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

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 your favorite salad dressing on your tree or use it as a side dip!

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.

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