

Spot the superpowers of healthy eating!



Superpower 1: Energy Boost ⚡

Foods like whole grains, fruit and yoghurt give you steady energy to play, learn and stay focused all day.



Superpower 2: Germ-Fighting Shield 🛡️

Veggies and fruits help your immune system stay strong, so you can fight off bugs and feel your best.



Superpower 3: Muscle & Bone Power 💪

Protein and dairy help your body grow, stay strong and recover after PE or sports.



Superpower 4: Brain Brilliance 🧠

Nuts, seeds, eggs and oily fish help with memory, thinking and concentration.



Superpower 5: Hydration Hero 💧

Water helps keep you alert, prevents headaches, and promotes calmness and readiness to learn.