Jessie Explores New Food!

March is National Nutrition Month®, and this year we are celebrating every nutritious bite we take as a step towards healthy eating! Join Jessie by taking a bite out of two new fruits or vegetables or trying a new spice or herb you have never tried before. Pretend you’re a chef describing how a food smells, feels, and tastes. Then draw the new food!

NEW Food: ____________________________
Smell:
Touch:
Taste:
See:

NEW Food: ____________________________
Smell:
Touch:
Taste:
See:

The Super Crew’s Tasty Treats

Below are some healthy snacks that the Super Crew loves because they are packed with nutrients and energy! At home, grab 3-4 reusable muffin tin liners and fill with these snack ideas. Circle the ones you want to try!

Ideas:
• Crispy baked chickpeas
• A hardboiled egg
• Kale chips
• Raspberries
• Dollop of Greek yogurt with sprinkle of granola
• Edamame with sesame oil and soy sauce
• Cucumber slices
• Diced avocado
• Dollop of hummus with carrot sticks
• ½ an apple with a spoonful of peanut butter

Carlos’ Perfect Pairing

Carlos wants to boost the nutrients in his meals for National Nutrition Month®. Help him decide which foods would taste good together by drawing a line from which meal below will taste good with a fruit or veggie below!

Meals

<table>
<thead>
<tr>
<th>Macaroni &amp; Cheese</th>
<th>Scrambled Eggs</th>
<th>Oatmeal</th>
<th>Grilled Cheese</th>
</tr>
</thead>
</table>

Fruits & Veggies