

## COLOR POWERS WITH THE SUPER CREW



**DIRECTIONS:** In the space below, draw 3 different plant-based foods you'll eat today! Then circle the color hearts above, based on the colors you ate. If the color isn't there, color in the empty heart.

"Eat more colorful tasty foods to feel better, run faster, jump higher and think your best!" - *Marcus*



"Plant foods are fruits, vegetables, whole grains, legumes, nuts, seeds, herbs, and spices."

- The Super Crew