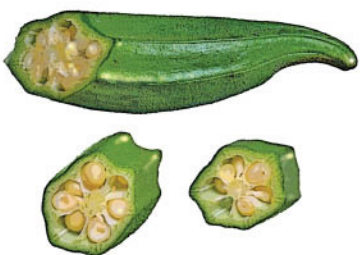


VEGETABLES



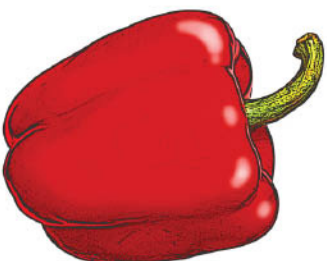
Spinach is a super food. It has more good stuff than most other foods.

VEGETABLES



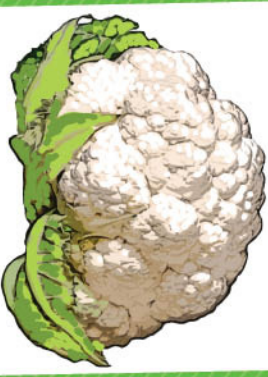
Okra is an all-around great food for good health—most healthy when not fried!

VEGETABLES



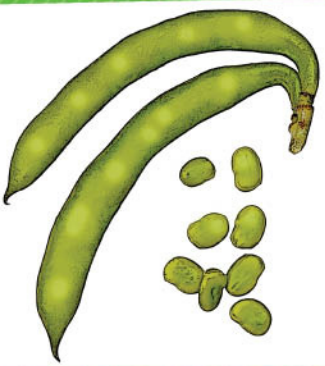
Peppers pep up your bones and blood and protect the tiniest parts of your body—your cells!

VEGETABLES



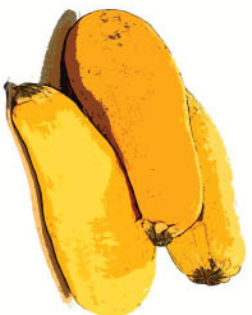
Cauliflower helps filter out toxins in your liver.

VEGETABLES



Green beans are filled with vitamins and minerals that help your bones and heart, and also prevent disease!

VEGETABLES



Squash has magnesium, a powerful mineral that keeps your blood moving and your heart healthy.

SHINING RAINBOW



I eat lots of colorful vegetables to make me look and feel good inside and out!

VEGETABLES



Tomatoes are filled with the super chemical lycopene, which fights disease.

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VEGETABLES



Carrots are the favorite food of warriors who want good skin. They have the extra-special chemical beta carotene.

VEGETABLES



Dark leafy lettuce leads to a strong heart and provides fiber to keep your body clean.

SHINING RAINBOW



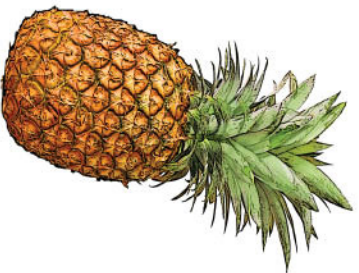
Walk, walk, and don't stop—not until you reach that rainbow.

VEGETABLES



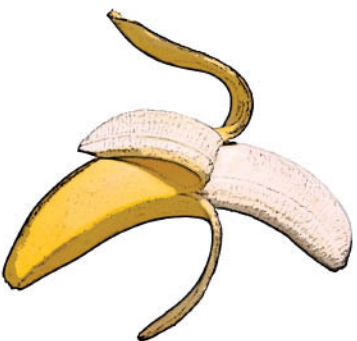
Broccoli is super warrior food. It fights cancer and other illnesses.

FRUITS



Pineapples help fight illness and keep your tummy happy.

FRUITS



Bananas have powers that keep you happy and help you sleep.

BODY DOCTOR



Spend more time outdoors. Get outside and play!

FRUITS



Apples help take toxins out of your body and make your blood clean.

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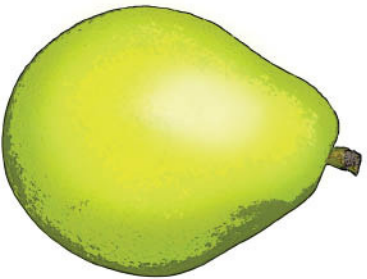
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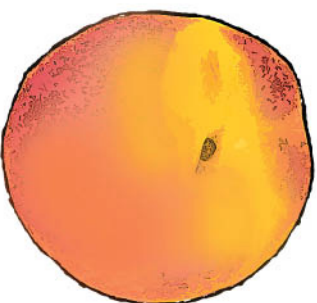
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FRUITS



Pears are super protectors. They have powers that protect every part of your body.

FRUITS



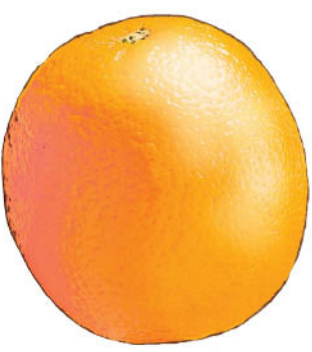
Peach power! Peaches are tasty and filled with vitamins that help your eyes see better—even in the dark!

BODY DOCTOR



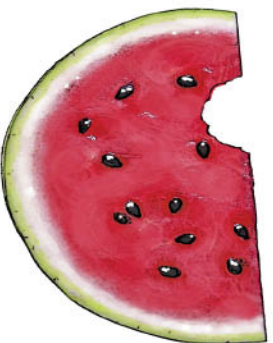
I eat fresh fruits—full of vitamins and minerals that prevent diseases.

FRUITS



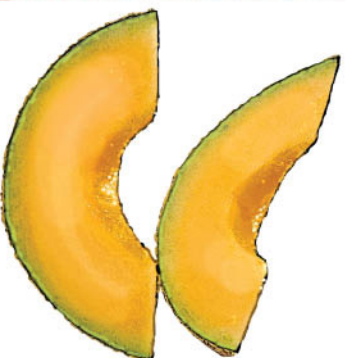
Oranges are the sunshine fruit—good for overall health.

FRUITS



Watermelon is a warrior food that fights toxins in your body.

FRUITS



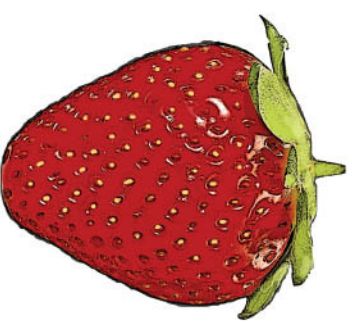
Cantaloupe has the powerful orange color of beta carotene—good for your eyes and heart!

FRUITS



Blueberries contain helpful chemicals that give you amazing vision!

FRUITS



Strawberries are red—the color of a healthy heart.

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GRAINO SUPA



I eat whole grains to energize my body and mind.

GRAINS



Grits (try them with cheese!) are an excellent source of vitamins and minerals.

GRAINO SUPA



Join in! Get together with friends and family to play an outdoor game.

GRAINS



Pasta (like spaghetti) gives you energy for the long journey.

GRAINS



Bagels can be almost too big, so eat only a half!

GRAINS



Oatmeal is a warrior food. It gives you energy and cleans out toxins from your system.

GRAINS



Whole grain cereals are full of healthy carbohydrates—for energy.

GRAINS



Popcorn (without butter or salt) is a great snack food and a great source of fiber.

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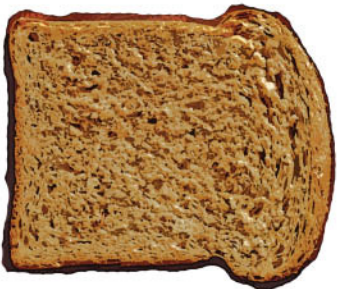
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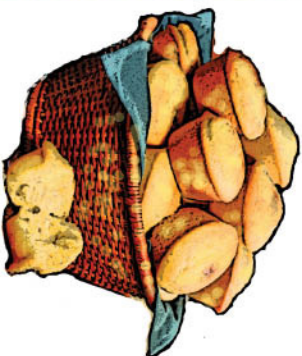
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GRAINS



Whole wheat bread is a muscle and energy food that helps keep your system clean.

GRAINS



Corn bread (without butter) is filled with vitamins and minerals. And whole grain cornmeal has plenty of fiber.

GRAINS



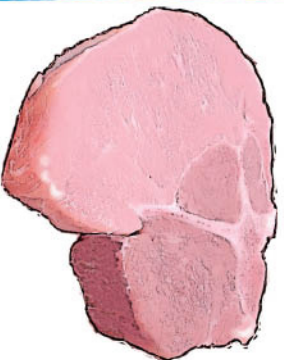
Tortillas (especially the whole grain kind) help your muscles and cells to be active.

GRAINS



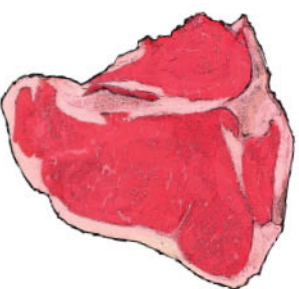
Brown rice feeds your warrior muscles and cells.

MEAT, BEANS & MILK



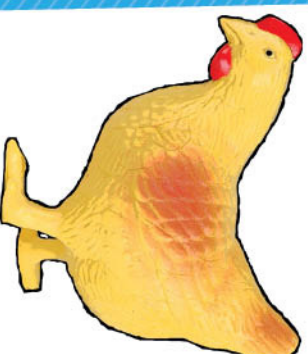
Lean pork (without fat) keeps you lean and warrior strong.

MEAT, BEANS & MILK



Lean beef has ZIP—Zinc, Iron, and Protein: zinc for skin and muscles, iron for healthy blood, and protein for growth and energy.

MEAT, BEANS & MILK



Chicken and turkey have protein that helps you build strong muscles—and also makes your tummy feel full!

MEAT, BEANS & MILK



Eggs are good for building powerful brains and overall strength.

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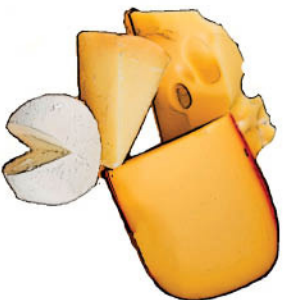
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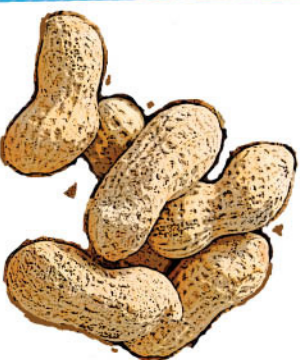
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MEAT, BEANS & MILK



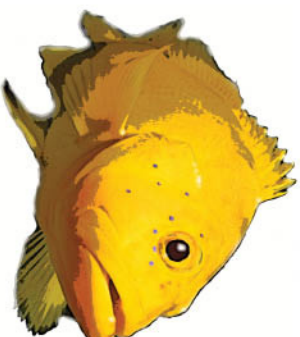
Cheese is a bone-building power food.

MEAT, BEANS & MILK



Nuts, such as pecans and peanuts, are good warrior foods with plenty of protein for energy and vigor.

MEAT, BEANS & MILK



Fish helps to protect your heart, your hair, and your overall health.

MEAT, BEANS & MILK



Peas and beans are full of protein for muscles and fiber for body cleansing.

MUSCLE MAX



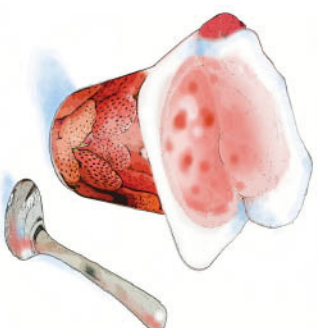
Ditch the TV and video games. Get moving!

MEAT, BEANS & MILK



Milk has protein for power and calcium for your bones.

MEAT, BEANS & MILK



Yogurt is good for your tummy, and it builds super strong and powerful bones.

MUSCLE MAX



I eat meat, beans, and milk products to build my muscles and bones.

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FIBERLITIOUS



It might be funny, but it's no joke. I eat delicious foods with fiber—like fruits, vegetables, and whole grains. This helps me keep my body clean by pooping out the waste. Everybody poops!

SUPER SLURPER



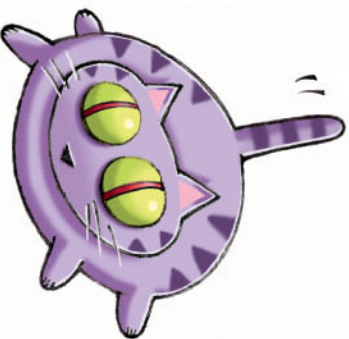
It might be funny, but it's no joke. I drink plenty of water. This helps me keep my body clean by peeing out the waste. Everybody pees!

TRANS FAT CAT



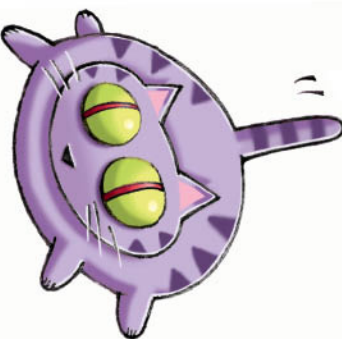
What am I?
That's right, kids. I'm the NAUGHTY fat in your diet.

TRANS FAT CAT



What can I do? I can clog your blood vessels and restrict blood flow through your body. Too much of me can be bad for your heart!

TRANS FAT CAT

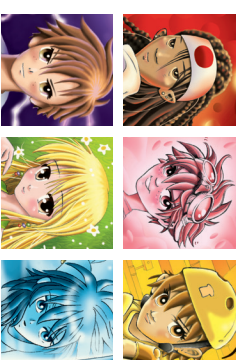


Where can you find me? Check it out. You can find me in processed snacks, crackers, cookies, cakes, and fried foods!

TRANS FAT CAT



Why do they call me Trans Fat Cat? There's a reason for the rhyme. I can make you flabby and drabby.



BODY QUEST

FOOD OF THE WARRIOR

CARD DECK

extension
ALABAMA A&M & AUBURN UNIVERSITIES

INSTRUCTIONS

Use Body Quest cards and learn about food groups. Have fun!

Game 1: Group cards with foods you have never tried, foods you like, and foods you don't like. Try foods in the "never tried" group.

Game 2: Shuffle and divide cards into the four groups: fruits, vegetables, grains, and meat/beans/milk.

Game 3: Choose foods that are crunchy, sweet, salty, or don't need to be prepared.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. USDA is an equal opportunity provider and employer.
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