POWER UP WITH THE PRODUCE LEAGUE!

HEALTHY EATING = SUPER POWERS!

NOVEMBER ADVENTURE

The Sweet Potato Shield

The Produce League protects the Harvest Festival!

HARVEST FESTIVAL

WEEK 1

November 2, 4 & 6

The Sweet Potato Shield

COLOR DETECTIVES

Explore the colors of fruits and vegetables! Each color gives your body different nutrients and super powers!



NUTRITION FACTS

- Sweet potatoes are high in vitamin A.
- Vitamin A helps your eyes, skin and immune system stay strong!
- They also give you fiber for a happy tummy!

WHAT COLOR ARE THEY?

What color are sweet potatoes?



Red Orange Purple Green

TRY IT!

- **Look** What color is your snack today?
- **Taste** Is it sweet, sour, or crunchy?
- **Feel** Is it soft, crunchy or smooth?

RIDDLE TIME!

I'm orange, I'm sweet, and I help you see at night. What am I?

_____



WEEK 2

November 9, 11 & 13

Captain Carrot's

CRUNCHY CLUES

Use your five senses to investigate produce! What do you see? Smell? Taste? Feel? Hear?



NUTRITION FACTS

- Carrots are high in beta-carotene.
- Beta-carotene is converted to vitamin A in your body.
- They also provide fiber and vitamin K!

DESCRIBE THE CARROT



Color: _____

Texture: _____

Taste: _____

Smell: _____

WORD PUZZLE

Unscramble the letters to find a healthy word!

R O T A C R



MISSION: CRUNCH TIME!

Try a new way to enjoy carrots today. Maybe with a dip, in a salad or on their own!

WEEK 3

November 16, 18 & 20

The Harvest Heroes'

POWER-UP

Learn nutrition facts, complete the word search, then create your own produce superhero!



NUTRITION FACTS

- Apples are high in fiber and vitamin C.
- Fiber helps your digestive system.
- Vitamin C helps your immune system!

FIND THE WORDS

Words can be found up, down, and across!

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

Find these words:

- APPLE
- FIBER
- CRUNCHY
- VITAMIN
- COLOR
- ENERGY
- SNACK
- STRONG
- GROWTH

CREATE YOUR OWN SUPERHERO!

Draw and name your own produce superhero. What super power will they have?

SUPER POWERS

NOVEMBER'S LINE-UP

SWEET POTATO SHIELD



Sweet Potatoes

STRENGTH

- Vitamin A
- Fiber
- Antioxidants

CAPTAIN CARROT



Carrots

STRENGTH

- Beta-carotene
- Fiber
- Vitamin K

HARVEST APPLE



Apples

STRENGTH

- Fiber
- Vitamin C
- Antioxidants

TOGETHER WE CAN RESTORE THE COLOR, ENERGY AND HEALTHY HABITS OF THE PRODUCE KINGDOM!

TASTE · EXPLORE · LEARN · GROW

HEALTHY KIDS = A BRIGHTER TOMORROW!