



Super Heroes, Super Foods

Created by Frisch's

Grade Range: PreK-3rd grade **Time:** 45 minutes

Synopsis: Help students make better food choices by learning the amazing benefits of eating super foods.

Materials:

- Colored pencils
- Super Hero Comic template
- Super Crew Nutrition packet ([here](#))
- Super Hero PowerPoint ([here](#))
- Super foods to match your super hero
- **Optional:** wear Super Hero attire



Instructions:

1. Prior to your visit, assign each mentor a super hero from the super crew list.
2. The day of...Put students into small groups and assign each group a super hero.
3. Give each student a Super Crew Fact Sheet and a plate of super foods.
4. Using the power point presentation, each “super hero” (mentor) will present their super powers.
5. At the end of this presentation, the super hero will ask questions on the power point presentation to the students to engage them in the activity.
6. At the end of the presentation, pass out the super comic template, and ask students to create a comic story about their favorite super food.



Super Food Comic Story _____

