













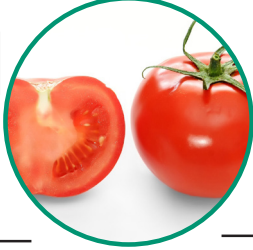





See if you can find and identify these healthy food items on your next family shopping trip.

SUPER Foods Scavenger Hunt

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Credit: Robin Ortiz, MD, Internist & Pediatrician
Effective use for ages 5 to 12.

13. Collard Greens
14. Onions
15. Brown rice
16. Squash
17. Tomato
18. Mushrooms

7. Blueberries
8. Garbanzo beans ("chickpeas")
9. Beans (kidney beans)
10. Corn
11. Garlic
12. Lentils

Answer Key:
1. Curly kale
2. Leicnato kale (Dinosaur kale)
3. Broccoli
4. Zucchini
5. Cucumber
6. Carrots