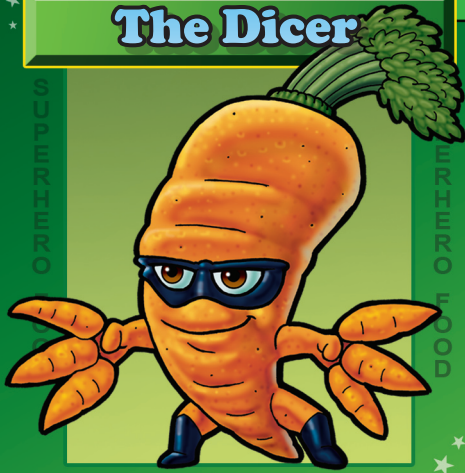


EAT MOST

The Dicer



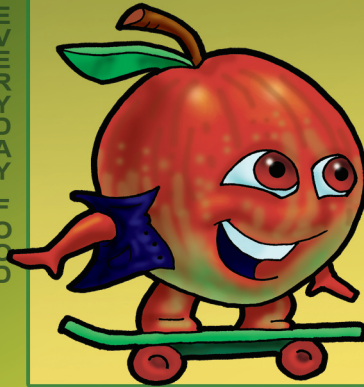
Superhero Food Group: Vegetables
Protective Foods

Special powers if eaten:
Loaded with vitamin A for super strong eyes

10

EAT MOST

Aces Apple



Superhero Food Group: Fruit
Protective Foods

Special powers if eaten:
Crammed full of vitamin C to fight illness

11

EAT MOST

Atomic Apple



Superhero Food Group: Fruit
Protective Foods

Special powers if eaten:
Army load of antioxidants to fight illness

12

EAT MOST

Sporty Banana



Superhero Food Group: Fruit
Protective Foods

Special powers if eaten:
Perfect pick me up – snack on the run

13

EAT MOST

Super Fruity



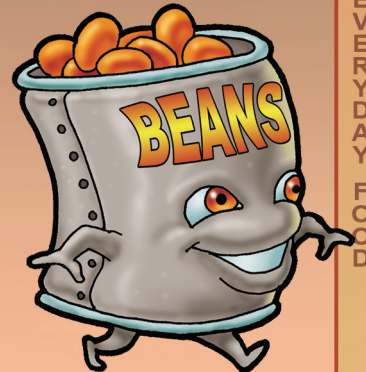
Superhero Food Group: Fruit
Protective Foods

Special powers if eaten: Packed with
potassium to power up the heart

14

EAT SOME

Tinned Beans



Superhero Food Group: Meat/Protein
Body Building Foods

Special powers if eaten:
Full of fibre for long lasting energy

15

EAT SOME

Bean Machine



Superhero Food Group: Meat/Protein
Body Building Foods

Special powers if eaten:
Pumped with protein to grow a healthy body

16

EAT SOME

Lean Meat



Superhero Food Group: Meat/Protein
Body Building Foods

Special powers if eaten: Pumped with
protein to repair and grow strong bodies

17

EAT SOME

Beefy Boy



Superhero Food Group: Meat/Protein
Body Building Foods

Special powers if eaten:
Jam packed with protein to build muscles

18