

DRINK SOME

Mighty Milk

SUPERHERO FOOD

SUPERHERO FOOD



Superhero Food Group: Dairy Foods
Body Building Foods

Special powers:
Strong, indestructible skeleton

28

EAT MOST

Working Spud

EVERYDAY FOOD

EVERYDAY FOOD



Superhero Food Group: Vegetables
Protective Foods

Special powers if eaten:
Stuffed with energy to keep you moving

29

EAT MOST

Masher Man

SUPERHERO FOOD

SUPERHERO FOOD



Superhero Food Group: Vegetables
Protective Foods

Special powers if eaten:
Bursting with vitamins for fighting fit bodies

30

EAT MOST

Farmer Orange

EVERYDAY FOOD

EVERYDAY FOOD



Superhero Food Group: Fruit
Protective Foods

Special powers if eaten:
Great sporty snack to quench thirst

31

EAT MOST

Vitamin C Lion

SUPERHERO FOOD

SUPERHERO FOOD



Superhero Food Group: Fruit
Protective Foods

Special powers if eaten: Roaring with
Vitamin C to boost the body's defences

32

EAT MOST

Athletic Tomato

EVERYDAY FOOD

EVERYDAY FOOD



Superhero Food Group: Vegetables
Protective Foods

Special powers if eaten: Packed with
antioxidants to protect the body

33

EAT MOST

Saucy Lady

SUPERHERO FOOD

SUPERHERO FOOD



Superhero Food Group: Vegetables
Protective Foods

Special powers if eaten: Seriously full of
antioxidants to fight illness

34

DRINK MOST

Cool Glass

SUPERHERO FOOD

SUPERHERO FOOD



Drink Plenty of Water
Hydrating

Special powers:
Gushing with hydration to cool the body

35

DRINK MOST

Wonder Water

SUPERHERO FOOD

SUPERHERO FOOD



Drink Plenty of Water
Hydrating

Special powers: Pumped with hydration for
supercharged blood flow

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