



# TasteWiseKids

Print this and cross off each super food that you try! Once downloaded, click each picture for a recipe or story and each word or an activity!

## Welcoming Wellness Board

### SuperFoods!

citrus



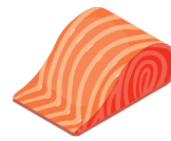
celery root



tumeric



salmon



broccoli



lemon



garlic



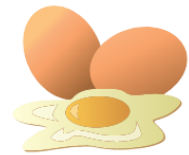
kefir



peas



eggs



curly\_parsley



lime



olive oil



ginger



almonds



sunflower  
seeds



horseradish



mandarin  
oranges



berries



turmp  
greens



rosemary



navel  
oranges



alfalfa



peanuts



avocado

