

Week 3 Overview: Fabulous Fruits & Victorious Vegetables

What do you know about fabulous fruit?

- Fruits are part of the plant that contains seeds.
- Fruits contain nutrients like vitamin C, vitamin A, vitamin B, magnesium, and potassium. These help keep us from getting sick, help us grow, and repair our muscles and tissue that help make us strong and smart.
- Fruits come in different colors. Eating fruits of all colors helps you know that you're getting different nutrients you need to be strong and fast.
- Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

What do you know about victorious vegetables?

- Vegetables are like fruits in that they also contain lots of nutrients like Vitamin C, Vitamin A, B vitamins, iron, and calcium that help us grow and repair our muscles and tissues that help make us strong, smart Super Kids.
- Different vegetables offer different benefits, so it's important to eat different colors and types of vegetables.
- Remember, just like fruits, we should try lots of different types of vegetables at different times in our lives because our tastes can change.

What to Expect This Week

- Recipe: Mexican Street Corn
- Activity: Super Core Strength
- Recipe: Fruit Kabobs



WEEK 3 RECIPE

MEXICAN STREET CORN

INGREDIENTS

1- 15 OZ CAN OF CORN

2 TSP OF CHEESE OF CHOICE

1 TSP BUTTER

1/2 LIME

GARLIC SALT TO TASTE

CHILI POWDER (OPTIONAL)

MATERIALS

CUTTING BOARD

MEASURING SPOONS

DULL KNIFE

CAN OPENER

SMALL PLASTIC CUPS

DIRECTIONS

1. DRAIN CORN

2. POUR CORN INTO MICROWAVE SAFE DISH

3. MICROWAVE CORN FOR 3-4 MINS TO WARM

4. REMOVE BOWL FROM MICROWAVE AND ADD BUTTER AND GARLIC SALT TO TASTE

5. FILL INDIVIDUAL BOWLS WITH 1/2 CUP OF CORN

6. TOP EACH BOWL WITH 1-2 TSP CHEESE AND FRESH LIME JUICE

6. SPRINKLE WITH CHILI POWDER IF DESIRED





Week 3 Activity: Super Core Strength

Have you ever heard the word “core?” Maybe you have heard of an apple core? Did you know that we have a core? We need to take special care of this area, first with foods like melons, berries, and apples which help our tummy feel good. We also need to exercise this area so that these muscles stay strong because we use them in almost everything we do. Having a strong core makes us better athletes, keeps us from getting hurt, and improves our posture.

Supplies Needed

- Crayons/markers

Directions: Based on what you know, write the names or draw pictures of fruits and vegetables for each of the color categories listed above!

WEEK 3 RECIPE

FRUIT KABOBS WITH DIP

INGREDIENTS

FRUITS (APPLES,
STRAWBERRIES,
BANANAS)

2 1/2 CUPS PLAIN GREEK
YOGURT

3/4 CUPS COCOA
POWDER

1 CUP BROWN SUGAR

2 1/2 TSP VANILLA AND
CINNAMON

MATERIALS

WOODEN SKEWERS

BOWL

SPOON

MEASURING SPOONS
AND CUPS

DIRECTIONS

1. CUT FRUIT AND PUT
ON SKEWERS

2. MAKE FRUIT DIP BY
COMBINING OTHER
INGREDIENTS IN
MEDIUM SIZE BOWL

3. STIR UNTIL DIP IS AN
EVEN DARK COLOR AND
ALL THE BROWN SUGAR
GRANULES HAVE
DISSOLVED

4. DIP FRUIT SKEWERS
INTO FRUIT DIP AND
ENJOY!

