Tomatoes are allied with which herbs and disease?

Tomatoes are allied with the super chemical lycopene.

Eat lots of colorful vegetables to make me look healthy.

Rich in vitamins and minerals, squash is magnesium.

Green beans are allied with green beans and prevent disease.

Your cauliflower helps filter out toxins in your liver.

Peppers pep up your bone health.

OKra is in all-around great food for good health—most healthy when not fried.

If it has more good stuff than most other foods, spinach is a super food.
Fruits:
- Apples help take toxins out of your body and make your blood clean.
- Bananas have power that help you sleep and keep you happy.
- Pineapples help fight illness and keep your body healthy.

Vegetables:
- Broccoli is a super warrior food. It fights cancer.
- Dark leafy lettuce provides fiber to keep your body clean.
- Carrots are the favorite food of warriors who want good skin. They have the vitamin A needed to keep your heart strong and teeth healthy.

Body Doctor:
- Get outside and play!
- Don't stop—push until you reach that rainbow.

Shining Rainbow:
- Walk, walk, walk and and other illnesses.
- Extra-special chemical for a strong heart and good skin.
Watermelon: a warrior food that fights toxins in your body.

Carrot: has the powerful orange color of beta carotene—good for your eyes and heart.

Blueberries: contain helpful chemicals that give you amazing vision.

Strawberries: are red—the color of a healthy heart.

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

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

Oranges: are the sunshine fruit—good for overall health.

Body Doctor: eat fresh fruits—full of vitamins and minerals that prevent diseases.
Popcorn (without butter or salt) is a great snack food.
Whole grain cereals are full of healthy carbohydrates—gives you energy and cleans out toxins from your system.
Cereal is a warrior food. It gives you energy and cleans out toxins from your system.
Bagels can be almost too big, so eat only a half.
Pasta (like spaghetti) gives you energy for the long journey.
Outdoor game. Join in! Get together with friends and family to play!
Grains are an excellent source of vitamins and minerals.
Grains! Eat whole grains to energize your body and mind.
Crisps (try them with cheese!)
Lean pork (without fat) keeps you lean and warrior strong.

Lean beef has Zinc, Iron, and Protein: Zinc for skin and muscles; Iron for healthy blood and protein for growth and energy.

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

Eggs are good for building powerful brains and overall strength.

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

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

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

Brown rice feeds your warrior muscles and cells.
Muscle Max: Strong and powerful bones. Milk is good for your bones. Watch the TV and video games. Eat nutritious foods with plenty of protein, such as beans, nuts, and cheese. Cheese is a bone-building food.

Meat, Beans: Meat is yummy and fills you up. Meat and beans are full of protein for muscles and fiber. Meat, beans help to protect your heart, your hair, and your skin. Nuts, such as beans and peanuts, are good for your heart.
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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.

Game 3:
Choose foods that are crunchy, sweet, salty, or don't need to be prepared. Try foods in the "never tried" group.

INSTRUCTIONS

TRANS FAT CAT

make you happy and chappy

reason for the name. I can

TRAN Fat CaT

Why do they call me

Super SluPer

and red foods

FIBERlicious

FOOD OF THE WARRIOR

crackers, cookies, cakes,

for your heart

your blood vessels and testes.

What can I do? I can close

out the waste. Everybody needs

Everybody good.

This helps me keep my body clean.

I think planty of water. This helps

it might be funny, but it's no joke.

It might be funny, but it's no joke.