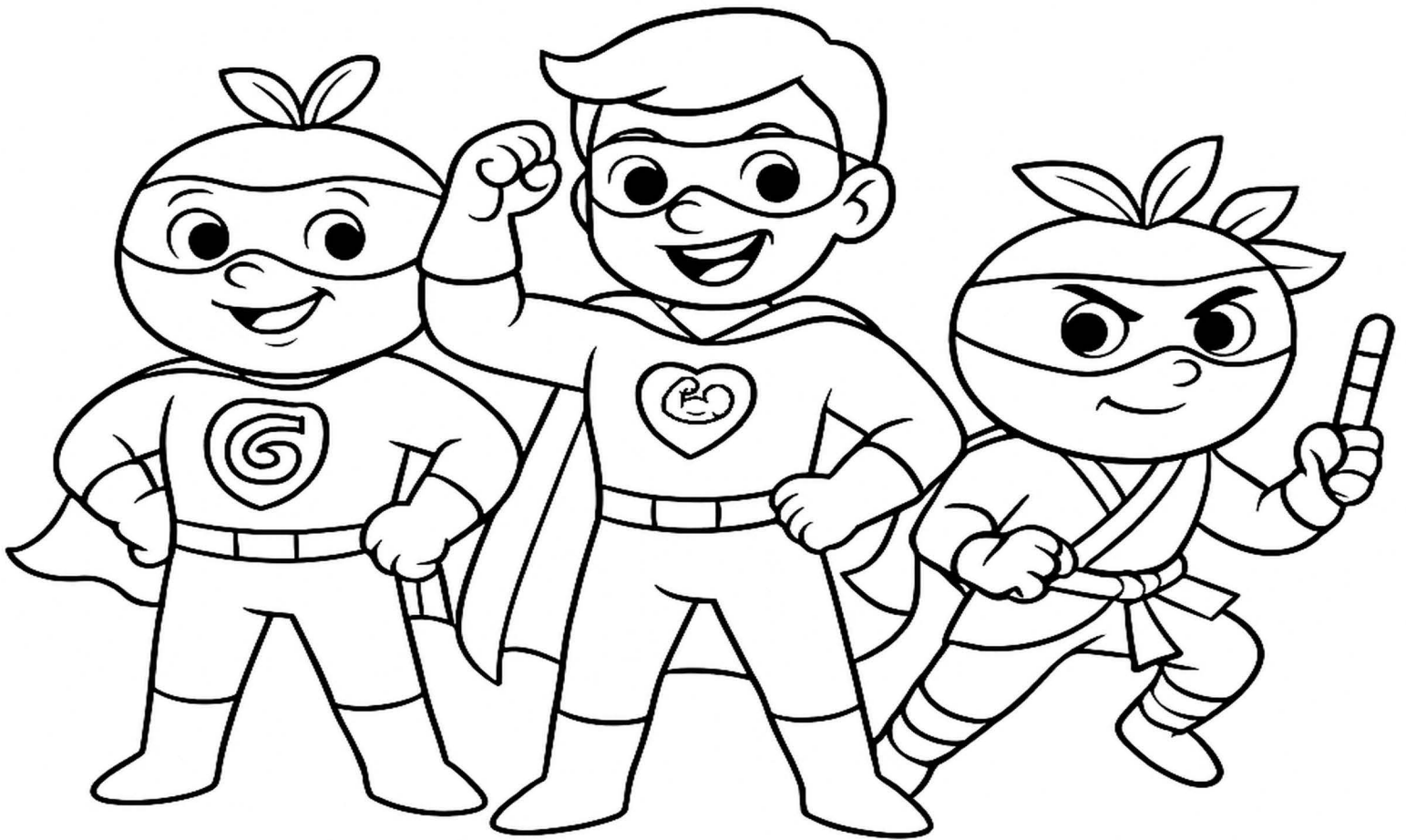


BLUEBERRY SUPER SQUAD ACTIVITY BOOK

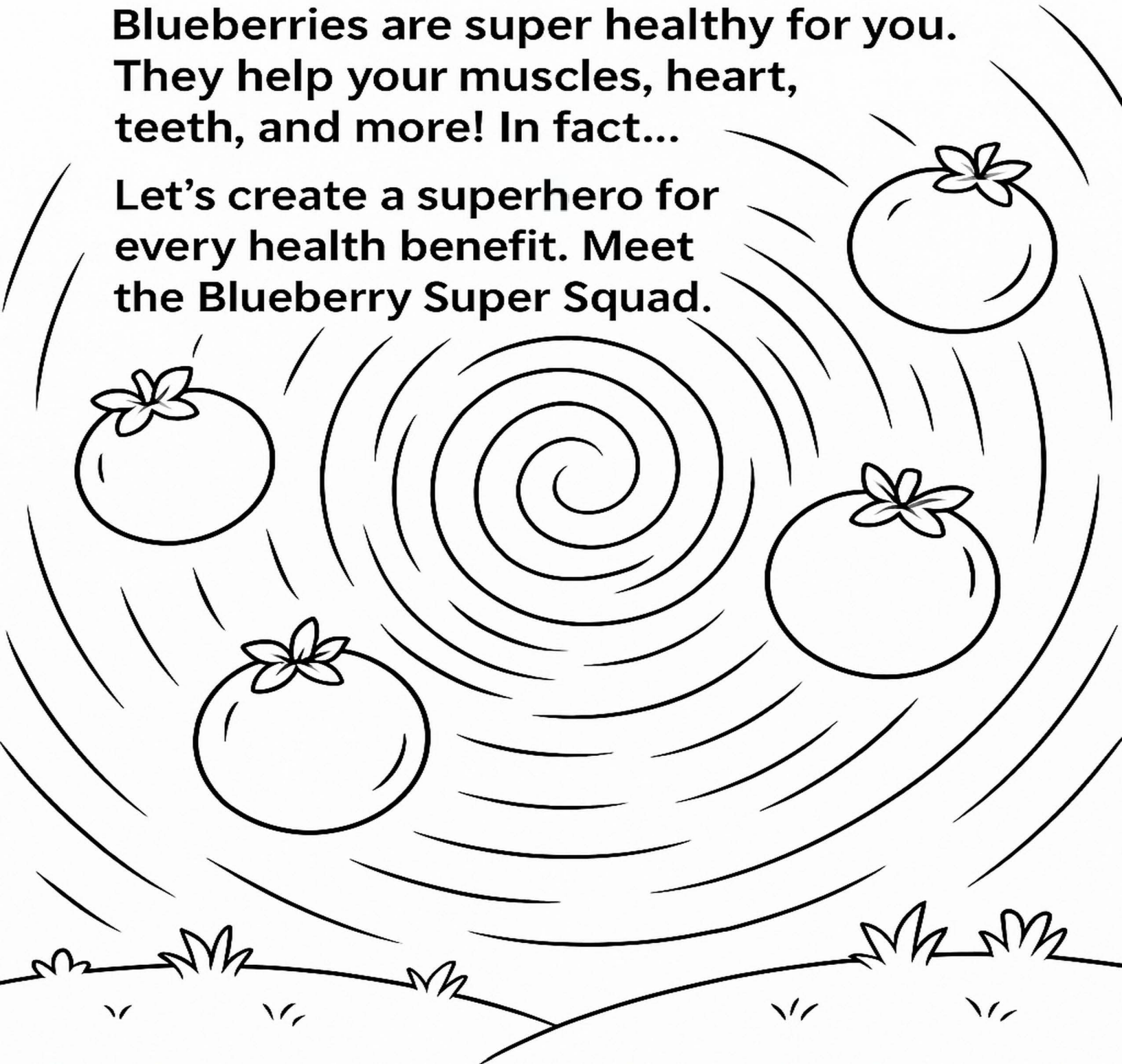


CREATED BY
BLUEBERRY INDUSTRY
LEADERSHIP CLASS #3

WELCOME to THE WORLD of BLUEBERRIES!

Blueberries are super healthy for you. They help your muscles, heart, teeth, and more! In fact...

Let's create a superhero for every health benefit. Meet the Blueberry Super Squad.



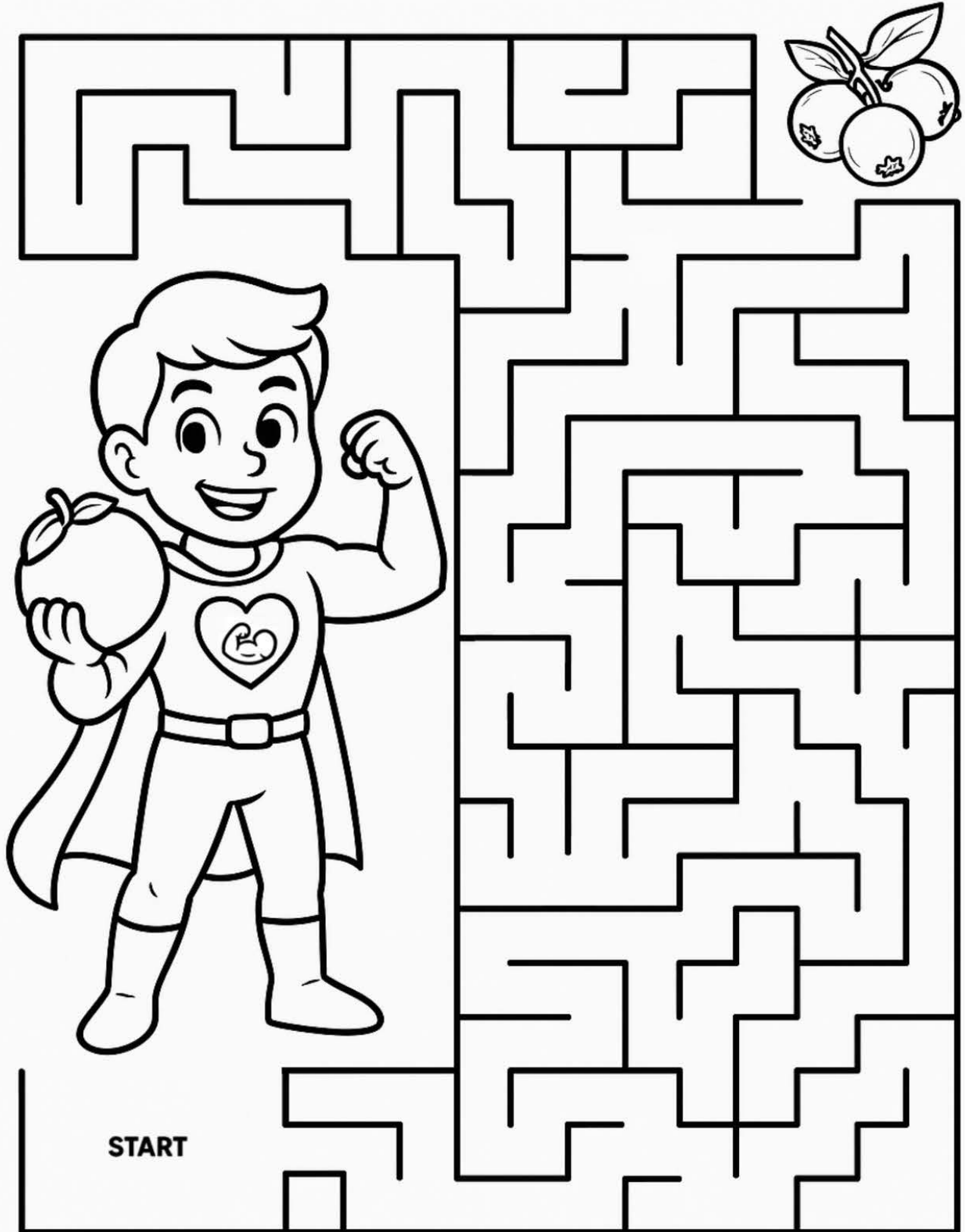
MUSCLE HELPER

Blueberries contain Vitamin K which helps keep your muscles strong and healthy.



FLEX FIXER

FLEX FIXER'S MAZE MISSION!



CARDIO KID THE HEART HERO!



Blueberries help your heart stay strong!

Fiber helps blood flow and keeps things moving!

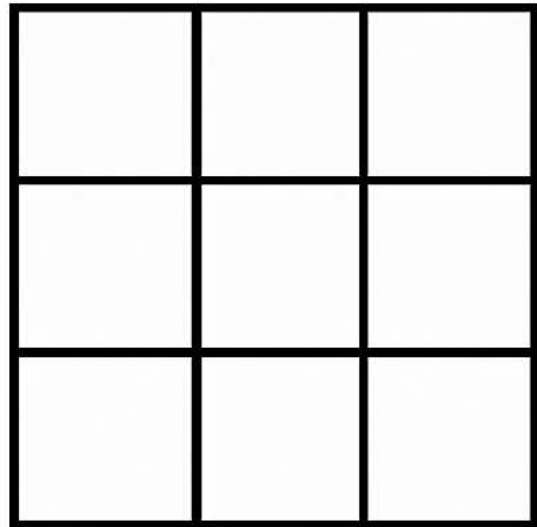
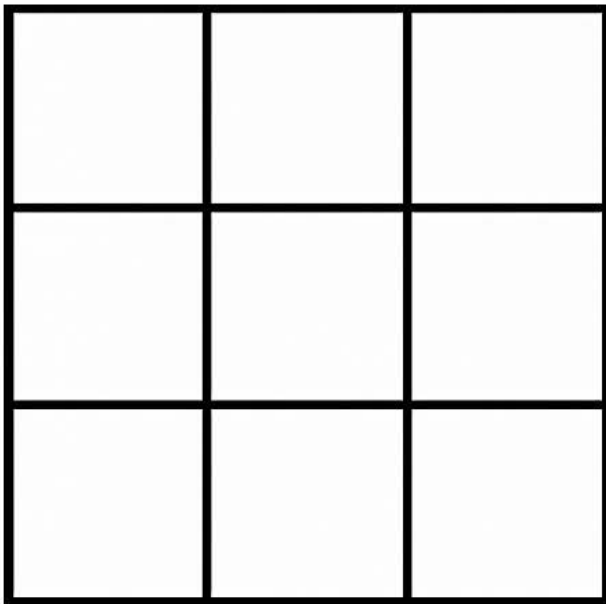
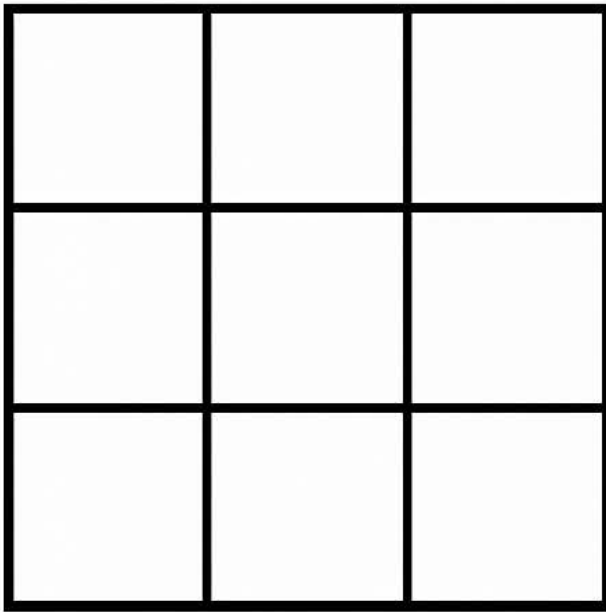
DR. CAVITY CRUSHER SMILE SAVER!



Blueberries
are full of
vitamin C.

They help
keep your
gums and
teeth strong

BLUEBERRY TIC TAC TOE!



SHIELDBERRY: IMMUNE SYSTEM DEFENDER!



**Blueberries help
your body fight
off sickness with
Vitamin C.**

**They also give
you Vitamin K and
Manganese to
stay strong!**

FIBER FLYER: TUMMY FRIEND!



**Blueberries
help your
digestion!**

**They're full
of fiber
that keeps
things
moving.**



BLUEBERRY SQUAD WORD SEARCH

L A K Y N F S F A F B L
U D I B I L E E I F I F
N H R L A V W L L B S B
A L I U R D G C G W E I
H W A E B C A S H R G R
N E N B L I K U H E Y R
D V A E R D J M Q E R D
L W C R D R R G V S R E
E Z H R T M V W T C L O
I J A Y R E W O P I M U
H E E N U M M I M S F E
S T R O N G G S I R E W

BLUEBERRY
BRAIN
MUSCLE
HEART

SMILE
IMMUNE
FIBER
SHIELD

POWER
SQUAD
HERO
STRONG



NINJA BLUE

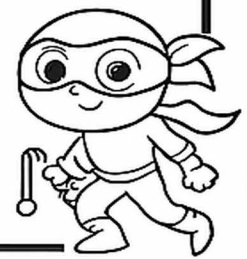
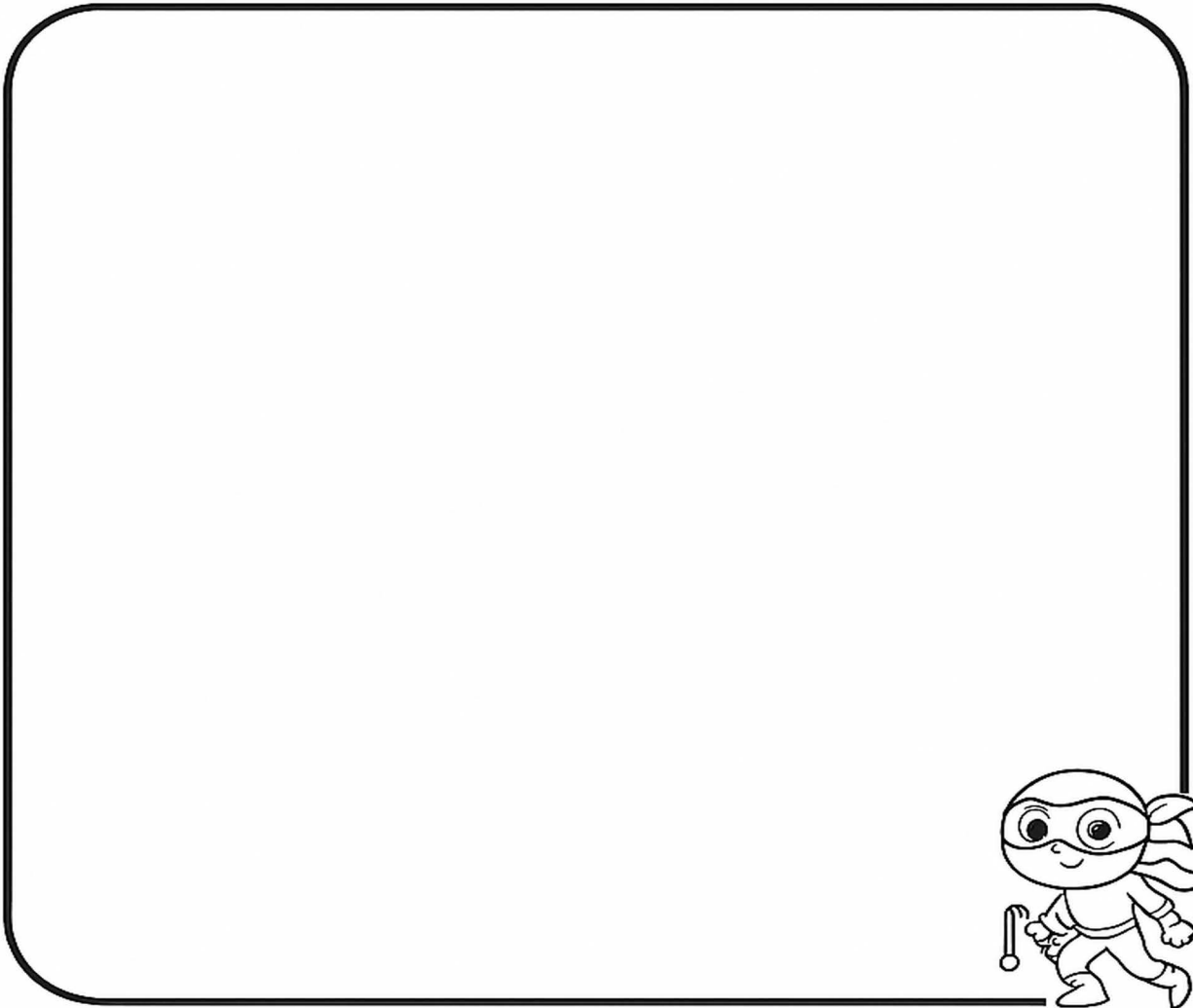
THE CELL PROTECTOR!



Blueberries
fight free
radicals!

The Vitamin C in
them helps
protect your
body's cells.

**DRAW YOURSELF
AS A
BLUEBERRY
SUPER SQUAD HERO**



Name: _____

Spot the Difference!

Can you find all 7 differences between these two superhero training scenes?



Blueberry Trivia Quiz!

Circle the correct answer!

1. What do blueberries help protect in your body?

- A Your toys
- B Your cells
- C Your shoes

2. Which part of your body loves the fiber in blueberries?

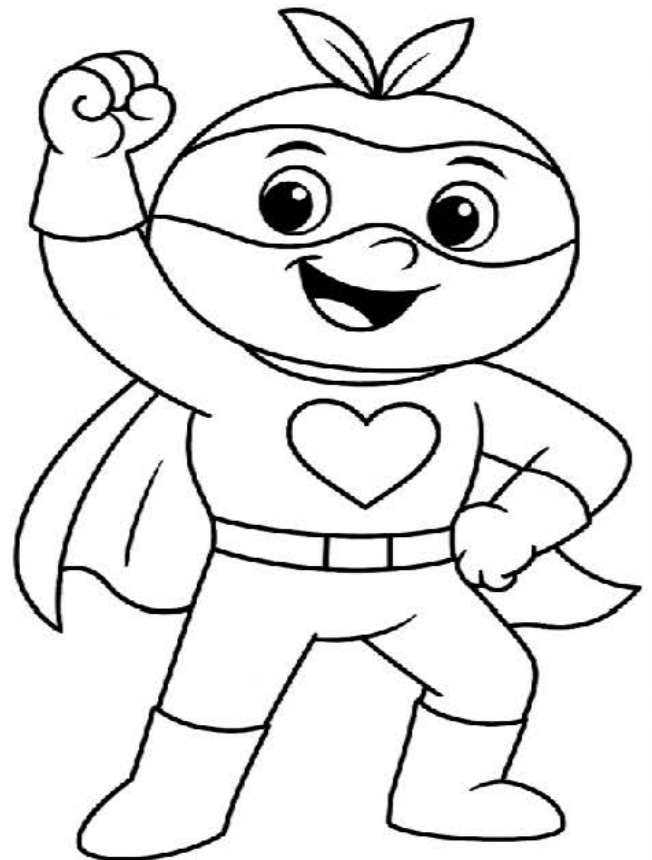
- A Your tummy
- B Your elbows
- C Your ears

3. What makes blueberries great for your smile?

- A They sparkle
- B They have vitamin C
- C They are sour

4. What organ does Cardio Kid help protect with blueberries?

- A Your heart
- B Your brain
- C Your hand
- C Your hands



Blueberry Trivia Quiz – Part 2!

Circle the correct answer!

5. What makes blueberries so powerful?

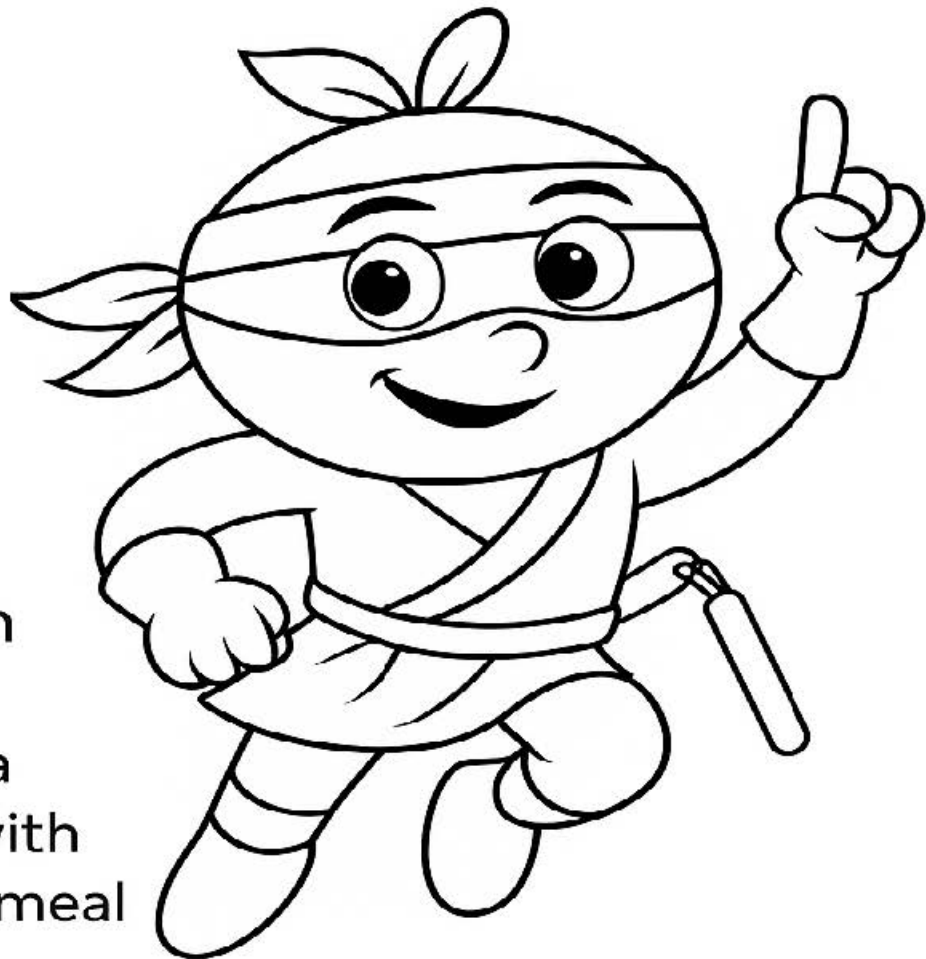
- A Antioxidants
- B Fire
- C Sugar

6. What is one healthy meal blueberries can be part of?

- A A sugary soda
- B A breakfast with yogurt or oatmeal
- C Just candy

7. What team do all the superheroes belong to?

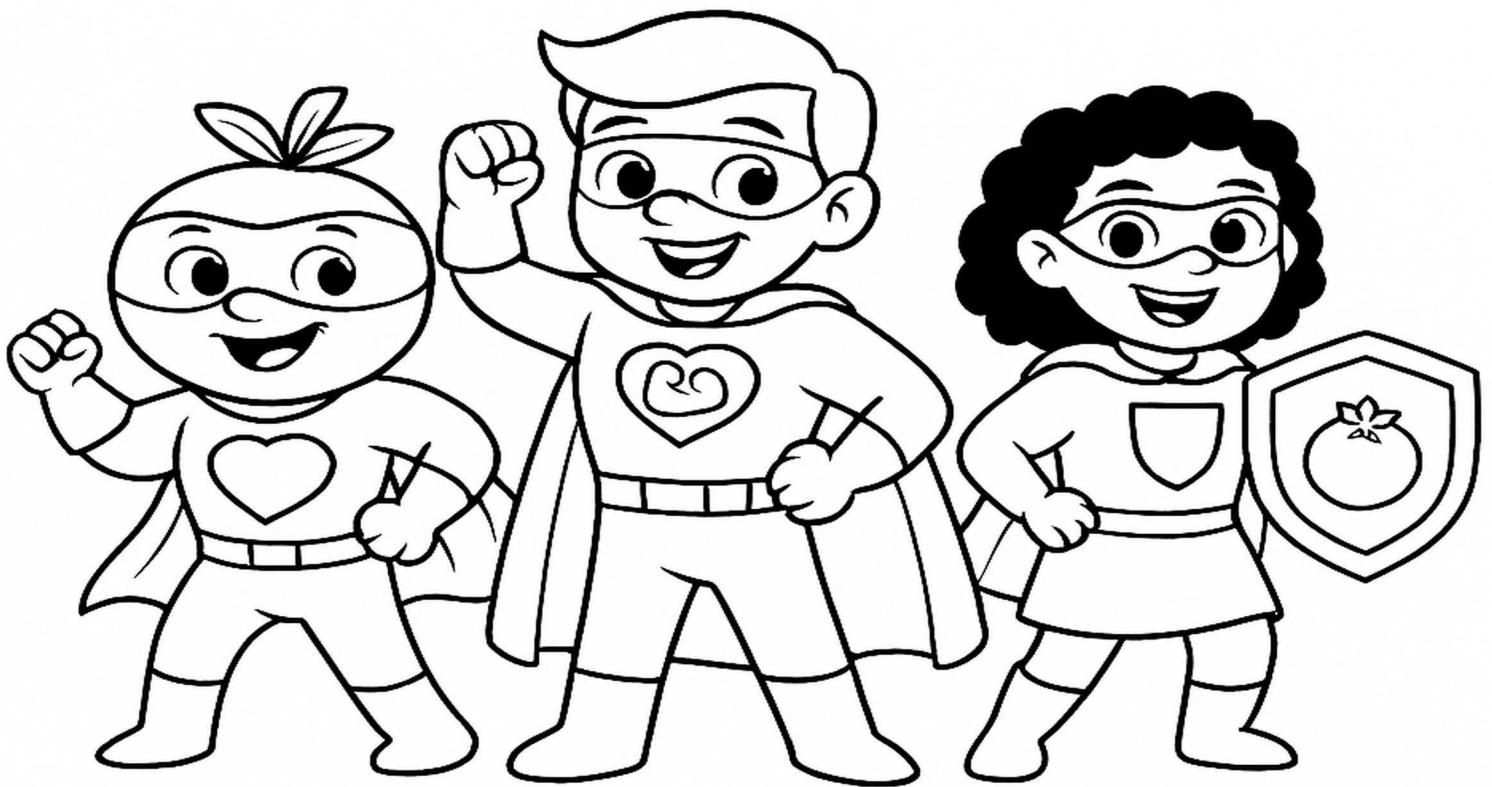
- A The Avocado Army
- B The Grape Group
- C The Blueberry Super Squad



Congratulations, Super Recruit!

This certifies that

**is an official member of the
Blueberry Super Squad!**



**Thanks for learning all about
how blueberries help your teeth,
muscles, heart, and more!
Keep eating smart and stay super!**