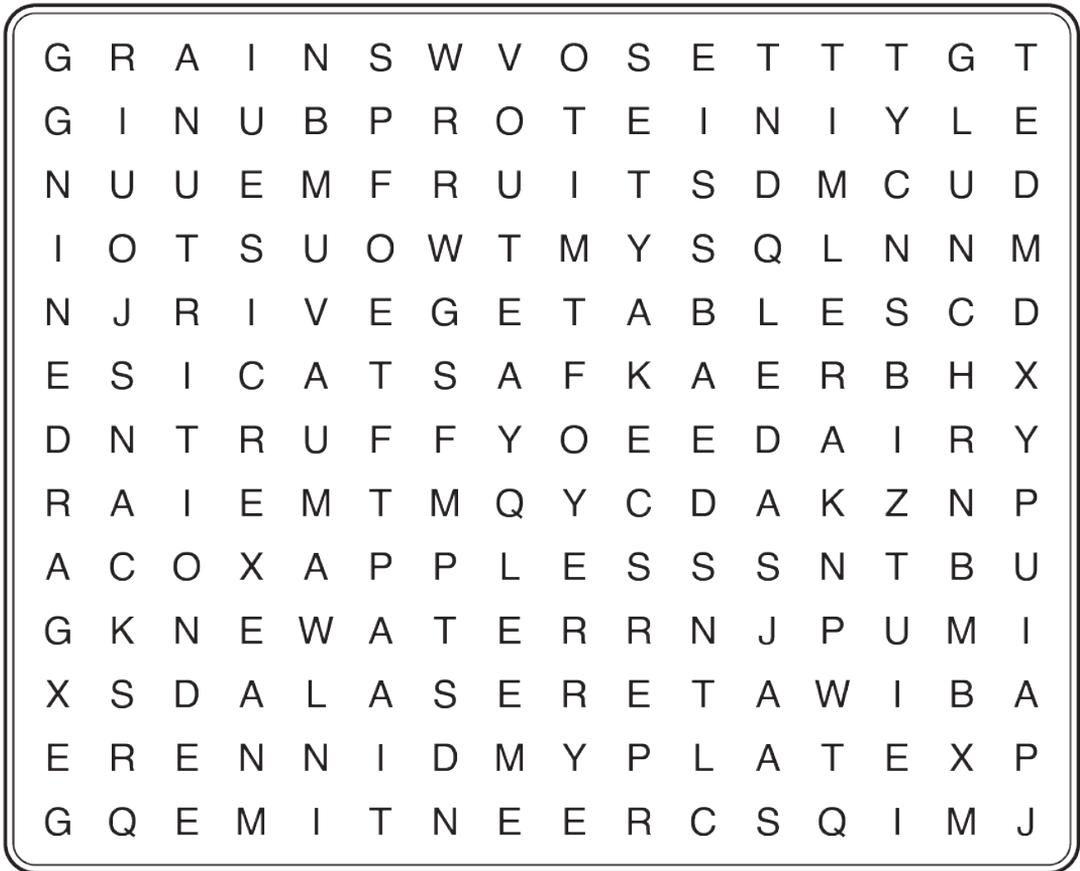
- 3 red or green apples
- ½ cup of vanilla yogurt or 8 oz cream cheese
- ½ cup of granola or Cheerios
- ½ cup of honey-roasted peanuts or sunflower seeds
- ½ cup of mini chocolate chips

INSTRUCTIONS

- Wash apples
- Slice apples and use a cookie cutter or a spoon to cut out the centers to look like a donut.
- Spread yogurt on apples.
- Top apples with granola, peanuts, and mini chocolate chips.
- Eat, enjoy, and go do something fun with all the energy you'll have!



Healthy Heroes don't just have strong, healthy bodies. Their brains are strong, too! Robert wants to help you see how strong your brain is with this fun word search. These are words you will hear and use more as you start to make healthier choices and live the Healthy Heroes life! Find the words below in the puzzle and circle them.



NUTRITION
 FRUITS
 VEGETABLES
 PROTEIN
 DAIRY
 EXERCISE
 SCREENTIME
 SALAD
 APPLES

WATER
 MYPLATE
 GARDENING
 BREAKFAST
 LUNCH
 DINNER
 SNACKS
 WATER
 GRAINS

WHAT IS YOUR FRUIT & VEGGIE IQ?

Andrew wants to know: do you know an apple from a tomato? Is it pears or peas? Take a look at the lists of fruits and vegetables below then draw a line to the correct picture of each one.

TOMATO •

CUCUMBER •

GRAPES •

APPLE •

PEAR •

BELL PEPPER •

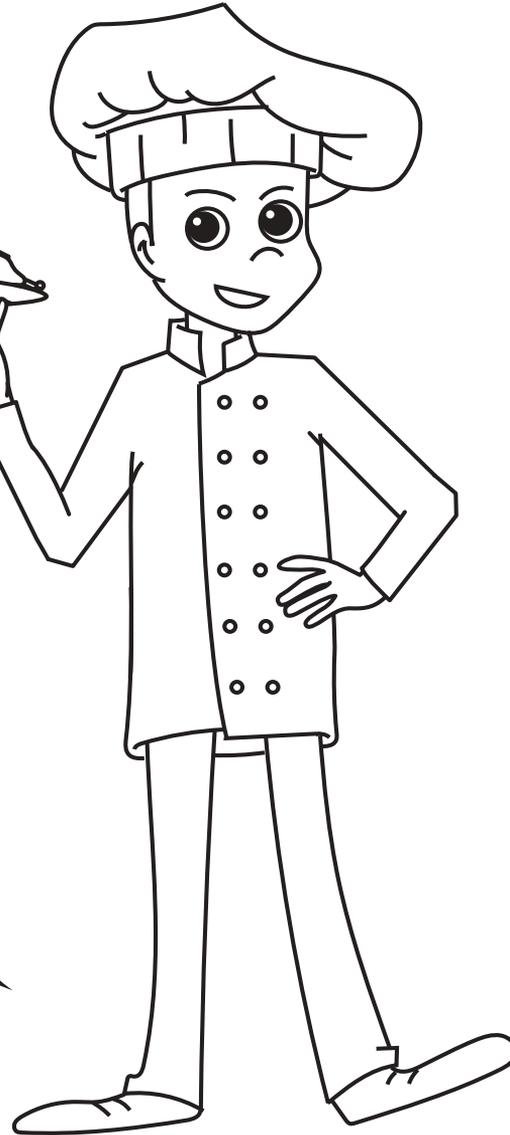
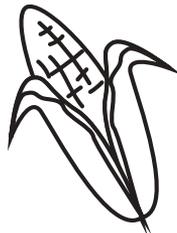
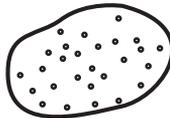
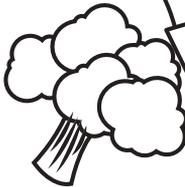
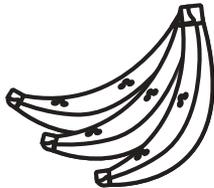
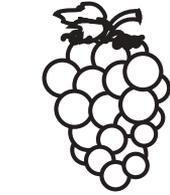
BROCCOLI •

PINEAPPLE •

CORN •

POTATO •

BANANA •





HOMEMADE WIND CHIMES

Do you live in a city where there are a lot of windy days? What do you do when it's windy outside? Have you ever stopped to listen to the sound of wind blowing leaves around or making the trees rustle? Wind can be a very beautiful sound sometimes! Many people use wind chimes to make peaceful sounds when the wind blows. In this exercise Charles is going to show you how to make your own set of wind chimes with just a few things you can probably find around your house or have an adult help you find.

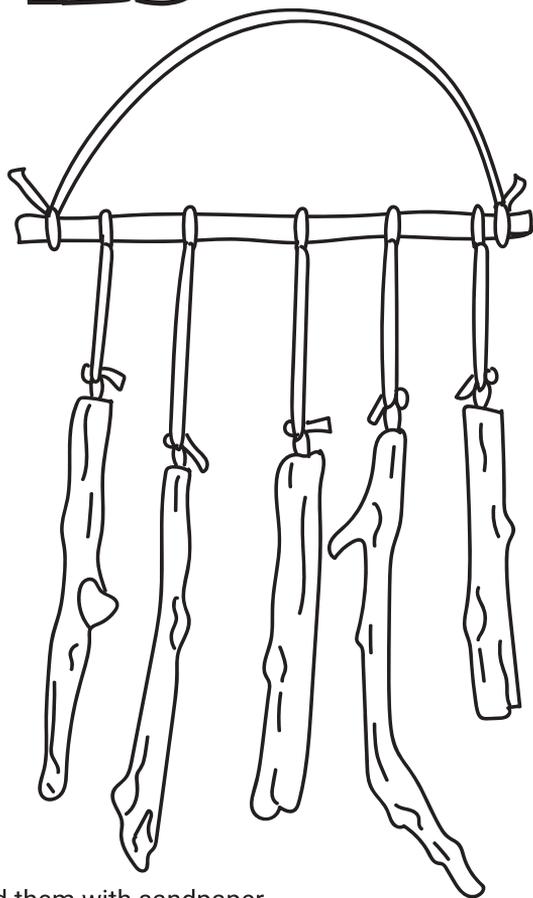
First, walk around in your neighborhood or next time you go to a park and find 4 or 5 sticks that are at least $\frac{1}{2}$ " thick. It's OK if they are different sizes and lengths!

YOU WILL ALSO NEED:

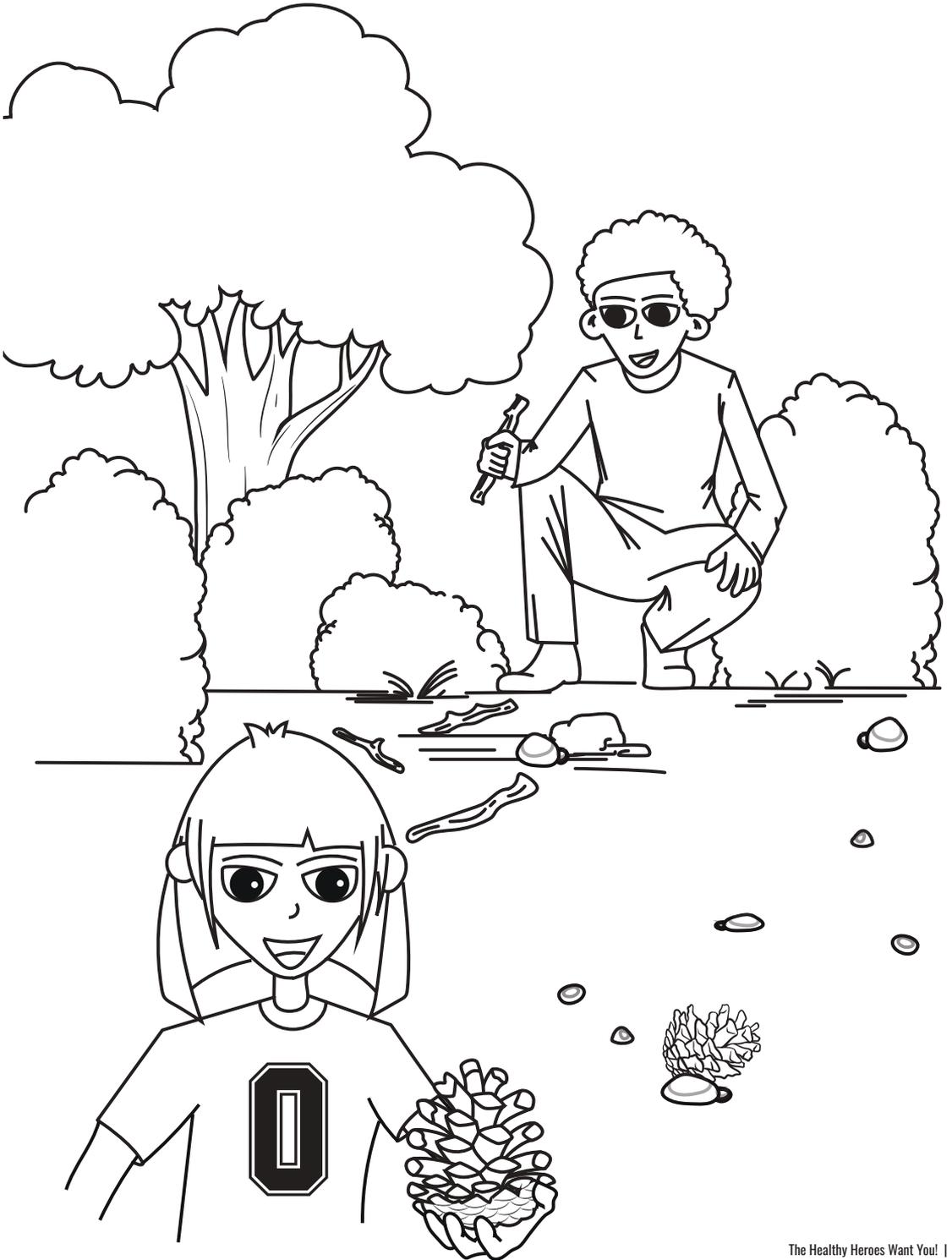
Acrylic paints	Sandpaper
Paint brush	Twine or yarn
Screw eyes (ask an adult)	Scissors

INSTRUCTIONS:

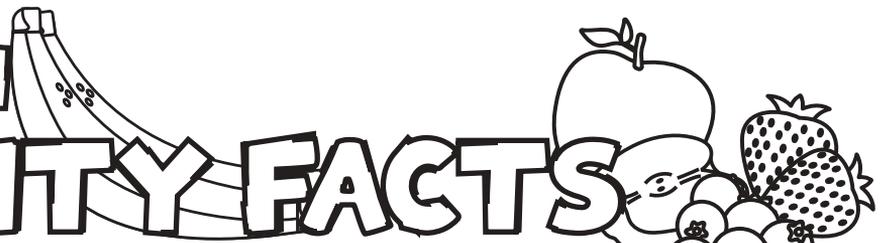
Peel any loose bark off of your sticks and sand them with sandpaper. Select one stick as the "base" on which the other sticks will hang, then arrange the other sticks in the order you want them to hang. Screw one screw eye into the end of each of the sticks that will hang. Now paint the sticks however you want and lay them flat to let them dry. Cut two pieces of yarn or twine about 20" long. When the sticks are dry, tie one piece of the yarn or twine to each end of the "base" stick. Cut an 8" long piece of yarn or twine for each of the hanging sticks, thread each one through one of the metal eyes, and tie to your base stick.



Now hang your wind chimes outside somewhere you can hear them and enjoy the next windy day!



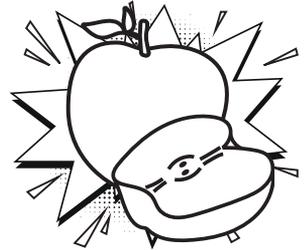
A FEW FRUITY FACTS



There's a lot more to all those delicious fruits than their yummy taste. Many fruits come with some very interesting facts. We did a little research and found some we think you'll find very interesting. You may be surprised to learn something new about your favorite fruit!

AN APPLE A DAY...

There are so many different kinds of apples in the world, that if you ate a new one every single day, it would still take you over 20 years to try them all!



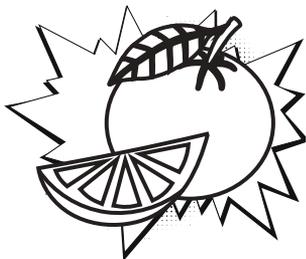
BERRY INTERESTING

When you think of different types of berries, you may think of strawberries and raspberries. But did you know watermelons and pumpkins are actually classified as berries? And here's a surprise: strawberries, blackberries and raspberries are not! Scientists classify berries as fruits that have their seeds on the inside. So that means many of those things we call berries are very, very not berry!



CRANBERRIES ARE ATHLETIC

Have you ever tried to bounce a cranberry? Probably not. But the fact is, cranberries are known for their ability to bounce like a ball! Many cranberry growers bounce cranberries to measure their ripeness. Firm berries that are at peak ripeness will bounce about 4 inches in the air, while cranberries that are too ripe will not bounce because of their softness.



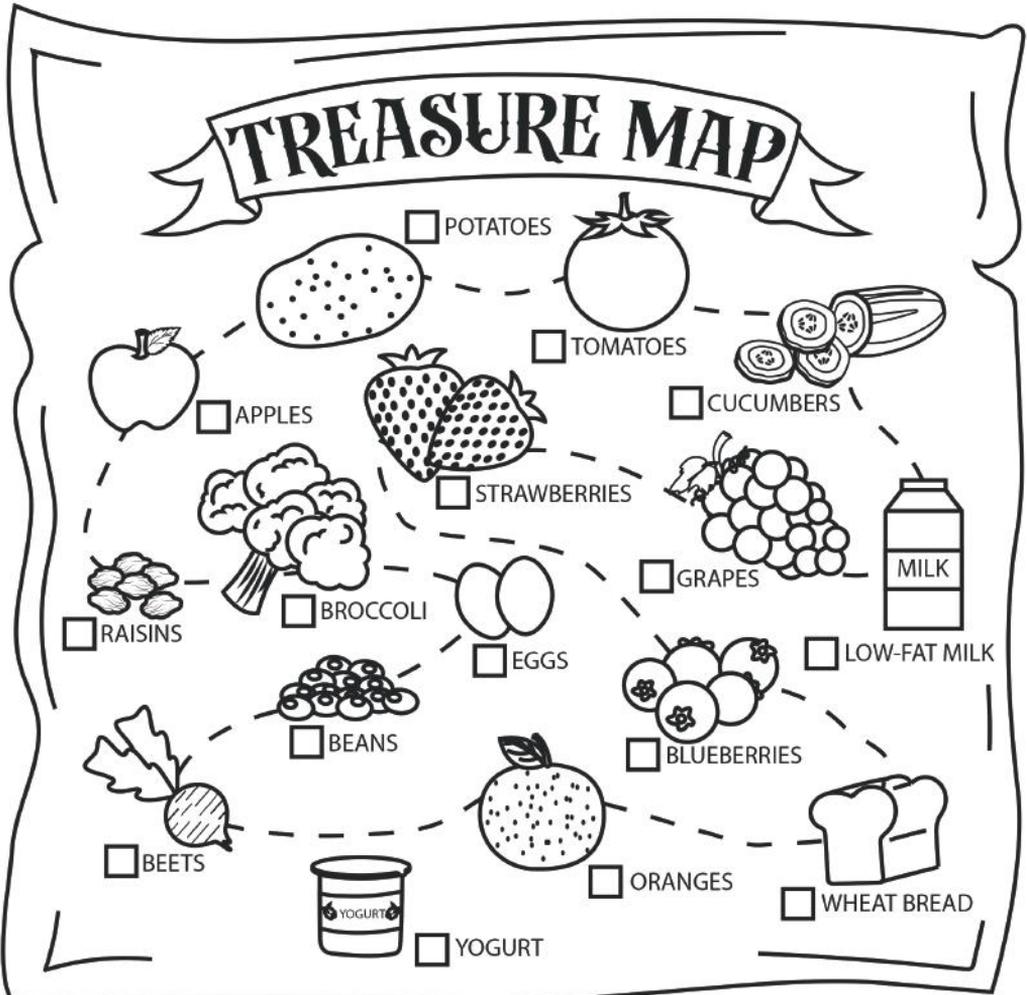
WHY ARE THEY CALLED 'ORANGES'?

You've probably always eaten oranges that are... orange, right? Well, if you traveled to other parts of the world, you might be given an orange that is the color green! But don't worry, there's nothing wrong. It's just the difference in climate. Oranges grown in subtropical climates are green when they blossom and eventually turn orange, or they are artificially colored orange before we see them in the store. But oranges that grow in tropical climates never change and remain their original green color.

GROCERY STORE TREASURE HUNT

Healthy foods are all around if we just take the time to look and find them. And what's the perfect place to find lots of options in one stop? The grocery store, of course!

Next time you go to the grocery store with your mom or another adult, take along this treasure hunt list and put an X by every item on the list that you find. And if you discover something delicious you've never tried before, even better!





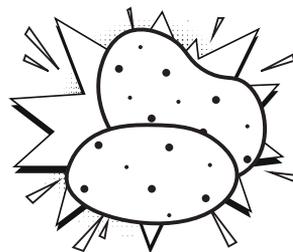
VERY INTERESTING VEGGIES



We've talked about how important it is to eat your veggies every day. There's a lot to love about vegetables and all of the great things they can do for our bodies and brains. But some vegetables are not only packed with healthy stuff... they have a few surprises, too. Keep reading for some very interesting facts about those superhero power foods, vegetables!

PLANET POTATO

Did you know there were vegetables growing in space? Well, sort of. Back in 1995, scientists tested growing seed potatoes aboard the Space Shuttle Columbia. Today, the research continues at The Kennedy Space Center, where scientists are experimenting to see if potatoes and other plant foods could be grown on Mars.

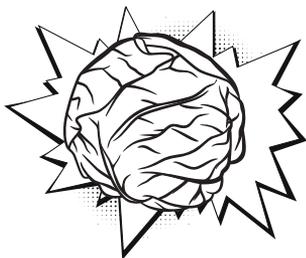
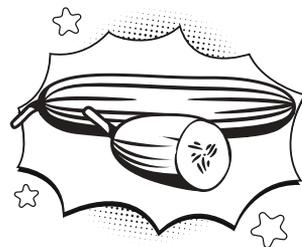


THE CUKE FLUKE

Don't you love fresh cucumbers and tomatoes? You might put them in your salad or maybe you like to eat them all by themselves! Either way, they're delicious. But here's something they are NOT: they are not vegetables! That's right, tomatoes and cucumbers are actually in the fruit family!

A BREATH OF FRESH AIR

Have you ever eaten something (maybe garlic? Onions?) that left you with embarrassing bad breath? Well, next time don't worry about buying gum or breath mints. Just cut a slice of cucumber and press it on the roof of your mouth for 30 seconds and say goodbye to bad breath!



A LOTTA LETTUCE

People in America eat a lot of salad. That's good! But we thought it would be interesting to know just how much veggie goodness is consumed every year. On average, Americans eat about 10 pounds of lettuce, 22 pounds of onions, 11 pounds of peppers, 8 pounds of carrots and 31 pounds of tomatoes every year.

FIND THE HIDDEN WORDS

We hope you've learned through all of your activities that eating healthy isn't just good for your body. It's good for your brain, too. Ana María thought it would be fun to challenge your brain just a little bit more with this fun word search.

There are lots of healthy eating words hidden in the puzzle below. Circle each word as you find it, then mark it off the list. Remember: words can be hidden diagonally, and sometimes backwards!



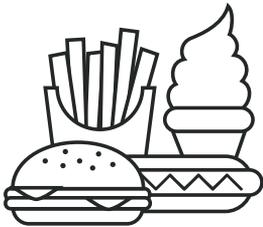
CREATIVITY
SPORTS
IMAGINATION
EDUCATION
OUTDOORS

ACTIVITY
WORKOUT
RUNNING
GARDENING
ARTIST

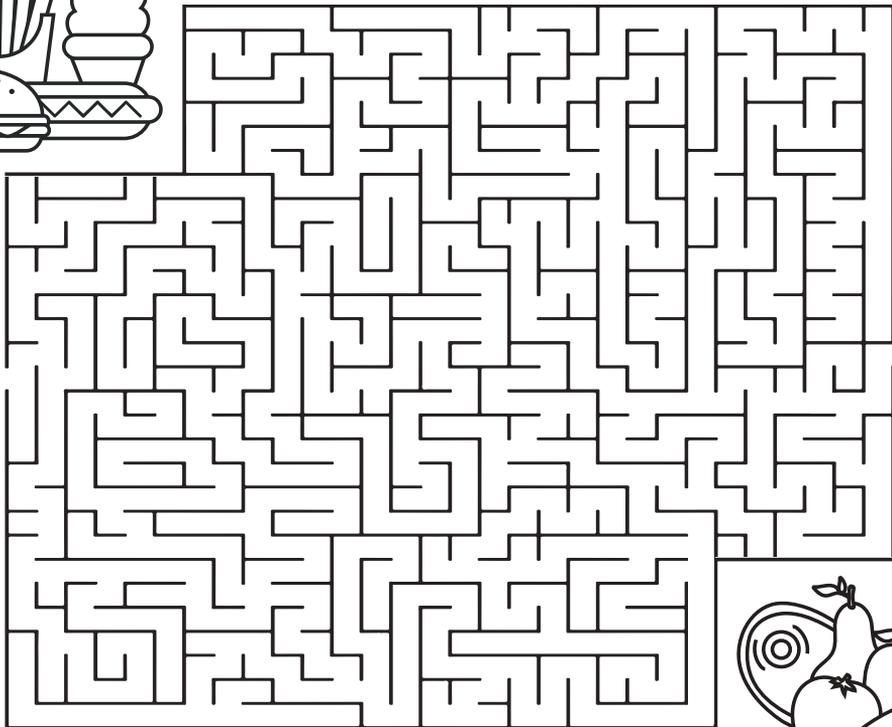
PAINTING
ENERGY
GAMES
WATERCOLORS
TEAMWORK

YOUR A-MAZE-ING BODY

Every day, we encounter a lot of food choices! At home, at school, at a friend's house... there are so many times throughout the day that we decide what to eat. Every choice makes a difference in how healthy your body is. To help you practice making good choices, give this maze a try. You have to find your way from the junk food to the healthy food.



START

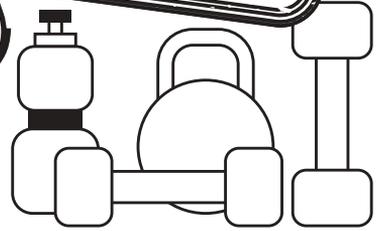


FINISH



SECRET SUPERHERO EXERCISES

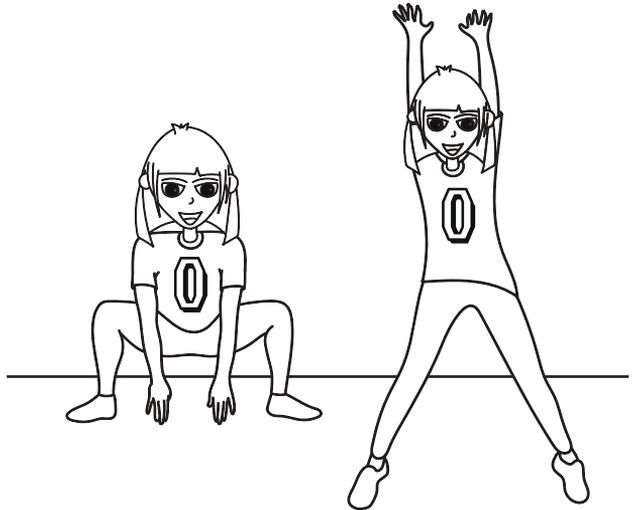
TOP SECRET



Superheroes have superpowers, but they also exercise just like you and me to stay strong and keep their bodies and minds healthy. Julie is here to share a few of her favorite exercises for you to try. It's a great way to have some fun while getting your daily physical activity. Try different ones each day to see what you like. And ask a friend to try it with you. Teamwork makes everything more fun!

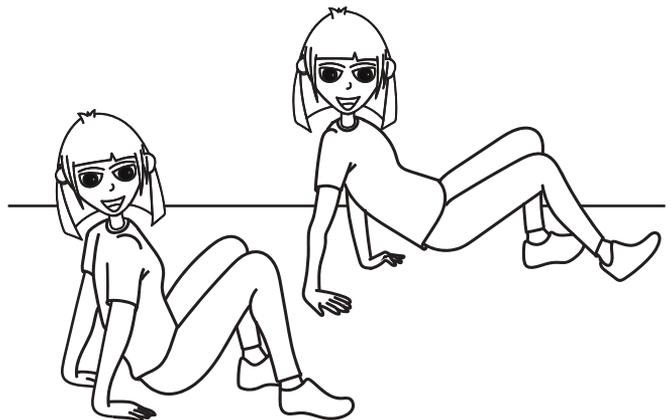
FROG SQUAT

Squat down to the ground and put your fingertips on the ground between your legs to help balance. Now leap as high up in the air as you can. Try to touch the clouds!



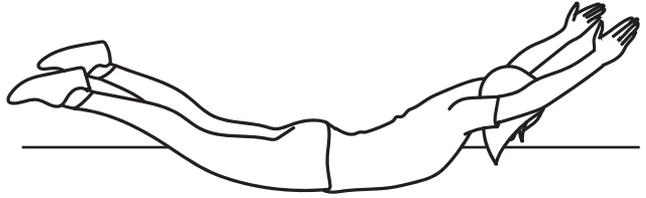
CRAB WALK

Sit on the ground with your knees bent and feet on the ground in front of you. Now stretch out your arms a bit and put your hands on the ground behind you. Push your hips up off the ground and start using your arms and legs to walk like a crab. You can move in every direction just like a crab!



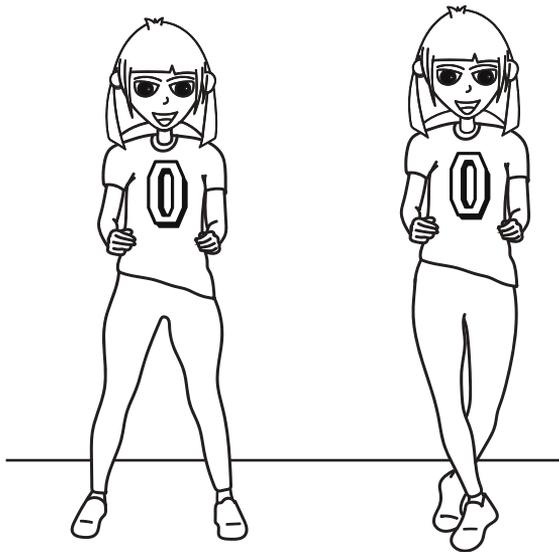
THE SUPERHERO

Ready to feel like you're flying? Let's go! Lie on your belly with your arms stretched way out in front of you. Now arch your back and lift your arms, chest, and legs off the ground and imagine yourself with a cape, flying through the air. Hold as long as you can, relax, and do it again.

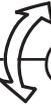
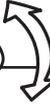


CRISS-CROSS JUMPS

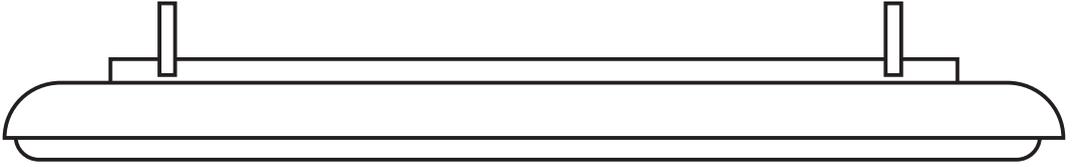
Jumping up in the air is always fun. But try adding a little twist! Jump up, then while you're in the air, cross one foot in front of the other. On the next jump, cross the other foot in front. Do as many as you can!



BUTTERFLY POSE

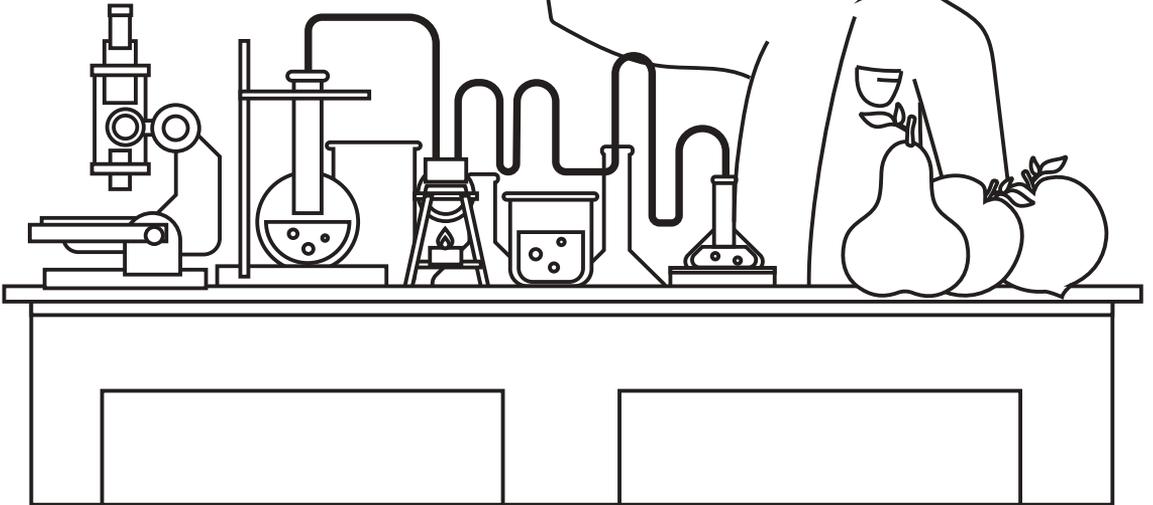
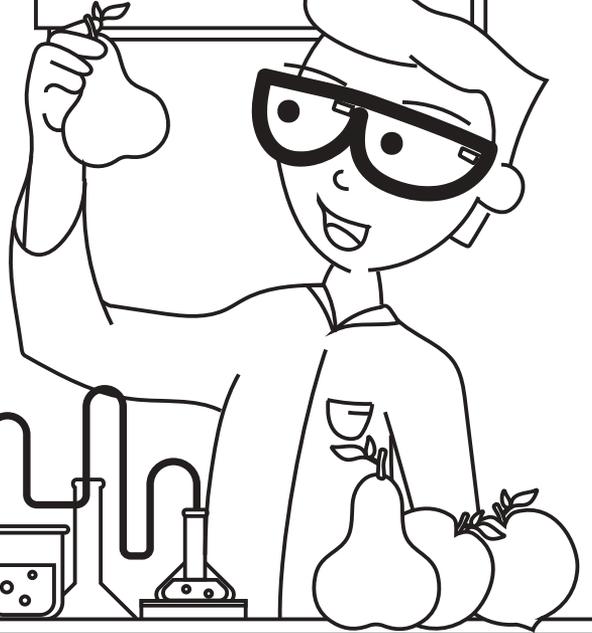
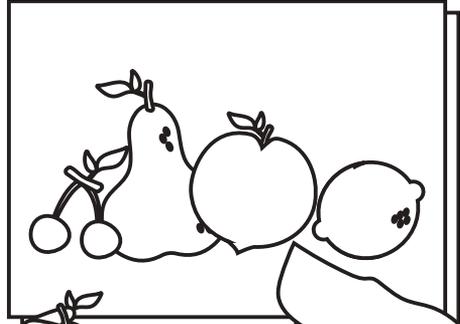
Sitting on the ground, bend your knees and bring your feet together. Wrap your hands around your feet and press your knees toward the floor. Flap your "wings" by lifting and lowering your legs.  





FOOD LAB

Inventing
new healthy
recipes
for kids.

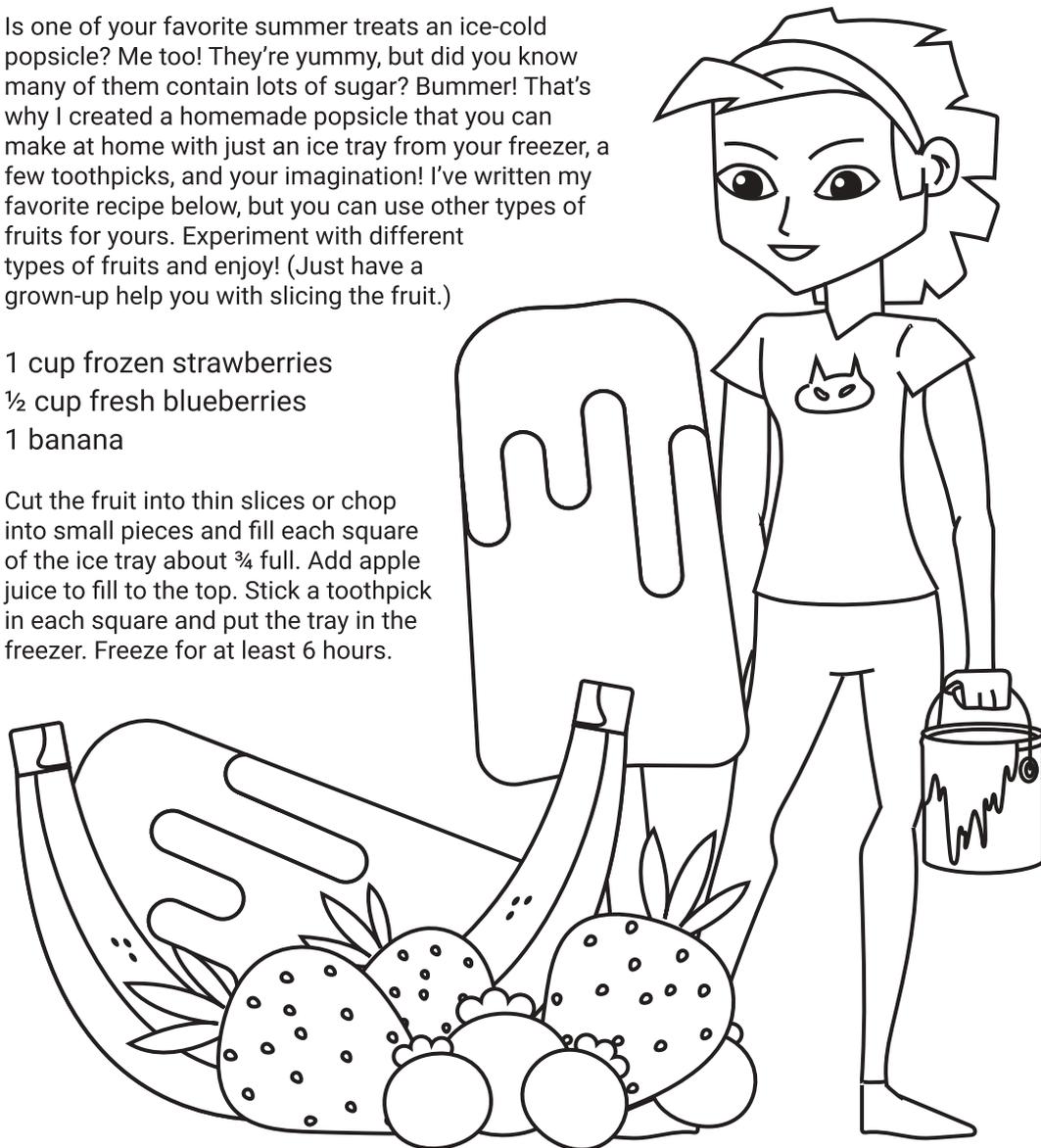
An illustration of various fruits: an apple, a bowl containing several pieces of fruit, and a strawberry.

FRUITY POPSICLE FUN

Is one of your favorite summer treats an ice-cold popsicle? Me too! They're yummy, but did you know many of them contain lots of sugar? Bummer! That's why I created a homemade popsicle that you can make at home with just an ice tray from your freezer, a few toothpicks, and your imagination! I've written my favorite recipe below, but you can use other types of fruits for yours. Experiment with different types of fruits and enjoy! (Just have a grown-up help you with slicing the fruit.)

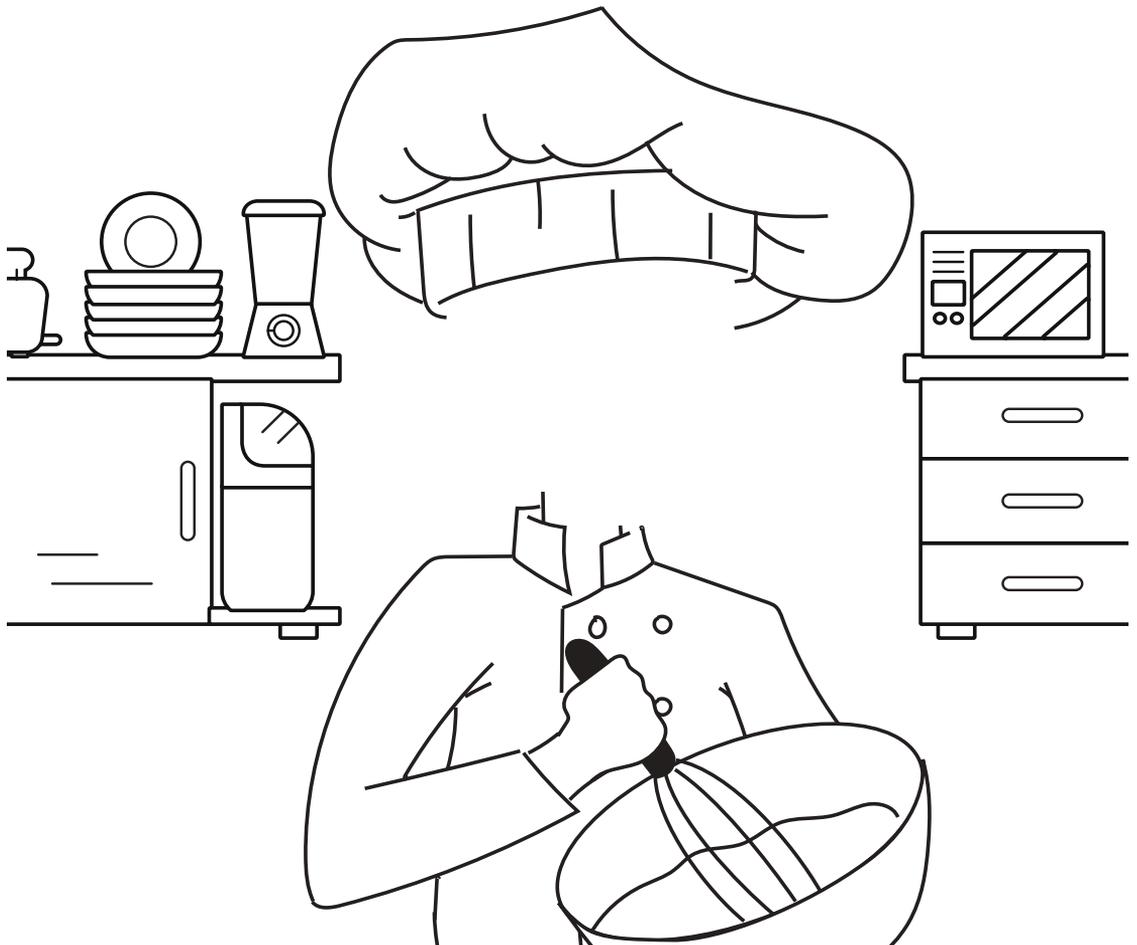
- 1 cup frozen strawberries
- ½ cup fresh blueberries
- 1 banana

Cut the fruit into thin slices or chop into small pieces and fill each square of the ice tray about $\frac{3}{4}$ full. Add apple juice to fill to the top. Stick a toothpick in each square and put the tray in the freezer. Freeze for at least 6 hours.



YOU COULD BE A CHEF!

Did you know that Andrew only recently became a kid chef? He wants you to know that you can be one, too! Chefs learn all about different kinds of foods and how to make delicious, healthy meals for lots of people. Does that sound like a fun job? Finish the picture and see what you'd look like as a chef! We've started the drawing – just draw in your face and add any extra accessories you think you'd have if YOU were a chef.





Create a world where no child goes to bed hungry.



333 N Meridian Ave, Oklahoma City, OK 73107
feedthechildren.org