

SUPER SALADS

MY SALAD SUPERHERO

YOUR NAME:

DATE:

Superheroes come in all shapes and sizes and each have different super powers. But they have one thing in common – they are all super-strong, super-smart and super-healthy.

Salad leaves contain a variety of different nutrients which all do useful things in our bodies. Read up on the different nutrients in salad then design your own salad superhero!

FANTASTIC FACTS

SALAD LEAVES ARE PACKED WITH VITAMINS, MINERALS AND FIBRE WHICH ARE NUTRIENTS WHICH TOGETHER PLAY AN IMPORTANT ROLE IN KEEPING OUR BODIES FIT AND HEALTHY.

VITAMINS:

VITAMIN A helps your body to fight infections, helps your eyes to see better in dim light, keeps your hair, nails and skin healthy.

VITAMIN C helps to protect your body from the environment e.g. pollution, helps your body to heal when it is wounded, looks after tissues and organs in your body.

VITAMIN K helps your body to heal when it is wounded, helps to build strong bones.



FIBRE helps to keep your gut healthy.

DID YOU KNOW? FIBRE IS ONLY FOUND IN FOODS THAT COME FROM PLANTS

MINERALS:

FOLATE looks after your brain and nervous system.

IRON helps to move oxygen around your body.

CALCIUM helps to build strong bones and teeth, keeps your heartbeat regular, helps your body to heal when it is wounded.

POTASSIUM controls the balance of fluids in your body and looks after the functioning of your heart



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LeafySalad
The Easy Healthy Choice



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DESIGN YOUR SUPERHERO!

THE PEOPLE OF SICKVILLE NEED YOUR HELP! THEY HAVEN'T BEEN GETTING THEIR 5 A DAY AND SO DON'T HAVE THE NUTRIENTS THEIR BODIES NEED TO KEEP FIT AND HEALTHY.

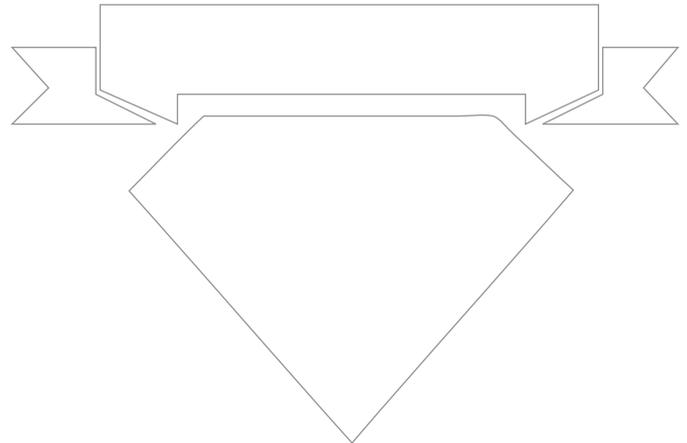


- STEP 1** Design a family of superheroes whose job it is to restore everyone in the town back to full health.
- STEP 2** Select one vitamin or mineral from the list which will become your hero's super-power. Think about how your superhero will use this power to help the people of Sickville.
- STEP 3** Decide on a name for your superhero and design a badge for him or her to wear on his or her chest. Last but not least, draw your superhero!

THINK ABOUT...
Which part or parts of people's bodies will your superhero help?
Why is this important?



CHOOSE YOUR NAME AND DRAW YOUR BADGE



SUPERHEROES ARE THE STRONGEST, BRAVEST, AND SMARTEST ON THE BLOCK - THERE'S NO DOUBT THAT THEY ARE EATING THEIR 5 A DAY!



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