

Smart Moo-ve

Carly & Friends

**Scavenger Hunt Adventure
for Superpower Boosters**



Compliments of Midwest Dairy



**SMART MOO-VE | CARLY AND FRIENDS SCAVENGER HUNT ADVENTURE
FOR SUPERPOWER BOOSTERS**

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Carly & Friends

Scavenger Hunt Adventure for Superpower Boosters

About this Book for Parents and Caregivers

As a parent or a caregiver, you know all too well the challenges associated with mealtime. Shopping and preparing food that follows the nutritional guidelines for children at every stage of their lives can feel complicated.

From toddlers to teens, it's essential children eat the recommended daily servings from each of the five food groups for optimal health and development.

The nutritionists from Midwest Dairy teamed up with creative partners to

develop Carly the Cow and her healthy food friends. Together, they represent the five MyPlate food groups.

Through this scavenger hunt storybook, accompanying coloring book, and collector cards, the goal is to provide you with tools to help teach and engage children about the importance of eating healthy and the nutrients for energy, strong bones, and those that contribute to overall health and wellness.

If you live in a community where healthy food options are harder to find, talk to your child's healthcare professional. Together, we hope to provide you with resources to help make your daily meal planning easier than a scavenger hunt!

Find Carly and her friends!

**Look for Carly and her friends embedded in the story.
See if you can find all 8 friend sightings throughout the story.**



**Ariel
Apple**



**Benny
Broccoli**



**Chelsea
Cheddar**



**Ellie
Egg**



**Moe
Yogurt**



**Vinny
B**



**Wyatt
Wheat Toast**



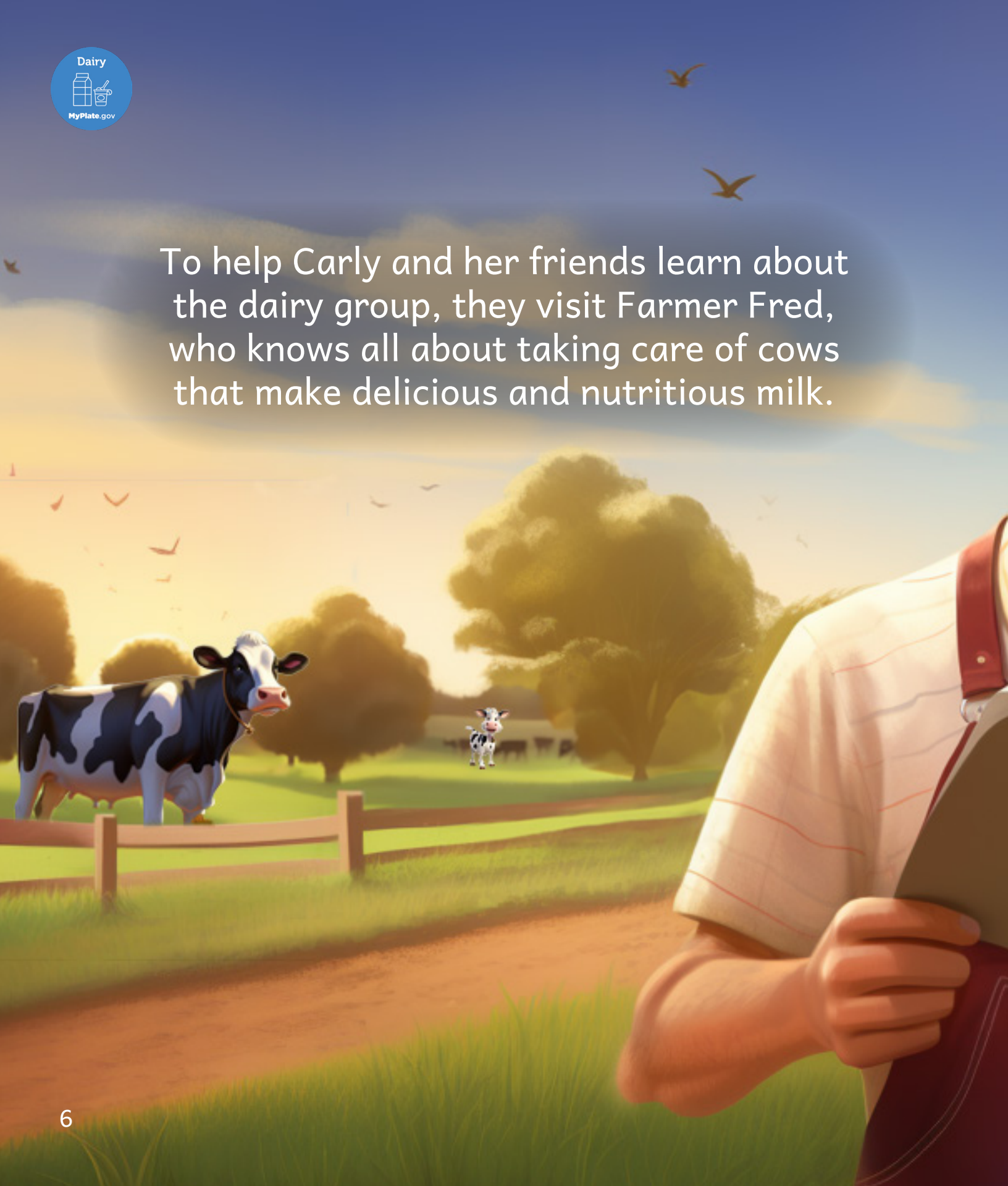
Carly the Dairy Cow and her friends Chelsea Cheddar, Moe Yogurt, Vinny B, Ariel Apple, Benny Broccoli, Ellie Egg, and Wyatt Wheat Toast spend the day on a scavenger hunt looking for superpower boosters. Which are important for healthy brains, bones, and bodies.



Superpower boosters are found in foods from the MyPlate's five food groups: fruits, vegetables, grains, protein, and dairy.




To help Carly and her friends learn about the dairy group, they visit Farmer Fred, who knows all about taking care of cows that make delicious and nutritious milk.







A woman with curly hair is shown from the side, looking at a blue clipboard. She is in a grocery store, with shelves of products and pumpkins visible in the background. The lighting is warm and golden.

The friends begin their hunt for dairy superpower boosters at the market, where they meet Greta the Grocer. Greta tells them that dairy foods provide nutrients like calcium, vitamin D, protein, and more. These superpower boosters help build and maintain strong bones, teeth, and muscles!

Cottage, mozzarella or cheddar cheese, yogurt, or low-fat milk; what favorite dairy foods do you have in your refrigerator?








“Now that we have our dairy foods, let’s moo-ve on to the vegetable group,” said Carly. Then, Benny spotted a Community Garden. “This place is filled with vegetables, which means boosters too!”

Helpers in the garden explained that veggies come in many colors and are packed with vitamins and minerals that help keep us healthy.

Can you name some vegetables you like to eat?




A school lunch tray is shown on the left side of the page. It is divided into three sections: the top section contains a single square cracker with a grid of holes; the middle section contains two slices of red apple; the bottom section contains a small pile of raisins. To the right of the tray is a white carton of Milk's Daily Fresh milk, tilted slightly. The background is a soft, out-of-focus green and yellow gradient.

“We’re moo-ving right along on our scavenger hunt for boosters,” said Carly. “Next, we need to find food from the fruit group.”

Ariel knows that school meals follow the MyPlate guidelines. “I’m sure if we go to the school, we’ll find colorful and delicious fruits on everyone’s tray,” Ariel explained. With boosters like vitamin C and fiber, fruits help you feel your best.



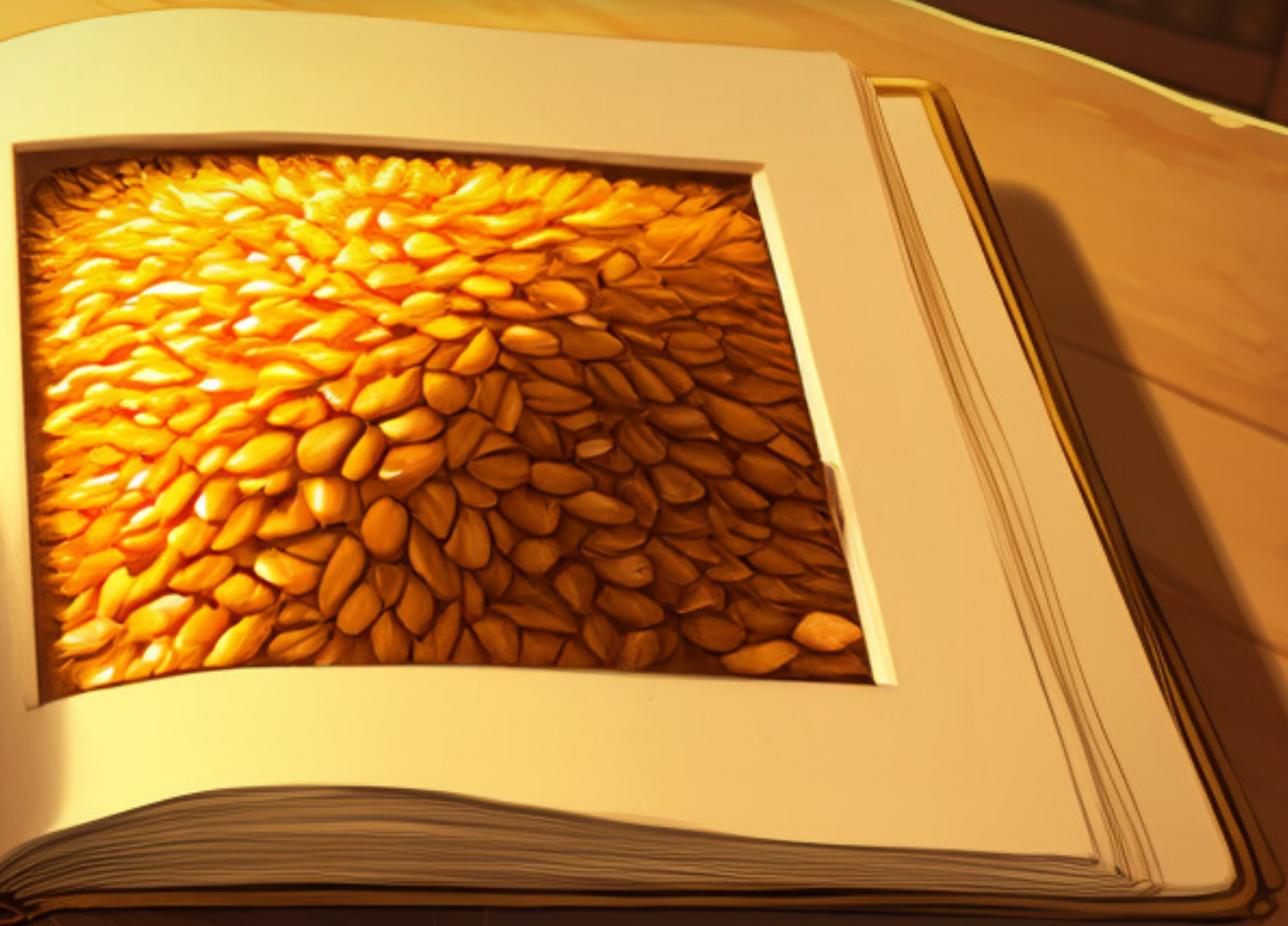


With dairy, vegetables, and fruits checked off the superpower booster scavenger hunt list, Carly and her friends moo-ved on to find foods in the grain group.

To help them learn more about grains and their boosters, Wyatt suggested they visit Nicki Nutritionist who works in the health clinic. “Miss Nicki will teach us about making good grain choices like me,” said Wyatt.



Nicki Nutritionist shared a book about grains. She taught them that grains give them energy to run and play. They also learned whole grains are full of boosters like fiber, B vitamins, and minerals.



“Look for foods made from wheat, rice, oats, cornmeal, or barley,” said Nicki, as the group set out on their hunt for whole grains.





For the last item, the friends head back to the grocery store and they meet Peter the Protein Manager who tells them that there are a variety of protein group foods. Meat, poultry, fish, eggs, beans, peas, lentils, nuts, and seeds. You can find them throughout the market. These foods have superpower boosters that are good for your muscles.







With all the superpower food groups checked off their scavenger hunt list, it was time for Carly and her friends to head to the park for a MyPlate picnic!





**Smart
Moo-ve**
Healthy All Day Long

