The Super Crew’s New Banana Friend!

Time to celebrate new life in spring. Draw the face (eyes, nose, mouth, ears…) for Kid Banana and make her come to life!

Where are my:

Eyes?
Nose?
Ears?
Crazy hairdo?
Shoes?
Clothes?

Jessie’s Mysterious Leafy friends!

Meet three of Jessie’s mysterious leafy friends! Use the clues below each picture to match each green veggie to its name.

A: “I have very curly hair. I am full of fiber. Everyone loves me.”
B: “I prefer oval shaped leaves. My folate is good for you.”
C: “My nickname is Romaine. I carry plenty of Vitamin K.”

1. Lettuce?
2. Spinach?
3. Kale?

Nutrition & Fitness Tips

Marcus’ Gardening Game!

Dig nutritious fruits and vegetables in the word garden!

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

Find the healthiest beverage – Water
Find the red fruit with lots of fiber – Apple
Find the orange colored vegetable full of vitamin A – Carrot
Find the queen of vitamin C with brown coat and green heart – Kiwifruit

Carlos’ Quick Tofu Salad!

Want to try a Meatless Monday on Earth Day (April 22)? Tofu is a plant-based protein, cholesterol-free and high in calcium (if made with calcium sulfate).

Ingredients:
- 1 block firm tofu
- 1/2 cup chopped scallions
- 1/4 teaspoon salt
- a pinch of black pepper and white pepper
- 2 teaspoons sesame oil

Directions:
Cut tofu into half-inch cubes and put into a bowel. Add in everything and mix well. Serve!