

EAT MOST

## Mixed Grain



Superhero Food Group: Breads & Cereals  
Energy Foods

Special powers if eaten:  
Long lasting energy

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## Toasty



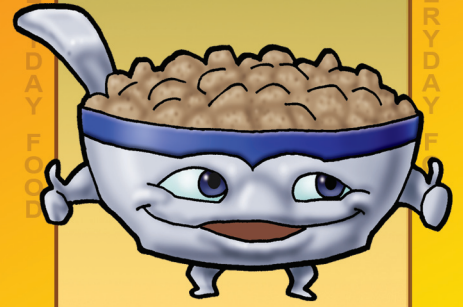
Superhero Food Group: Breads & Cereals  
Energy Foods

Special powers if eaten:  
Energises your body and brain

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## Healthy Cereal



Superhero Food Group: Breads & Cereals  
Energy Foods

Special powers if eaten:  
Morning energy & clear thinking

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## Silver Spoon



Superhero Food Group: Breads & Cereals  
Energy Foods

Special powers if eaten:  
Teeming with fibre to dodge hunger

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## Pasta Bowl



Superhero Food Group: Breads & Cereals  
Energy Foods

Special powers if eaten:  
Energy to grow a healthy body

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## Ninja Noodle



Superhero Food Group: Breads & Cereals  
Energy Foods

Special powers if eaten:  
Energises your body and brain

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## Mrs Brocc



Superhero Food Group: Vegetables  
Protective Foods

Special powers if eaten:  
Packed with vitamins to fight illness

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## Mean Green



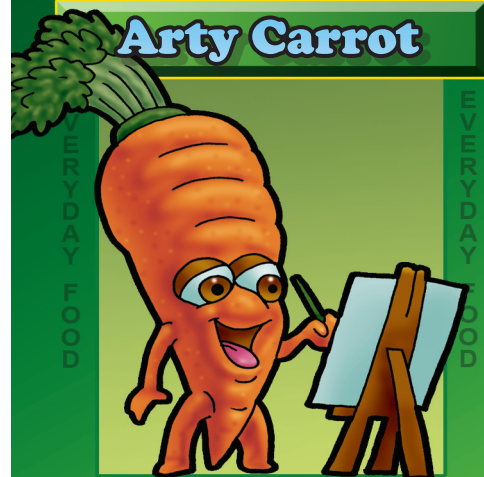
Superhero Food Group: Vegetables  
Protective Foods

Special powers if eaten:  
Bursting with folate to keep cells healthy

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## Arty Carrot



Superhero Food Group: Vegetables  
Protective Foods

Special powers if eaten: Crunchy carrot  
eaten raw helps to clean teeth

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