

BEST!

SUPER!

THE ADVENTURES OF CAPTAIN NUTRIENT!

WOW

POWER

BY: LAURA THOMPSON
A @NUTRIENT_HAPPY STORY SERIES



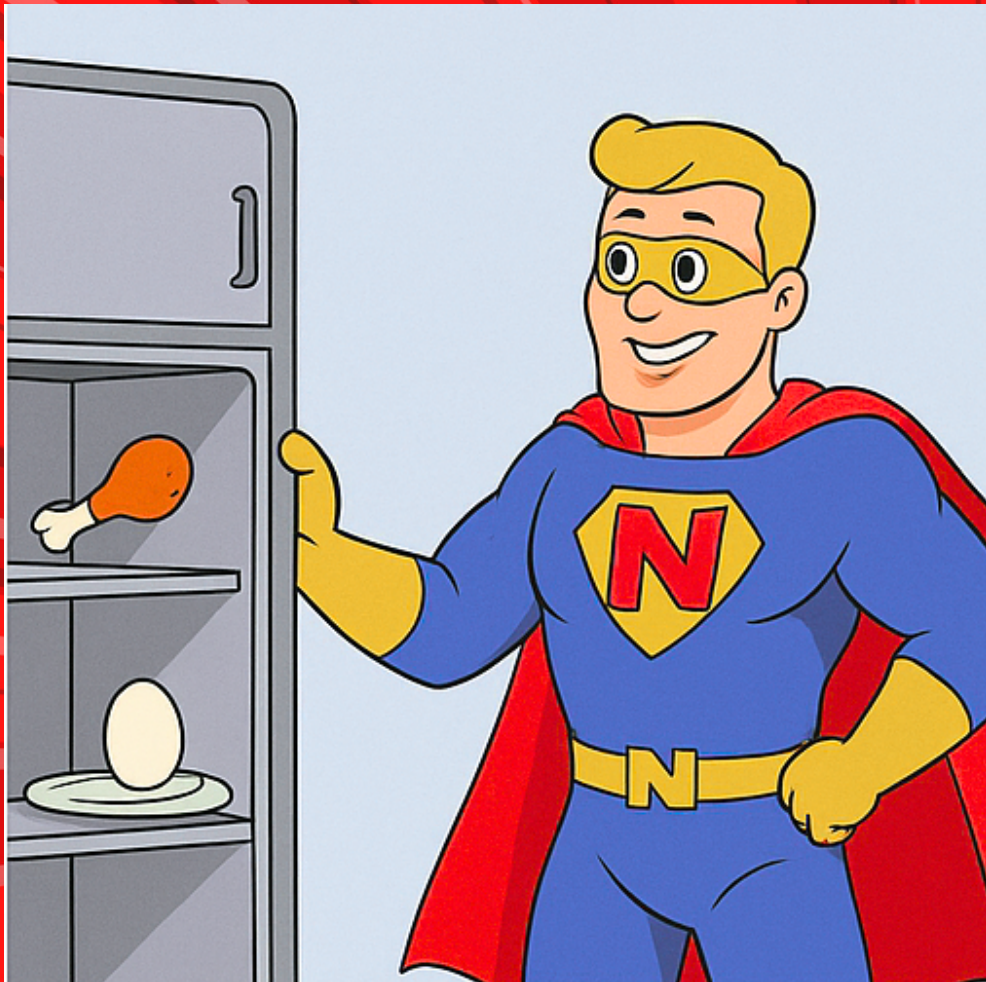
It was a bright morning in Nutri-Town, and Captain Nutrient was stretching his muscles, ready for another heroic day.

Just then, the Nutri-Alarm blared!

"BEEP BEEP! Trouble at the Playground Power Plant!"



"Time for a mission," said Captain Nutrient," but first-I've got to FUEL UP!"



Captain Nutrient goes to the kitchen and rummages through the fridge.

💪 "To lift heavy beams, I need super **STRENGTH!**"

Captain Nutrient grabs out:
a chicken drumstick
a hard-boiled egg
a slice of cheese

"Protein powers my muscles!" he says, chomping down.



**⚡ "To run super fast, I need
SPEED!"**

He reached into his snack bin for:

1 banana

1 slice of whole grain bread

1 bowl of rice

**"Carbs give me energy to zoom!" he grinned,
stuffing the banana in his pocket to eat later.**



✦ "And to keep my brain sharp
and my powers strong,
I need SUPER POWER!"

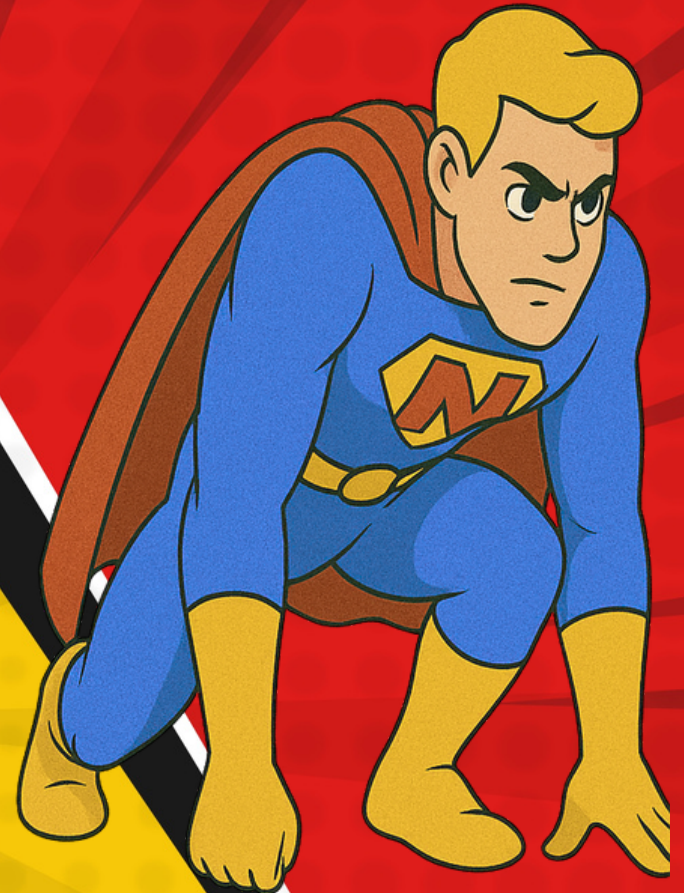
From his pantry, he picked:

1 scoop of peanut butter
1 avocado
1 few crunchy almonds

"Healthy fats keep me
going!" he nodded.

**Now fully fueled, Captain
Nutrient soared into the
sky shouting:**

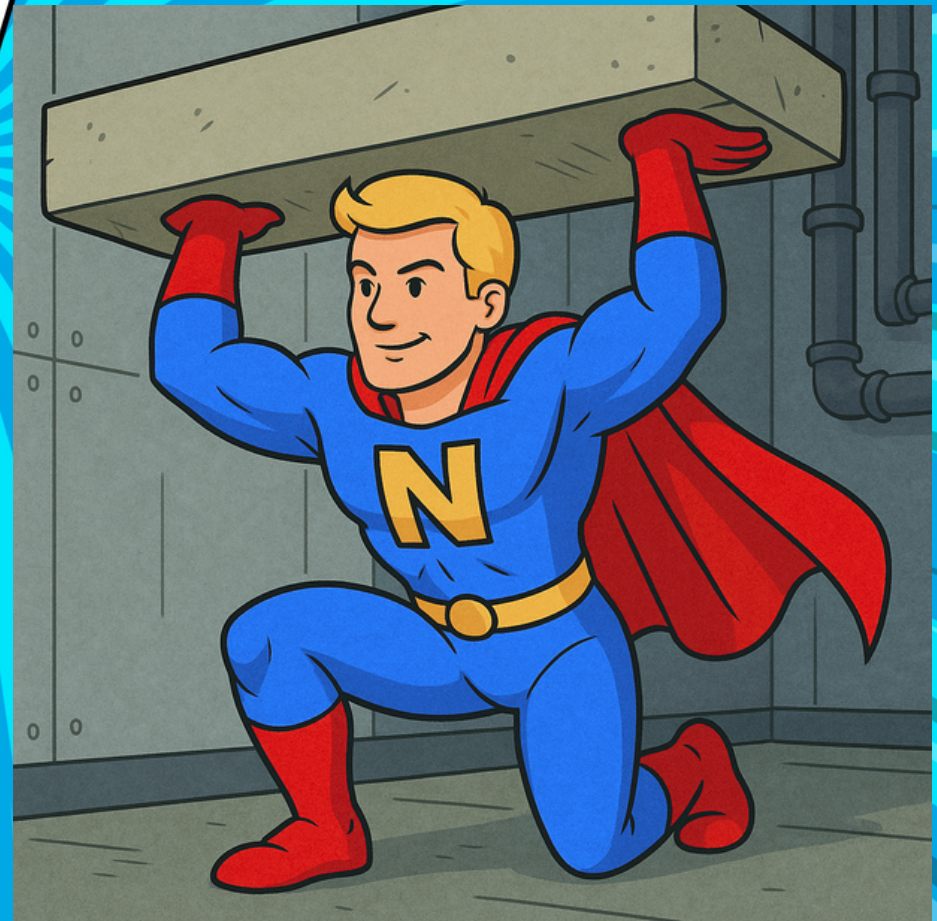
**"I'm powered up and
ready to help!"**



**And with his belly full and his powers strong, he raced
off to save the day at the Playground Power Plant.**

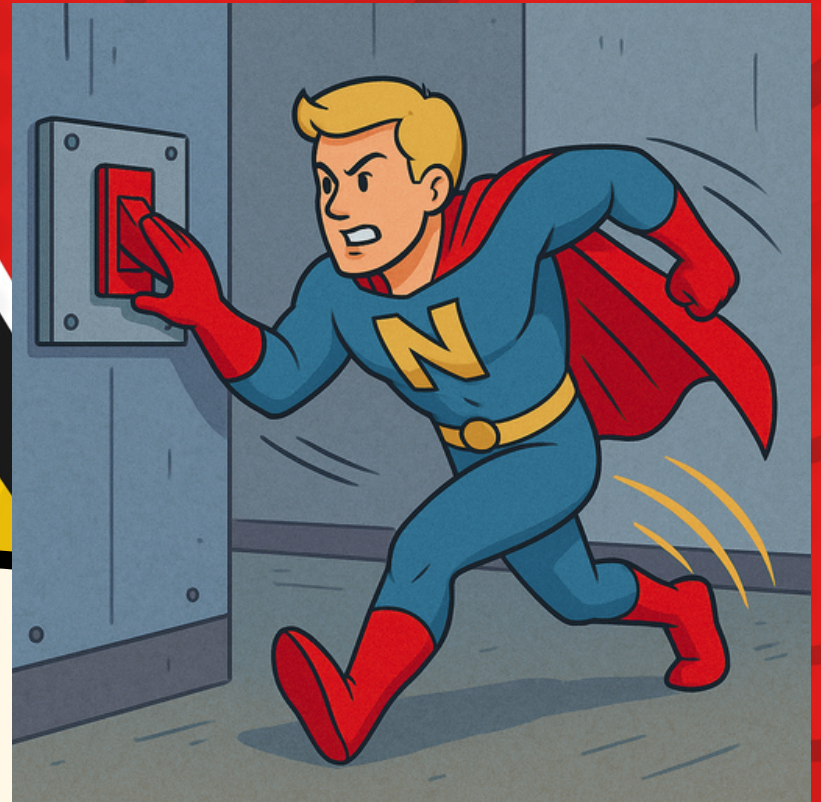
**Now fully fueled with his
food, Captain Nutrient
zoomed into action!**

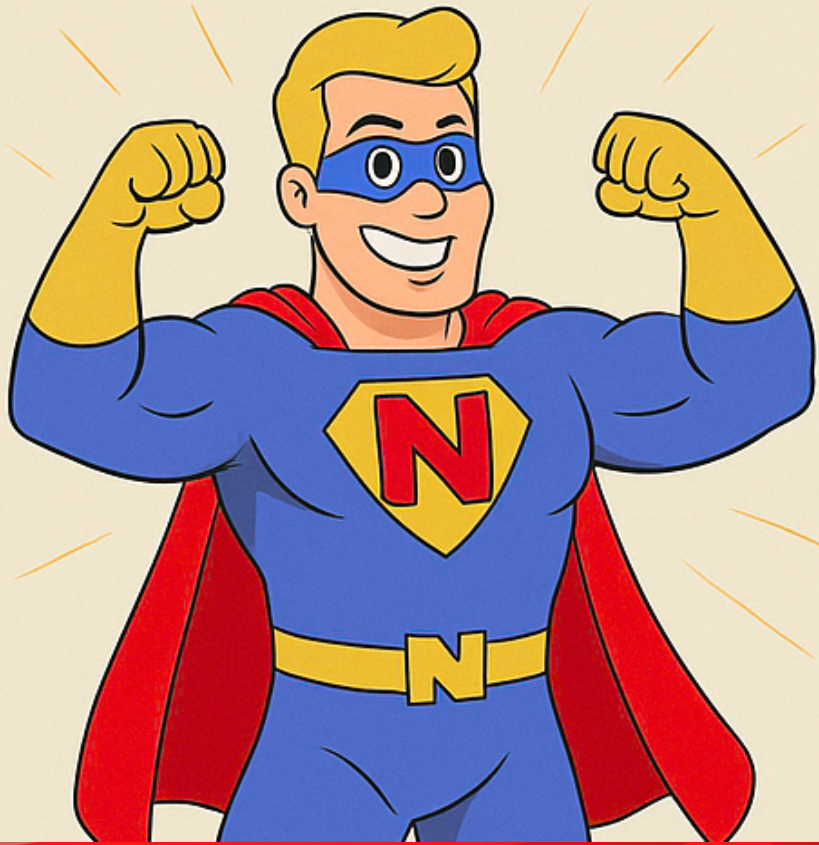
**He used his super
strength to lift a heavy
beam blocking the control
room door.**



**He ran lightning-fast
around the power plant, flipping the
emergency switches before the system
could overload.**

**With his brain sharp and focused, he
quickly solved the problem at the control
panel and got everything working again.**

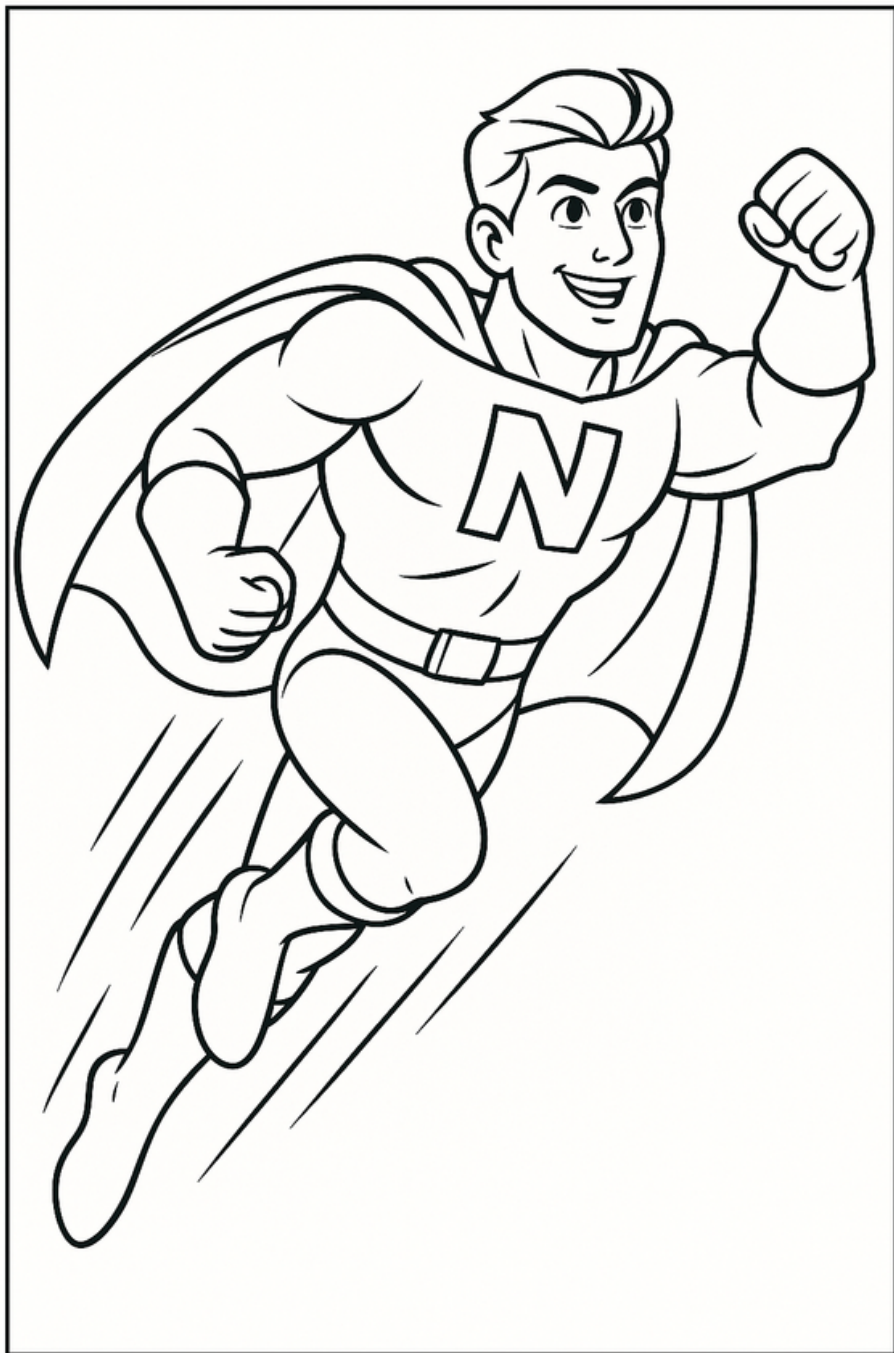




The lights flickered... then
POOF! the power came
back on and the
playground music started
playing again!

Captain Nutrient gave a
thumbs up and said,
"With the right foods,
anyone can be a hero."

Make sure to fuel up,
and you can save your
own day too!

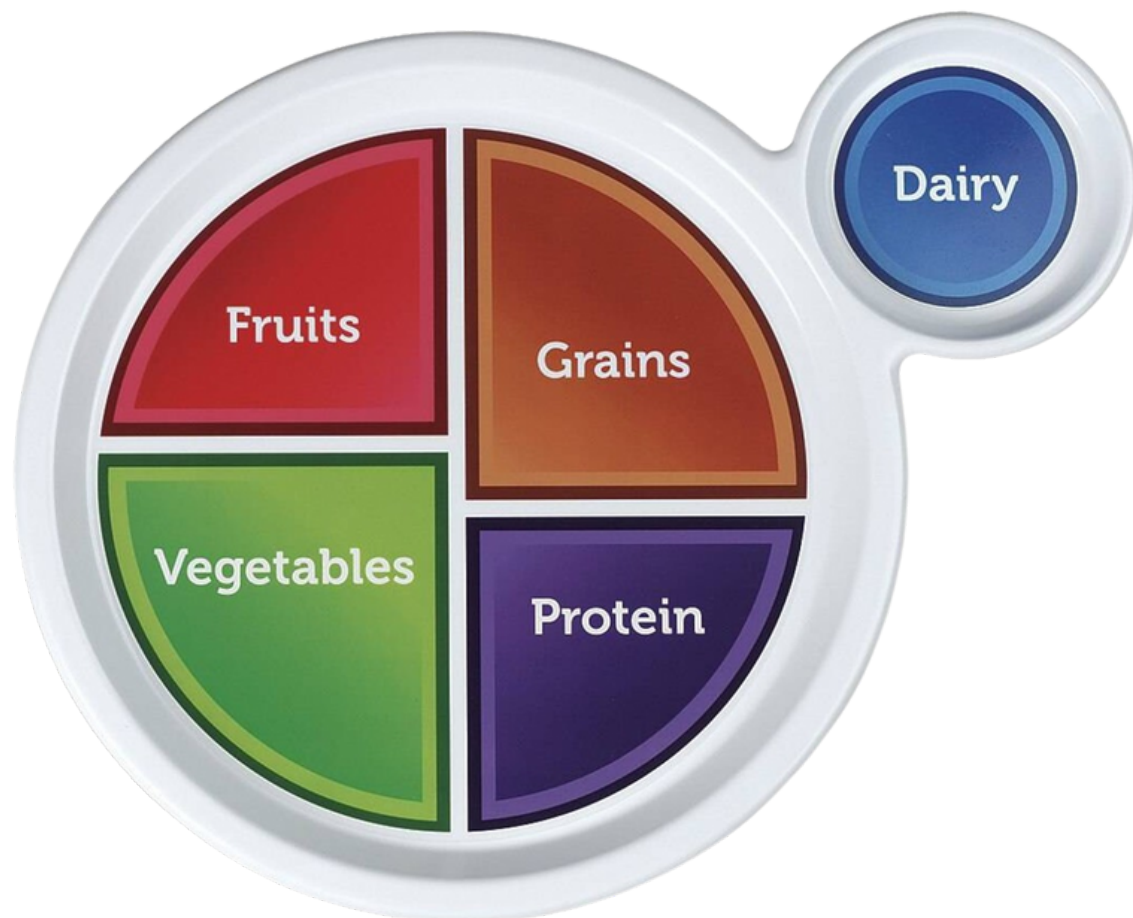


COLOR YOUR OWN SUPER HERO!



Fruits	Vegetables	Grains	Protein	Dairy
Apple 	Avocado 	Bread 	Beans 	Milk 
Blueberries 	Broccoli 	Cereal 	Chicken 	Cottage Cheese 
Cantaloupe 	Corn 	Free Space 	Eggs 	Soy Milk 
Grapes 	Sweet Potato 	Popcorn 	Peanut Butter 	Cheese 
Orange 	Tomatoes 	Rice 	Tuna Fish 	Yogurt 

CUT AND PASTE FOODS TO YOUR PLATE



***MAKE SURE TO ADD ONE
TO EACH FOOD GROUP!***

TIPS FOR PARENTS

1. Build a balanced plate that includes fruits and vegetables, whole grains, & protein.
2. Add a serving of healthy fat like avocado, nut butter, or cheese to give long-lasting power.
3. Offer protein at every meal such as eggs, yogurt, cheese, chicken, turkey, beans, or tofu.
4. Choose carbs that give lasting energy such as bananas, apples, berries, oatmeal, or whole grain toast.
5. Avoid sugary snacks or drinks that lead to energy crashes.

RESOURCES FOR PARENTS

MyPlate:

<https://www.myplate.gov/life-stages/preschoolers>

Cooking Matters:

<https://cookingmatters.org/community-resources>

Whispering Roots:

<https://www.whisperingroots.org/>

For more Captain Nutrient books:

<https://www.nutrienthappy.com>