

# EAT SALAD GREENS



| Nutrition Facts  |                     |
|--|---------------------|
| Serving Size: 1 cup green leaf lettuce, shredded (36g) |                     |
| Calories 5   | Calories from Fat 0 |
| % Daily Value  |                     |
| Total Fat 0g   | 0%                  |
| Saturated Fat 0g                                       | 0%                  |
| Trans Fat 0g   |                     |
| Cholesterol 0mg  | 0%                  |
| Sodium 10mg  | 0%                  |
| Total Carbohydrate 1g                                  | 0%                  |
| Dietary Fiber 1g                                       | 2%                  |
| Sugars 0g  |                     |
| Protein 0g   |                     |
| Vitamin A 53%  | Calcium 1%          |
| Vitamin C 11%  | Iron 2%             |

## Test Your Salad Smarts

(answers below)

- The darker the lettuce, the more \_\_\_\_\_ it is.  
A) heavy    B) nutritious    C) full of water    D) young
- Many salad greens are high in \_\_\_\_\_.  
A) sugar    B) sodium    C) vitamin A    D) all three
- Which state grows the most kinds of salad green varieties for the United States?  
A) California    B) Arizona    C) Texas    D) Maryland

Answers: 1. B; 2. C; 3. A

## Reasons to Eat Salad Greens:

Eating one cup of salad greens will give you lots of vitamin K. Vitamin K works with calcium to help build strong bones in your body. It also helps stop cuts and scrapes from bleeding too much. Eating salad greens is also a good way to get vitamin A and folate.

## Vitamin K Champions\*:

Asparagus, avocado, broccoli, celery, cooked greens, peas, salad greens.

\*Vitamin K Champions are a good or excellent source of vitamin K (provide at least 10% Daily Value).

## Mixed Salad Word Jumble

A variety of colorful fruits and vegetables have been tossed into this jumble. To unscramble their names, pick the word pieces – one from each column (starting with A, then B, then C). (answers below)

| A    | B   | C     | ANSWERS |
|------|-----|-------|---------|
| PQ   | UM  | NI    | POTATO  |
| ZUC  | A   | RINE  | _____   |
| TAN  | TA  | COT   | _____   |
| A    | TI  | LI    | _____   |
| CAN  | CO  | MA    | _____   |
| AR   | PRI | TQ    | _____   |
| JIC  | GE  | BER   | _____   |
| CUC  | TA  | CHOKE | _____   |
| BROC | CHI | LOUPE | _____   |

Answers: potato, zucchini, tangarine, apricot, cantaloupe, artichoke, jicama, cucumber, broccoli

## How Much Do I Need?

One cup of salad greens is about the size of two cupped handfuls. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Adding colorful fruits and vegetables to your plate at every meal will help you meet your daily goals. Choose from all of the color groups – red, yellow/orange, green, blue/purple, and white/tan/brown.

## Recommended Daily Amount of Fruits and Vegetables\*\*

|       | Kids, Ages 5-12     | Teens and Adults, Ages 13 and up |
|-------|---------------------|----------------------------------|
| Boys  | 2½ - 5 cups per day | 4½ - 6½ cups per day             |
| Girls | 2½ - 5 cups per day | 3½ - 5 cups per day              |

\*\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. © California Department of Public Health 2011.



spring

Penny's favorite foods are: purple cabbage, eggplant, purple grapes, and purple potatoes.

**Directions: Draw one purple food for each season section on this page- use the SuperKids Nutrition Seasonal Guide for help.**

Purple foods give you a good memory and may protect you from cancer. They contain flavonoids, which keeps away heart disease and cancer.

winter



Color Me!

I can move at Super Speeds.

I get my powers from

Purple foods and I love to help the

Super Crew succeed.

Visit me at:

[www.superkidsnutrition.com](http://www.superkidsnutrition.com)

- Penny

summer

My absolute favorite sweet treat is frozen grape juice pops. I make them with Grandmom by pouring concord grape juice into 4 oz popsicle containers.

fall

spring

Carlos' favorite foods are: bananas, white beans, cauliflower, garlic, onions and jicama.

**Directions: Draw one white food for each season section on this page -use the SuperKids Nutrition Seasonal Guide for help.**

White foods keep your heart, lungs, and blood vessels healthy. They lower your cholesterol, fight cancer, make your bones strong, and fight germs.

winter



Color Me!

I create clouds and stink bombs.  
I get my powers from white foods  
and my favorite subject is math.

Visit me at:

[www.superkidsnutrition.com](http://www.superkidsnutrition.com)

- Carlos

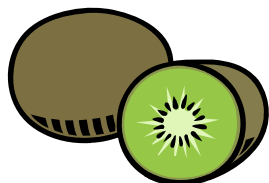
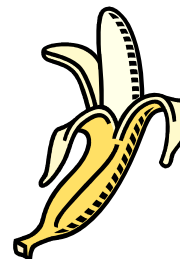
summer

Peel and freeze ripe bananas, blend with a couple tablespoons of juice or yogurt. Eat it just like ice-cream!

fall

# The Super Crew's Body Helper's Guide

Read **The Super Crew's Body Helper's Guide** to learn how different fruits and vegetables help our bodies. Then draw a line from the food to the part of the body that it helps!



# The Super Crew's Body Helper's Guide



Marcus likes **yellow** foods because they are packed with antioxidants, which help to protect your cells, heart, and immune system. They also help to prevent cancer. *Examples include pineapple, yellow squash, and lemons.*



Andy likes **orange** foods because they have lots of vitamins. Vitamin C can help keep you from getting sick, and get you better faster if you do get sick. Vitamin A is good for your skin and eyes. *Examples include carrots, oranges, pumpkin, cantaloupe, and sweet potatoes.*



Abigail likes all colors of foods, especially **blue** foods. These foods help your mind and memory and can help protect you from cancer. *Examples include blueberries and açai.*



Kira likes **brown** foods like spices, herbs, and nuts because they are full of antioxidants and can help your heart. *Examples include almonds, cinnamon, and basil.*



Carlos likes **white** foods because they are good for your heart and veins. Some white foods can help protect you from cancer and others make your bones strong. *Examples include cauliflower, mushroom, white asparagus and garlic.*



Baby Tom/Tom likes **red** foods because they protect your heart, can protect you from cancer, and also help your mind and memory! *Examples include apples, pomegranate, red bell pepper and red grapes.*



Jessie likes **green** foods because they are good for your whole body, especially your eyes and nails. They also help keep you from getting sick. *Examples include kiwi, cabbage, broccoli, artichoke, tomatillo and spinach.*



Penny likes **purple** foods, which contain flavonoids that fight heart disease and cancer. Purple foods also help your memory. *Examples include eggplant, raisins, and elderberries.*





# The Super Crew's Body Helper's Guide Key

Heart (**Yellow**): Pineapple

Head (**Blue**): Blueberries

Head, Arms, Legs (**White**): Banana

Eyes and Nails (**Green**): Cabbage, artichoke, tomatillo

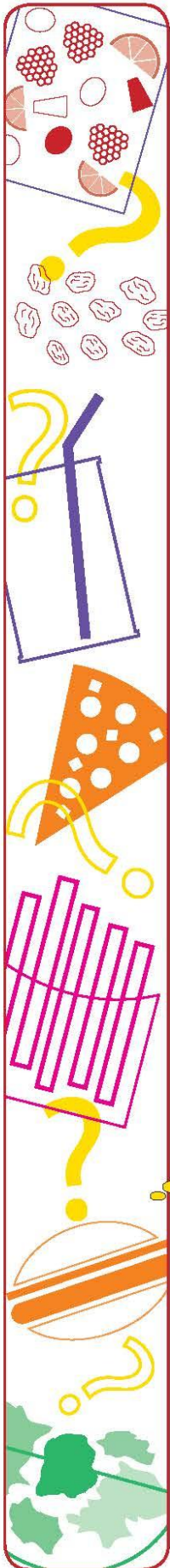
Skin and Eyes (**Orange**): Oranges, pumpkin, cantaloupe

Heart (**Brown**): Almonds, mushroom

Heart and Head (**Red**): Apple, red bell pepper, strawberry

Heart and Head (**Purple**): Eggplant

# LUNCH AT THE MALL ... WHAT ARE MY OPTIONS?



Imagine that you're at the mall with some friends. You have \$7.00 to spend for lunch. Look at the restaurant menus (Pages 8–9) to order a tasty, healthy lunch that includes a variety of food-group foods.

Choose foods from the following food groups:

- Dairy
- Vegetables
- Fruits
- Grains
- Protein

Contains no more than 700 total calories (about one-third of the calories needed in a day)

Costs no more than \$7.00

Write your food and drink choices, calories and prices.  
You may pick items from more than one restaurant menu.

| Food or Drink | Calories | Price |
|---------------|----------|-------|
| _____         | _____    | _____ |
| _____         | _____    | _____ |
| _____         | _____    | _____ |
| _____         | _____    | _____ |
| _____         | _____    | _____ |
| _____         | _____    | _____ |
| <b>TOTAL</b>  | _____    | _____ |

**FOOD FOR THOUGHT**

Write a goal around making healthy food choices when eating out. **GOAL:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## TODAY'S SPECIALS

|  |                 |              |
|--|-----------------|--------------|
| <b>Super Burger Meal Deal</b><br><i>(Super Burger, large french fries, large soda, your choice of cookie or pie)</i> | <b>Calories</b> | <b>Price</b> |
|  | 1579            | \$3.50       |

|   |                 |              |
|---|-----------------|--------------|
| <b>You Choose Meal Deal</b><br><i>(Your choice of a regular hamburger or cheeseburger, side salad or baked potato, small drink)</i> | <b>Calories</b> | <b>Price</b> |
|   | 638             | \$3.00       |

|                   |                 |              |
|-------------------|-----------------|--------------|
| <b>Burgers</b>    | <b>Calories</b> | <b>Price</b> |
| Hamburger         | 272             | \$2.25       |
| Cheeseburger      | 295             | \$2.45       |
| Fried Fish Burger | 710             | \$2.95       |

### Sandwiches

All sandwiches served on 6-inch sub roll with lettuce, tomatoes, pickles, mustard and mayonnaise

|   |                 |              |
|---|-----------------|--------------|
|   | <b>Calories</b> | <b>Price</b> |
| Roast Beef                                    | 264             | \$3.50       |
| Vegetable and Cheese                          | 200             | \$3.50       |
| The Super Sub (ham, turkey, cheese and bacon) | 350             | \$4.65       |

### OTHER ENTREES

|  |                 |              |
|--|-----------------|--------------|
|  | <b>Calories</b> | <b>Price</b> |
| Crispy Chicken Strips (fried, breaded chicken strips with dipping sauce) | 380             | \$3.50       |
| Hot Dog  | 295             | \$2.25       |

|  |                 |              |
|--|-----------------|--------------|
| <b>Salads</b>  | <b>Calories</b> | <b>Price</b> |
| Garden Salad (with vinaigrette dressing)                                   | 190             | \$2.50       |
| Grilled Shrimp Salad (with ranch dressing)                                 | 287             | \$3.95       |
| Caesar Salad (romaine lettuce, parmesan cheese, croutons, Caesar dressing) | 338             | \$3.95       |

|                            |                 |              |
|----------------------------|-----------------|--------------|
| <b>Side Dishes</b>         | <b>Calories</b> | <b>Price</b> |
| Small French Fries         | 210             | \$1.75       |
| Large French Fries         | 540             | \$2.25       |
| Baked Potato               | 310             | \$2.25       |
| Chili Bowl (with crackers) | 226             | \$1.95       |

|                           |                 |              |
|---------------------------|-----------------|--------------|
| <b>Desserts</b>           | <b>Calories</b> | <b>Price</b> |
| Apple or Cherry Pie       | 260             | \$1.00       |
| Large Cookie              | 170             | \$1.00       |
| Frozen Yogurt (chocolate) | 230             | \$1.50       |
| Fresh Fruit Cup           | 137             | \$1.50       |

|  |                 |              |
|--|-----------------|--------------|
| <b>Beverages</b>                                       | <b>Calories</b> | <b>Price</b> |
| Small Soda (12 oz.)                                    | 175             | \$1.25       |
| Large Soda (24 oz.)                                    | 349             | \$1.55       |
| Super Soda (42 oz.) <i>Keep the cup! Free refills!</i> | 611             | \$1.85       |
| 1% Low-Fat Milk (8 oz.)                                | 102             | \$1.25       |
| 1% Low-Fat Chocolate Milk (8 oz.)                      | 158             | \$1.25       |
| Lemonade (8 oz.)                                       | 99              | \$1.25       |

# CASA MARTA



## Main Dishes

|  | <b>Calories</b> | <b>Price</b> |
|--|-----------------|--------------|
| <b>Burrito</b> (flour tortilla, refried beans, cheese)   | 189             | \$3.25       |
| <b>Chicken Chimichanga</b> (fried burrito)   | 559             | \$3.25       |
| <b>Quesadilla</b> (flour tortilla, melted cheese)  | 183             | \$2.95       |
| <b>Fajita</b> (flour tortilla, grilled chicken, grilled vegetables)                                | 363             | \$3.95       |
| <b>Taco Salad</b> (chicken, lettuce, cheese, beans, avocado, tomatoes served in a taco-shell bowl) | 740             | \$4.00       |

## Side Dishes

|  | <b>Calories</b> | <b>Price</b> |
|--|-----------------|--------------|
| <b>Chips and Salsa</b>                     | 445             | \$1.95       |
| <b>House Salad</b> (with ranch dressing)   | 240             | \$1.95       |
| <b>Guacamole</b> (avocado, tomato, spices) | 366             | \$1.65       |
| <b>Refried Beans</b>                       | 238             | \$1.65       |

## Desserts

|   | <b>Calories</b> | <b>Price</b> |
|---|-----------------|--------------|
| <b>Churros</b> (two deep-fried dough strips, dipped in sugar) | 332             | \$2.00       |
| <b>Flan</b> (caramel custard)                                 | 225             | \$2.25       |
| <b>Arroz con Leche</b> (rice pudding)                         | 200             | \$2.25       |

## Drinks

|                             | <b>Calories</b> | <b>Price</b> |
|-----------------------------|-----------------|--------------|
| Soda (12 oz.)               | 175             | \$1.25       |
| Diet Soda (12 oz.)          | 1.5             | \$1.25       |
| 1% Low-Fat Milk (8 oz.)     | 102             | \$1.25       |
| Sweetened Iced Tea (12 oz.) | 135             | \$1.25       |





# China Palace

## LUNCH SPECIALS

|  | Calories | Price  |
|--|----------|--------|
| <b>Sweet and Sour Pork</b> (batter-dipped pork, fried and tossed with pineapple, red pepper, onion, in a sweet and sour sauce) with Fried Rice             | 696      | \$3.50 |
| <b>Kung Pao Chicken</b> (stir-fried spicy chicken, peanuts, red pepper) with Steamed Rice  | 1104     | \$3.50 |
| <b>Chow Mein</b> (stir-fried noodles, cabbage, celery in soy sauce)  | 216      | \$3.95 |
| <b>Tofu With Vegetables</b> (tofu cubes simmered in chicken broth, tossed with a blend of broccoli, mushrooms, carrots and green pepper) with Steamed Rice | 362      | \$3.50 |
| <b>Steamed Fish Fillet With Vegetables and Steamed Rice</b>  | 401      | \$3.95 |
| <b>Spring Rolls</b> (mixed vegetables wrapped inside two fried flour wraps) with Fried Rice  | 637      | \$3.00 |
| <b>Chinese Chicken Salad</b>   | 180      | \$3.50 |

## DRINKS

|                                    | Calories | Price  |
|------------------------------------|----------|--------|
| <b>Hot Tea</b> (8 oz.)             | 2        | \$1.25 |
| <b>Sweetened Iced Tea</b> (12 oz.) | 135      | \$1.25 |
| <b>Cola</b> (12 oz.)               | 175      | \$1.25 |
| <b>Diet Cola</b> (12 oz.)          | 1.5      | \$1.25 |
| <b>Bottled Water</b> (16 oz.)      | 0        | \$1.00 |

## DESSERTS

|                                | Calories | Price  |
|--------------------------------|----------|--------|
| <b>Fresh Fruit Cup</b>         | 137      | \$2.00 |
| <b>Frozen Yogurt</b> (Vanilla) | 229      | \$2.00 |
| <b>Almond Cookies</b> (2)      | 75       | \$1.75 |

# PETE'S RISTORANTE

## Pizza By The Slice

All of Pete's pizzas are made with homemade tomato sauce, fresh herbs and spices and the best imported cheeses.

|   | CALORIES | PRICE  |
|---|----------|--------|
| <b>Cheese Pizza</b> (1 slice)   | 140      | \$2.25 |
| <b>Pepperoni Pizza</b> (1 slice)  | 181      | \$2.55 |
| <b>Mushroom and Olive Pizza</b> (1 slice)   | 235      | \$2.45 |
| <b>Vegetable Pizza</b> (1 slice)  | 192      | \$2.45 |
| <b>The Everything-on-It Pizza</b> (1 slice with pepperoni, ham, bacon, anchovies, mushrooms and olives) | 390      | \$2.95 |

## Side Dishes

|   | CALORIES | PRICE  |
|---|----------|--------|
| <b>Side Salad</b> (with ranch dressing) | 281      | \$2.25 |
| <b>Fried Breadsticks</b> (2)            | 232      | \$1.95 |
| <b>Minestrone Soup</b> (with crackers)  | 108      | \$2.25 |

## Desserts

|   | CALORIES | PRICE  |
|---|----------|--------|
| <b>Gelato</b> (ice cream)   | 178      | \$2.00 |
| <b>Dessert Pizza</b> (sweet dough with butter, cinnamon, sugar topping) | 260      | \$2.45 |

## Beverages

|                                | CALORIES | PRICE  |
|--------------------------------|----------|--------|
| <b>Cola</b> (12 oz.)           | 175      | \$1.25 |
| <b>Root Beer</b> (12 oz.)      | 152      | \$1.25 |
| <b>1% Low-Fat Milk</b> (8 oz.) | 102      | \$1.25 |
| <b>Mineral Water</b> (12 oz.)  | 0        | \$1.25 |
| <b>Orange Juice</b> (8 oz.)    | 112      | \$1.25 |