

Superhero Up with Superfoods!

Overview

Our favorite superhero family is back this summer in *Incredibles 2*. This family doesn't shy away from a challenge! Elastigirl, Mr. Incredible, Violet, Dash, and Jack-Jack are all members of the Parr family. Together, they navigate normal family life while heroically battling villains with treacherous plots. To maintain their superpowers, the Parr family relies on superfoods packed with

powerful nutrients. They also get plenty of physical activity to fight any villain crossing their path. This summer, be your own superhero by challenging yourself and those around you to choose nutrient-packed superfoods and participate in physical activities that get the whole group up and moving!



Incredible Superfoods

Try some of these kid-friendly superfoods at home or at school as a taste test featured item.

- Full of vitamins and antioxidants, berries are a kid favorite! These important antioxidants help Violet Parr produce her force-fields and protect her family. Try incorporating your favorite berry or a variety of berries into a smoothie.

Very Berry Smoothie

- ½ cup vanilla yogurt
 - ½ cup fat-free or low-fat milk
 - 1 cup berries
 - 2 teaspoons honey
 - Combine all ingredients in a blender until smooth. Serve immediately and enjoy!
- Greens are the ultimate superfood! They're packed with iron, calcium, folate and more. Elastigirl knows greens can be a challenge to win over with kids, especially hers, so try a fun recipe such as kale chips. They are flavorful, crunchy, and easy to prepare:

Kale Chips

- 1 bunch kale leaves
 - 2 Tablespoons olive oil
 - Dash of sea salt
 - Lemon zest (optional)
 - Toss kale leaves in olive oil and place on a baking sheet. Sprinkle sea salt and lemon zest on kale leaves. Bake for 12 minutes or until crisp at 350 degrees.
- Oats are a delicious whole grain and this food is Mr. Incredible's favorite! Oats provide the fiber, iron, and protein needed to maintain Mr. Incredible's strength and stamina. Power Balls are a favorite snack Mr. Incredible eats before he faces a big challenge or scary villain. Make your own protein packed Power Balls with this simple recipe:

Power Balls

- 1 cup oatmeal
- ½ cup nut butter
- 1/3 cup honey

- 1 teaspoon vanilla
 - ½ cup mini chocolate chips
 - 1 cup coconut (optional)
 - ½ cup ground flaxseed (optional)
 - Mix all ingredients until thoroughly incorporated. Chill mixture in refrigerator for 30 minutes and then roll into balls.
- Bright colored fruits and veggies are full of vitamins A and C, potassium, and lycopene. Yes, all orange fruits and veggies give you these amazing vitamins and nutrients! Dash Parr has his favorites that give him speed and agility powers. Check out these options for a summer fruit cup or create a colorful veggie tray:
 - Oranges or clementines
 - Orange Peppers
 - Apricots
 - Mangoes
 - Papayas
 - Squah
 - Carrots
 - Sweet potatoes
 - Cantaloupe
 - Yogurt is the hero of the dairy section. It contains protein, calcium and helpful bacteria that our bodies need. Try using plain yogurt and add in healthy toppings such as honey, jam and fresh fruit. Greek yogurt is a kid favorite with a thicker consistency and it's packed with protein. Stay cool this summer by making Frozone's favorite snack, Frozone Pops.

Frozone Pops

- 6 oz. of yogurt
- 2 tablespoons of chopped fruit (your choice)
- 6 wooden craft sticks
- Stir yogurt and fruit until well combined. Divide mixture amount 6 compartments on an ice cube tray. Insert a craft stick into each filled

compartment. Freeze for 4 hours or until completely frozen.

Superhero Power Training

Try this simple at-home or in-school Superhero Power Training activity to get your kids moving:

- Invite any participants to dress up in her or his best superhero attire or accessories. Create a simple cape by using scrap fabric and fabric markers to draw a fun design. Superhero masks are an easy addition by cutting out felt into creative shapes and tying them back with string or yarn.
- Create a Superhero Power Training checklist with various superhero moves. Activities might include:
 - Hopping through hula hoops
 - Crawling under a jump rope
 - Jumping over cones
 - Sprinting in a race
 - Balancing on one foot
 - Twisting into a fun shape with a partner
- As participants complete each section, check it off on the training card or provide a superhero sticker.
- Once the Superhero Power training is complete, provide participants with one of the fun and super healthy snacks listed above.

Tips



Combine forces with other super families to make your powers even stronger! Partner with other parents and families to come up with more super-ideas and to



Join up with other super families to plan a back-to-school taste test with these healthy recipes for a super-charged start to the year.

make sure you have enough helping hands.



Super heroes need super plans! Commit to starting a conversation with others at your school who are also interested in creating a culture of health and identify a

few simple things you all can do to start making that change.



Then really put your super powers to use by [creating or joining a School Health Team](#) at your school to make sure all kids are eating, moving and learning like super heroes!

Related Activities

New Year, New Smoothies

Make the New Year a healthy one by trying these recipes as part of a smoothie taste test with your students or family.

Offer Healthy Snacks

In addition to nourishing bodies, snacks provide an opportunity to practice healthy eating habits.

Salad Bars

School salad bars give students more variety and choice and allow them to try healthy options they may not have eaten before.

Seasonal Fall Recipes

Celebrate with students through the fall months by eating healthy snacks made with seasonal foods.

