



Do a *GOOGLE* search of *SUPERFOODS* and list your 5 favorites below. Be sure to include a description of what each food offers us nutritionally (how does it benefit us). Then give two suggestions of how you can incorporate this food into your diet.

Example: *EGGS*

High source of Protein, vitamins & minerals including choline for development and memory. They be scrambled, poached or hard-cooked as a meal or portable snack.

_____ A. _____

Nutritional Benefits:

Ways to Include in Diet:

_____ B. _____

Nutritional Benefits:

Ways to Include in Diet:

_____ C. _____

Nutritional Benefits:

Ways to Include in Diet:

_____ D. _____

Nutritional Benefits:

Ways to Include in Diet:

_____ E. _____

Nutritional Benefits:

Ways to Include in Diet:

