

power^{UP}

SUPER BERRY POWER

Did you know that eating the right foods can make you healthy and strong? Some fruits and veggies can even give you special powers that protect you from serious diseases like cancer. They're called SUPERFOODS!

Berries are a superfood because they're full of antioxidants. And the vitamins and nutrients help your body fight yucky illnesses so you don't get sick.



WHAT'S YOUR BERRY FAVORITE SUPERHERO?

Connect the names to the pictures, then circle your favorite!

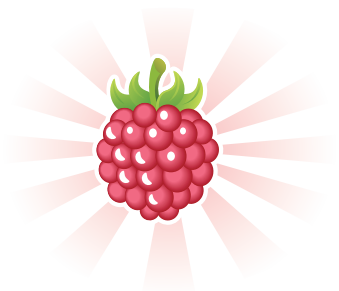
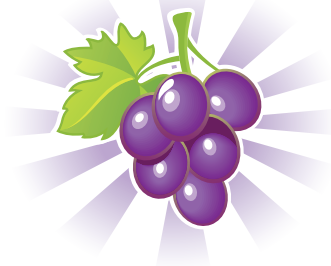
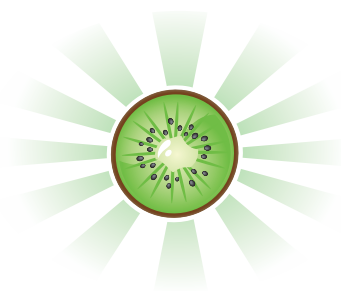
Galactic Grape

Super Strawberry

Rockin' Raspberry

Boss Blueberry

Kickin' Kiwifruit



If you could have any superpower, what would it be?

- X-ray Vision? Invisibility? Flying? Super Strength? Genius? Other?

How would you use your power?
