Seasonal Shopping with Marcus
Eating seasonal produce helps the environment and our health! Help Marcus circle which fruits and vegetables are grown in the winter months. Search SuperKidsNutrition.com to find the answers or see the answer key. Then color them in.

Pear watermelon sweet potato apricot
grape potato pepper eggplant

Cooking with Carlos
Vitamin D helps the Super Crew build strong bones. Fill in the missing letters to these foods that have vitamin D (some have Vit D added in). Then use the letters from each box to crack the secret code.

c _ _ _ e Egg _ _ _
m s r _ s l _
m _ _

Secret word: _ _ _
(Hint: great source for you to get vitamin D)

Penny’s Favorite Fitness Ideas!
Penny loves playing with her friends. What activities can we do during winter?

We can _________ on the ice rink.
We can _________ along the park trails.
We can _________ on the playground.
We can _________ at the mall.

Answer key: mushroom, egg yolk, cheese, salmon, milk

Jessie’s Holiday Salad
’Tis the season! Jessie wants to make a winter-themed salad filled with the Super Crew’s favorite seasonal produce! Use different fruits and vegetables to decorate a tasty festive tree.

Ingredients:
• 3 cups (chopped) broccoli
• 4-6 cherry tomatoes
• 1 large potato
• ¼ cup corn
• ¼ cup peas
• ¼ cup (diced) carrots
• 2 tbsp salad dressing

Directions:
1. Break the broccoli up into smaller pieces and dice carrots.
2. Cook broccoli briefly and boil or bake a potato.
3. Removed the skin from potato.
4. Push broccoli in to the potato shaped like a tree.
5. Decorate the tree with cherry tomatoes, corn, peas, and carrots.
6. Drizzle you favorite salad dressing on your tree or use it as a side dip!

Answer key: pears, potato, sweet potato, turnip

Nutrition & Fitness Tips December 2020