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.

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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 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
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- Apple
- Avocado
- Broccoli
- Grape
- Kiwi
- Spinach

Nutrition & Fitness Tips

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.

- Apple
- Kiwi
- Sticks
- Mango
- Yogurt

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