**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**SUPER FOODS!!!!**

**Super foods are pretty awesome. But what are they really? Let’s do some online research to find out some of the amazing benefits of SUPER FOODS!**

What is a super food? Be specific!

What are some examples of super foods you found? List as many as you can below.

Choose **one super food** and state the SUPER POWER NUTRIENTS of this food.

Now, find one healthy snack recipe that includes your super food that would be easy to make in school. Paste a picture and the url to this recipe down below: