Help the Super Crew make a tasty, balanced snack. It will give them energy for after-school activities and homework! Draw lines between foods in column A and column B to mix and match healthy snacks. List B can be used twice.

**A**  
- Almond Butter  
- Hummus  
- Cheese  
- Edamame  
- Yogurt  
- Hard Boiled Egg  
- Nuts

**B**  
- Whole-Wheat Crackers  
- Grapes  
- Apple Slices  
- Cherry Tomatoes  
- Celery  
- Baby Carrots  
- Brown Rice

What’s your original favorite healthy snack combo?  

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**Fuel Up By Drinking Up!**

Did you know that you are mostly made up of water? This means you need a lot of it to keep your body happy! Water is just as important as food is in keeping you healthy and ready to play!

Eat your water! Can you guess which food has the most water?  
- a. Milk  
- b. Cucumber  
- c. Egg  
- d. Watermelon

Water makes up most of the Earth’s surface and is needed by almost all living things. How much of Earth’s water can we actually drink?  
- a. 100%  
- b. 10%  
- c. 3%  
- d. 40%

This mineral is often put in the water we drink from the sink to help keep our teeth from getting cavities. Do you know what it is?  
- a. Fluoride  
- b. Calcium  
- c. Salt  
- d. Iron

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**Nutrition & Fitness Tips**

**Anytime Tropical Yogurt!**

Summer might be ending, but you can still enjoy tropical flavors year-round! Yogurt has calcium and protein to keep your bones strong and to help you grow. Pineapple and kiwi are fun tropical fruits that have lots of vitamin C, which help heal your scrapes and cuts. Mix pineapple, kiwi, and coconut for a lot of fiber to keep your gut healthy!

**Makes:** 1 snack  
**Ingredients:**  
- ½ cup plain, nonfat Greek yogurt  
- 1 teaspoon honey  
- 1 teaspoon shredded coconut  
- ¼ cup canned pineapple chunks, drained (canned in fruit juice only)  
- ½ fresh kiwi, sliced into bite-sized pieces

**Directions:**  
Mix all ingredients together and enjoy!

Throw in your favorite nuts to add some healthy fat and protein to keep you full on the go!

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**Tom-Tom’s Water Facts**

1. When I _ w _ _ _ I have to drink more water to replace the water I lost.

2. I can get _ _ h _ d _ _ _ _ _ _ if I don’t get enough water.

3. Water is good for every part of my body. Drinking water will make my s _ _ _ look and feel especially good!

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