



### Green is Good!

Celebrate St. Patrick's Day and National Nutrition Awareness Month by trying new green foods.

**Directions:** Check off the ways you'll try green foods this month.



- Add kiwi to a smoothie
- Try making kale chips
- Cook baby spinach with soy sauce and garlic
- Add sliced limes to your water

### Help Jessie Find the Green Foods

Find the green foods in the word search below.

T	J	W	G	I	S	X	O	I	B
K	I	W	Y	X	O	J	S	I	T
A	Y	L	E	R	O	L	H	H	S
V	P	M	O	C	O	K	P	G	P
D	E	P	B	C	Y	C	R	Q	I
P	A	F	L	Z	C	A	L	W	N
V	X	S	C	E	P	O	I	T	A
Y	Z	I	W	E	O	K	R	B	C
O	N	H	Y	P	R	U	Y	B	H
O	D	A	C	O	V	A	E	H	S

APPLE	AVOCADO	BROCCOLI
GRAPE	KIWI	SPINACH

### The Super Crew's Rainbow

Leprechauns look for a pot of gold under the rainbow. The Super Crew looks for plant-based foods in many colors. Add to the list of colorful foods below. Then circle those you'll try this month. Check the box when you've tried them all!

- Red: tomatoes, strawberries,
- Orange: oranges, persimmons,
- Yellow: quinoa, pineapple,
- Green: spinach, green apple,
- Brown: cinnamon, whole grains,
- Purple: eggplant, grapes,



### Snack Time Scramble

**Directions:** Unscramble the letters to reveal Kira and Marcus' favorite foods and healthy snacks.

\_\_pp\_\_ with hummus

K\_\_i\_\_ and strawberries

Cinnamon \_\_t\_\_

Frozen m\_\_ng\_\_

Cocoa powder sprinkled on top of fruit and y\_\_u\_\_



Answer Key: apples; kiwis; sticks; mango; yogurt