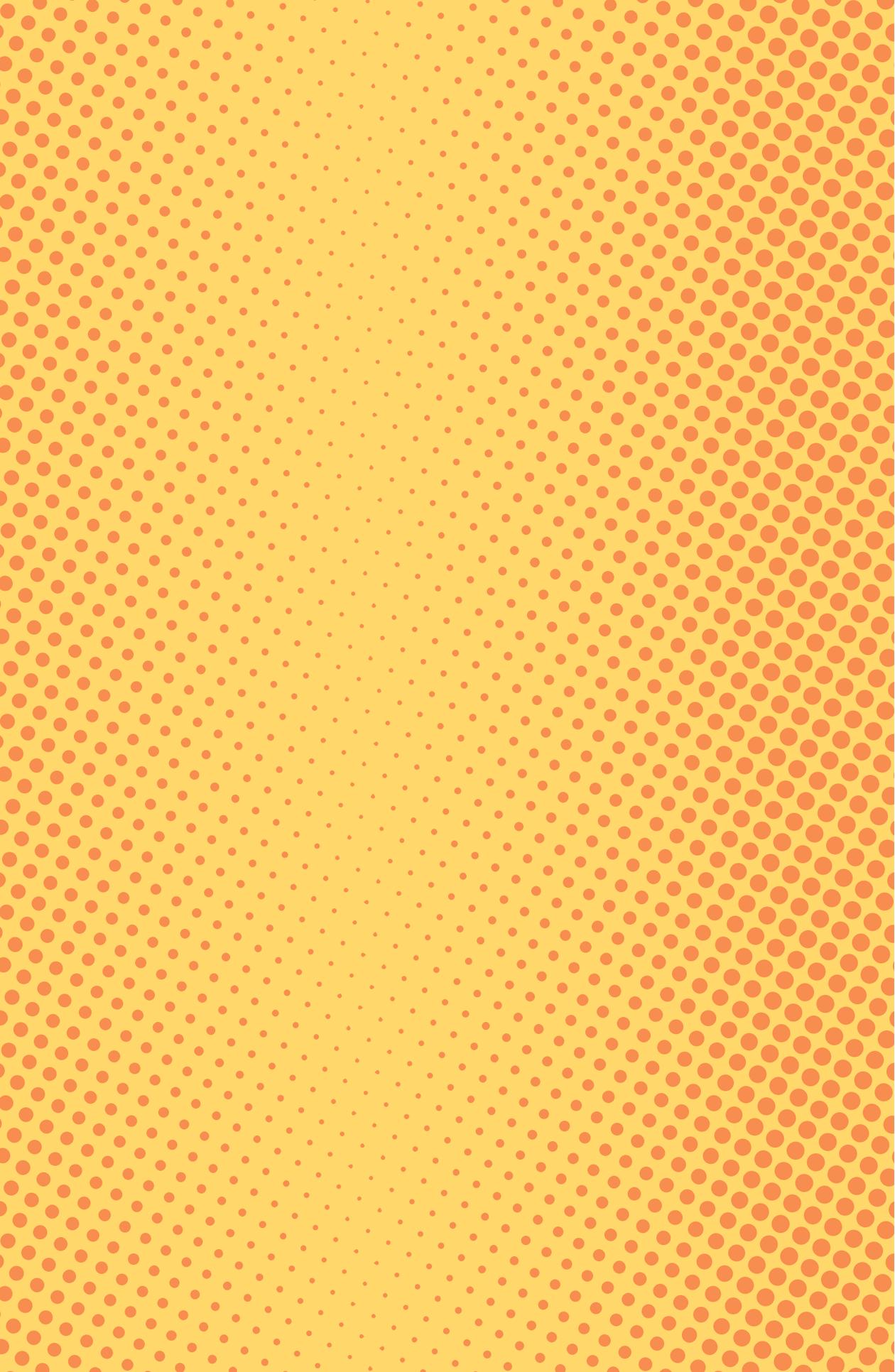


THE ADVENTURES OF ZOBEBY

SUPERHERO TRAINING CAMP



WE ARE STRONG, FUELED UP AND HELPERS!





**HI THERE,
I'M KENAH!**
I'M ABOUT TO GO SEE
MY FRIEND ZOBAY IN
THE TREE HOUSE.
**COME ON,
LET'S GO!**



HEY ZOBIEY! ARE YOU READING A COMIC BOOK?

YEAH, I'VE ALWAYS WANTED TO HAVE SUPER POWERS.



LOOK AT THAT! WE CAN GO TO THIS CAMP AND BECOME SUPERHEROES.



HOT POTATO!
LET'S GO!



THIS IS
THE WIGGELATOR
AND IT CAN TAKE US
ANYWHERE WE
WANT TO GO.

**COME ON,
LET'S POWER
IT UP!**

I'M PROGRAMMING THE WIGGLELATOR TO TAKE US TO THE SUPERHERO TRAINING CAMP. THE MORE WE WIGGLE, THE MORE POWER IT GETS. SO GET READY, GET SET...WIGGLE!



wiggle **WIGGLE!** wiggle



WIGGLE YOUR FINGERS.



WIGGLE YOUR BODY.

KEEP WIGGLING, WE'RE GETTING MORE POWER!
IT'S WORKING!



ZAP!

HELLO, WELCOME
TO SUPERHERO
TRAINING CAMP!
I'M SIDEKICK.

WHOA!

THIS PLACE IS
SUPER!



ARE YOU READY
TO BECOME A
SUPERHERO?

***THIS IS
YOUR
MISSION!***

1

HEROES
ARE
STRONG!



2

HEROES
ARE
FUELED UP!



3

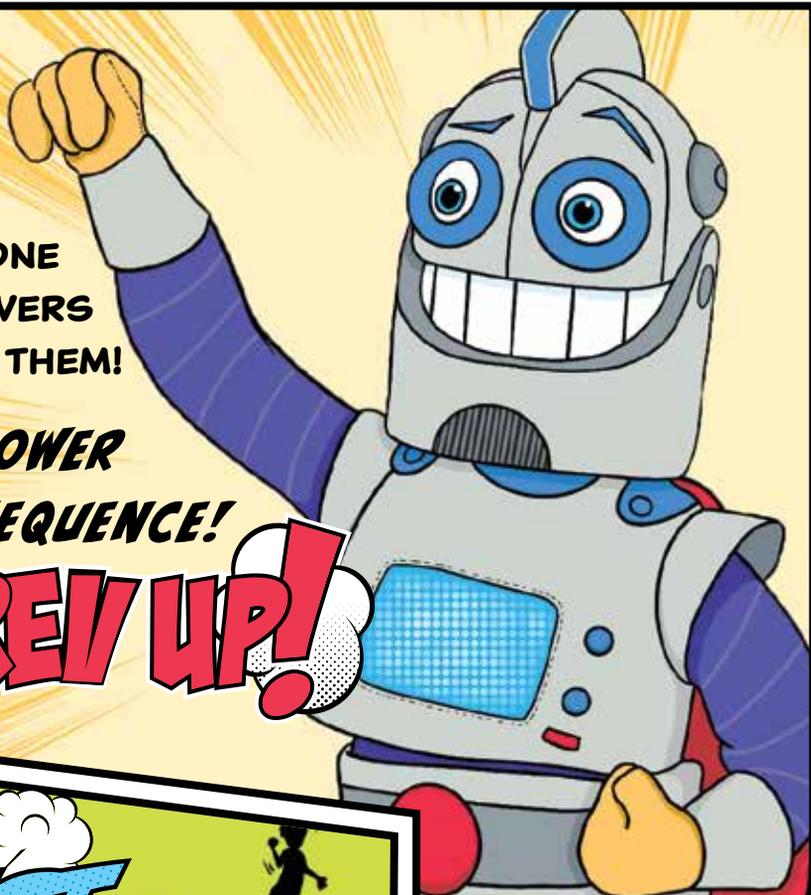
HEROES
ARE
HELPERS!



EVERYONE
HAS POWERS
INSIDE OF THEM!

**SUPER POWER
DISCOVERY SEQUENCE!**

LET'S REV UP!



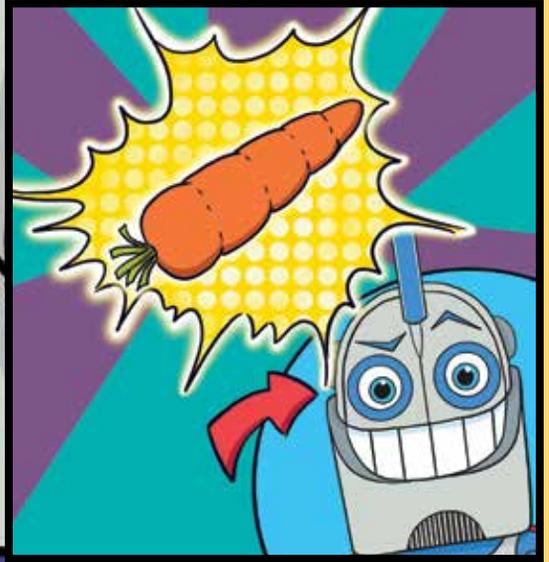
SHOW ME
YOUR SUPER
BLAST!

SHOW ME
YOUR SUPER
WHOOSH!

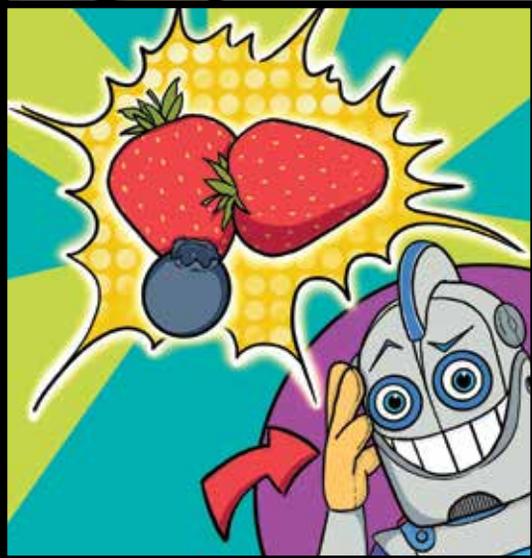
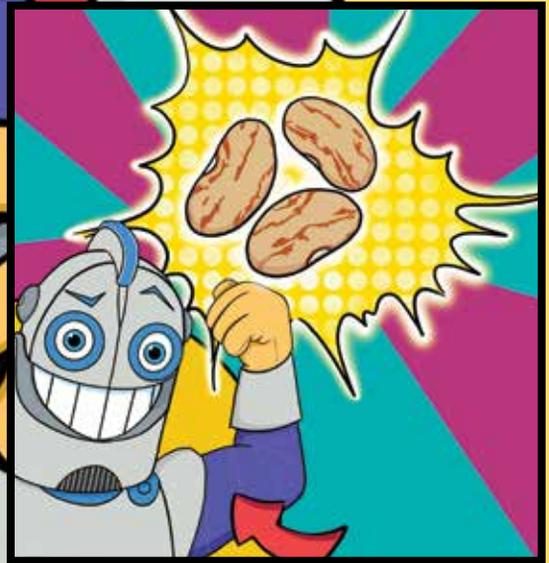
WHAT'S
YOUR SUPER
POWER?



IT'S TIME TO FUEL UP!

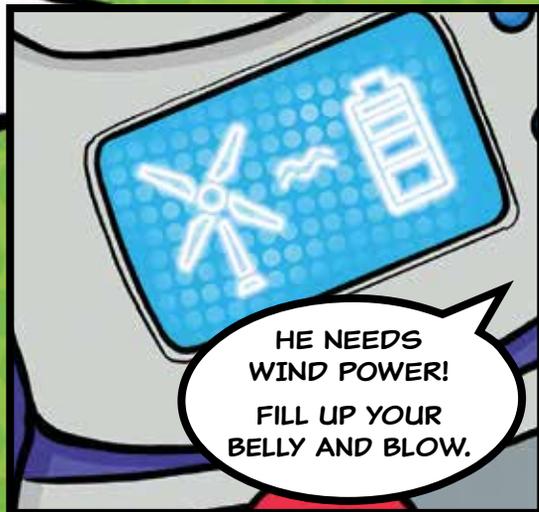
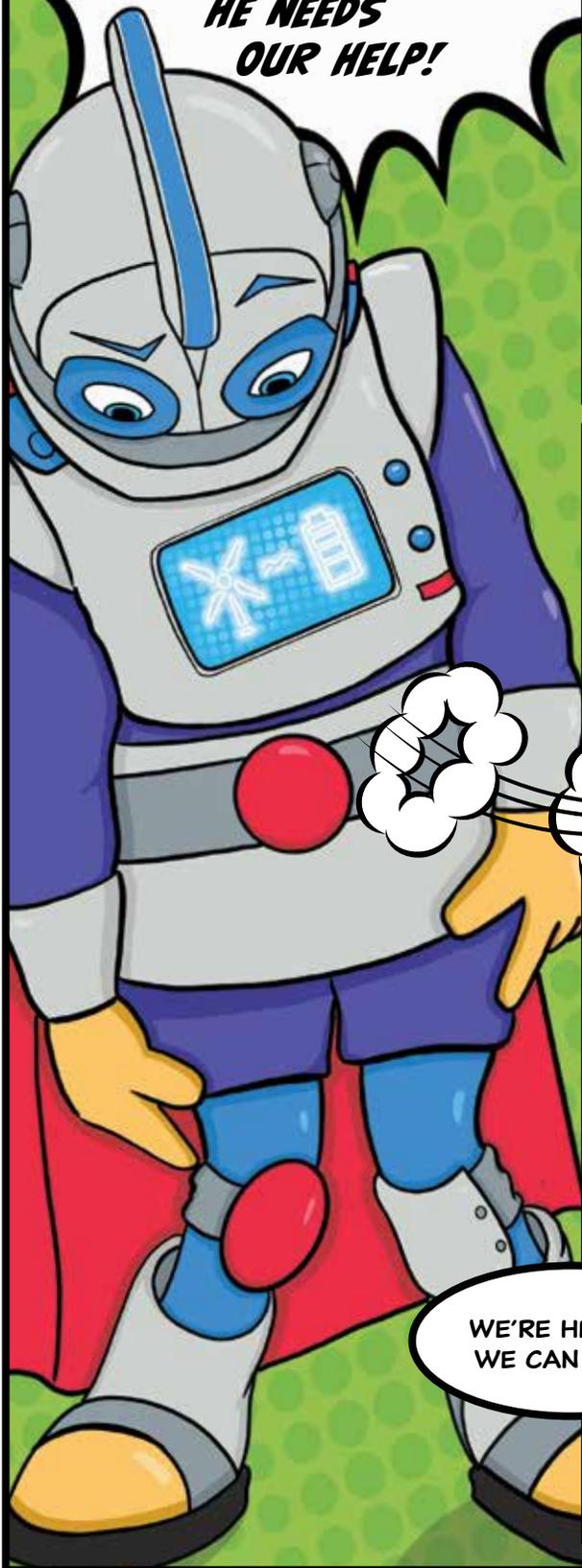


GRRRRR!





WHAT'S WRONG
WITH SIDEKICK?
*HE NEEDS
OUR HELP!*



HE NEEDS
WIND POWER!
FILL UP YOUR
BELLY AND BLOW.

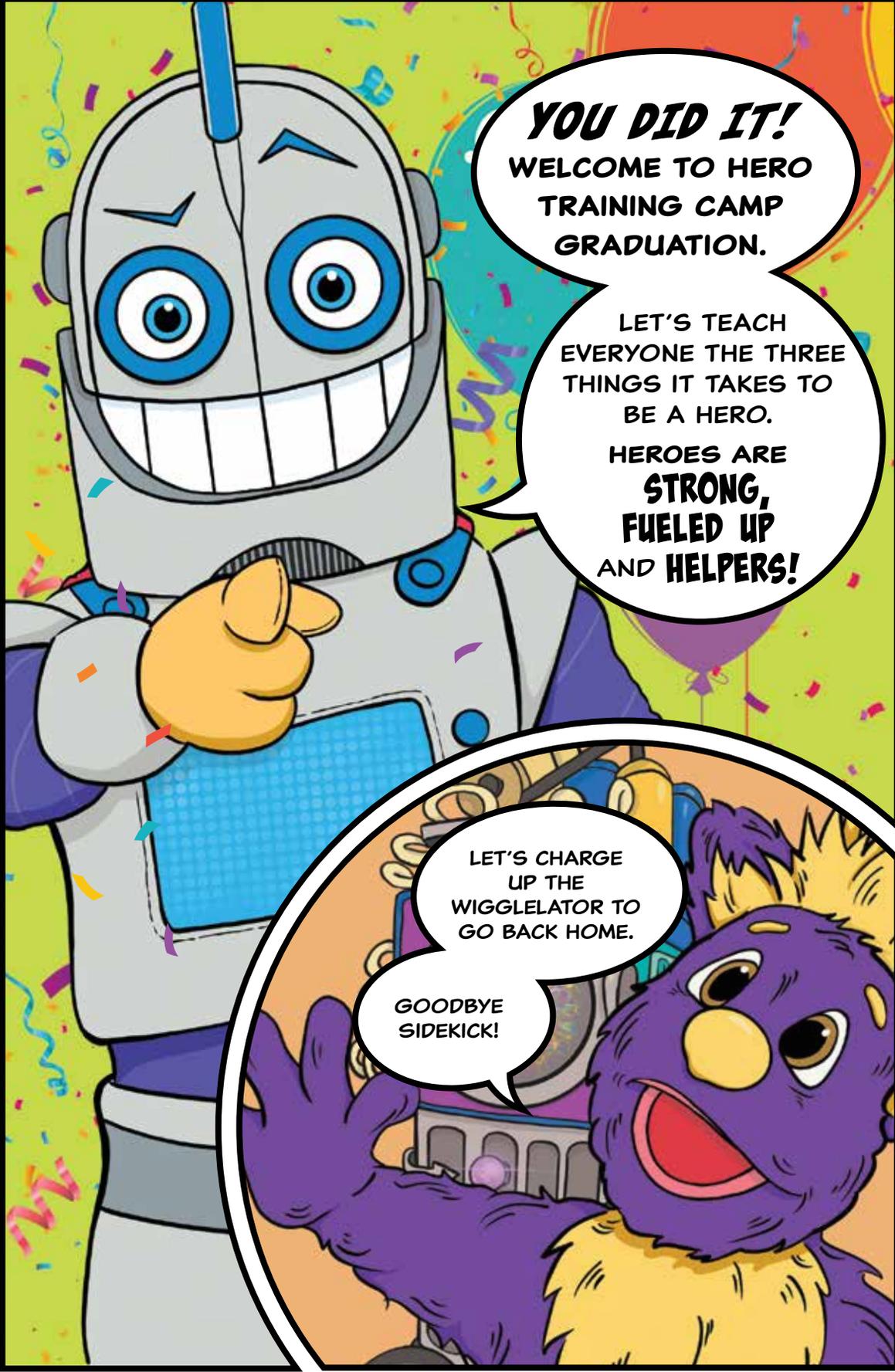


WE'RE HEROES,
WE CAN DO IT!

***YOU SAVED ME! YOU ARE STRONG,
FUELED UP AND BECAME HELPERS!
THE MISSION WAS A SUCCESS!***



**WE DID IT, HE'S
POWERED UP!**



YOU DID IT!
WELCOME TO HERO
TRAINING CAMP
GRADUATION.

LET'S TEACH
EVERYONE THE THREE
THINGS IT TAKES TO
BE A HERO.

HEROES ARE
STRONG,
FUELED UP
AND **HELPERS!**



LET'S CHARGE
UP THE
WIGGLELATOR TO
GO BACK HOME.

GOODBYE
SIDEKICK!

THAT WAS FUN!

THERE ARE SO MANY WAYS WE CAN BE HEROES IN OUR OWN LIVES.

YOU CAN EAT ALL KINDS OF COLORFUL FOODS TO FUEL UP. YOU CAN EXERCISE AND PLAY EVERY DAY TO STAY STRONG. YOU CAN HELP OTHERS LIKE YOU HELPED SIDEKICK.

WE ARE REALLY PROUD OF YOU FOR HELPING TODAY.

YOU ARE OUR HERO!

BYE!

SEE YOU AGAIN SOON!

SUPERHERO RECIPES

KA-POW CORN BEAN SALAD

EAT THIS AS A SIDE DISH OR AN AFTERNOON SNACK FOR STRONG HEALTHY KIDS! IT MAKES A GREAT DIP FOR CHIPS!



INGREDIENTS:

1 (15 OZ.) CAN BLACK BEANS
1 CUP TOMATOES, DICED
1 1/2 CUPS FROZEN CORN
1 FRESH JALAPEÑO, DICED SMALL (OPTIONAL)
1/3 CUP RED ONION, DICED
1 LIME, JUICED

1 TABLESPOON OF CILANTRO, CHOPPED

1 TEASPOON CHILI POWDER
PEPPER TO TASTE
SALT TO TASTE

WIC TIP: THIS SALAD TASTES BEST WHEN IT CAN SIT IN THE FRIDGE FOR A FEW HOURS OR OVERNIGHT

PREPARATION:

1. DRAIN AND RINSE THE BEANS, THEN PLACE IN A MEDIUM SIZE BOWL.
2. MIX IN TOMATOES, CORN, JALAPEÑO, RED ONION AND CILANTRO.
3. ADD LIME JUICE, SALT, PEPPER AND CHILI POWDER AND STIR.
4. COVER AND PLACE IN THE FRIDGE.

SUPERHERO RECIPES

CHOCO-POWER POPS

KIDS WILL ENJOY THESE TASTY POPS FOR DESSERT OR A SPECIAL AFTERNOON TREAT! SUPERHEROS NEED ENERGY!



INGREDIENTS:

- 1 CUP MILK
- 1 RIPE BANANA
- 4 TEASPOONS COCOA POWDER
- $\frac{1}{2}$ TEASPOON VANILLA (OPTIONAL)
- 2 TEASPOONS HONEY

WIC TIP: NEVER FEED HONEY TO A CHILD UNDER ONE YEAR OF AGE. ALSO, IF YOU HAVE EXTRA MIX AFTER FILLING THE POPSICLE CONTAINERS, ADD SOME ICE AND BLEND IT INTO A SMOOTHIE.

PREPARATION:

1. COMBINE ALL INGREDIENTS IN A BLENDER AND MIX JUST UNTIL SMOOTH. DO NOT OVERMIX. OVERMIXING WILL CAUSE SEPARATION IN THE FREEZING PROCESS.
2. POUR MIXTURE INTO FREEZER POP CONTAINERS AND FREEZE FOR 4 HOURS OR UNTIL FIRM.

WIC TIP: NO POPSICLE MOLDS? NO PROBLEM! POUR THE MIXTURE INTO AN ICE CUBE TRAY COVERED WITH FOIL AND INSERT POPSICLE STICKS, INSTEAD.

SUPERHERO RECIPES

BANANA MUSCLE MUFFINS

THESE MINI MUFFINS ARE A GREAT GRAB-AND-GO BREAKFAST FOR BUSY MORNINGS. THESE WILL KEEP SUPERHERO TUMMIES FULL FOR A DAY AT SCHOOL OR PLAY!



INGREDIENTS:

1 1/2 CUPS FLOUR
1/2 CUP QUICK OATS
1 TEASPOON BAKING POWDER
1 TEASPOON BAKING SODA
1/4 TEASPOON SALT
1 TEASPOON CINNAMON

2 RIPE BANANAS
3/4 CUP BROWN SUGAR
2 EGGS
1/4 CUP YOGURT (PLAIN OR VANILLA)
COOKING SPRAY

WIC TIP: NO RIPE BANANAS? USE THREE 4 OZ. JARS OF BANANA BABY FOOD, INSTEAD!

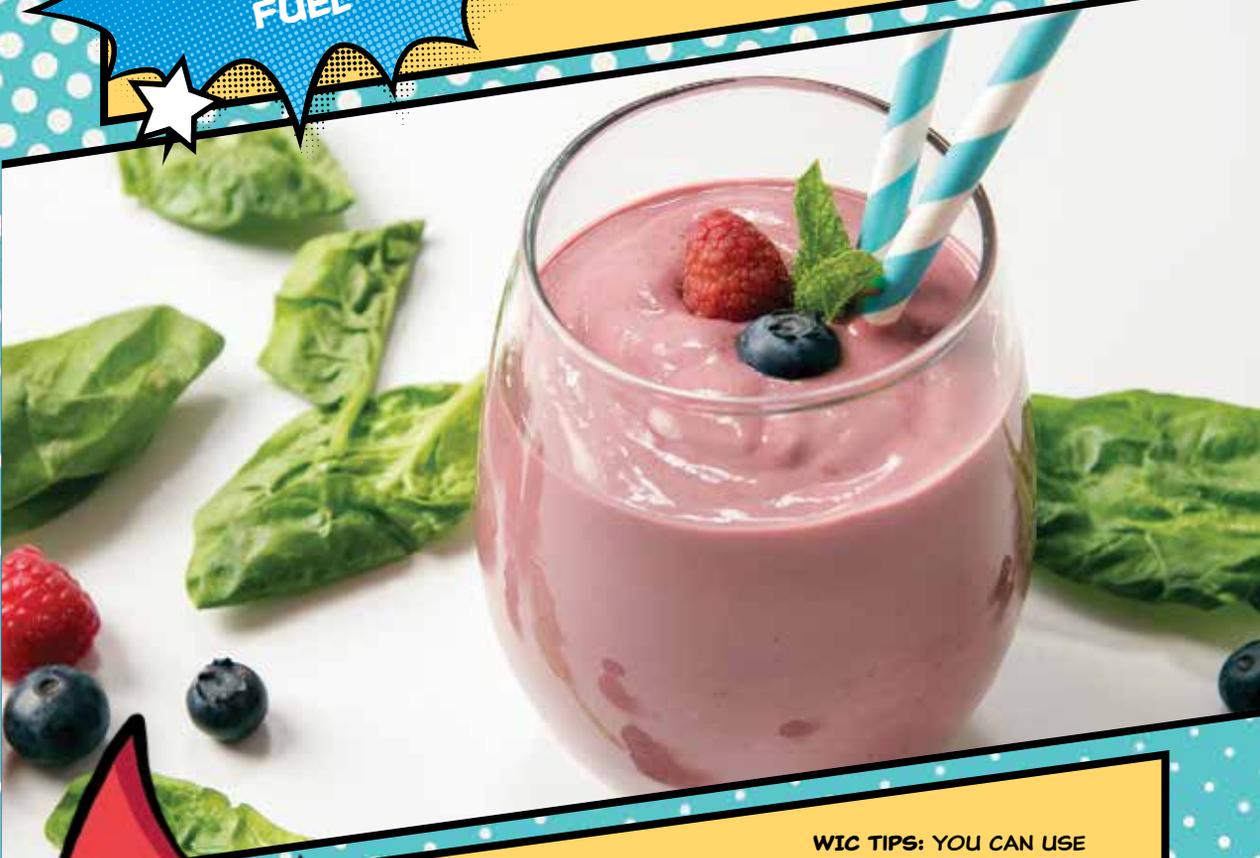
PREPARATION:

1. PREHEAT OVEN TO 350 DEGREES.
2. IN A LARGE MIXING BOWL, COMBINE FLOUR, QUICK OATS, BAKING POWDER, BAKING SODA, SALT AND CINNAMON. SET ASIDE.
3. IN A SEPARATE BOWL, MASH PEELED BANANA WELL.
4. ADD BROWN SUGAR, EGGS AND YOGURT TO MASHED BANANA AND MIX UNTIL SMOOTH.
5. ADD BANANA MIXTURE INTO THE FLOUR MIXTURE AND STIR JUST UNTIL COMBINED.
6. SPRAY A MINI MUFFIN TIN WITH COOKING SPRAY AND FILL.
7. BAKE MINI MUFFINS FOR 13-15 MINUTES OR REGULAR MUFFINS FOR 20-25 MINUTES, UNTIL TOPS TURN GOLDEN BROWN.
8. ENJOY MUFFINS PLAIN OR WITH A THIN LAYER OF PEANUT BUTTER.

SUPERHERO RECIPES

ROCKIN'
RAINBOW
FUEL

MAKE SMOOTHIES FOR
EVERY COLOR OF
THE RAINBOW!



INGREDIENTS:

1 BANANA
2 CUPS FROZEN STRAWBERRIES
(WITHOUT ADDED SUGAR)
 $\frac{3}{4}$ CUP MILK
8 OUNCES LOW-FAT VANILLA
YOGURT

WIC TIPS: YOU CAN USE
ANY FRUIT - TRY MANGOES,
PEACHES OR BLUEBERRIES!
IF USING ALL FRESH FRUIT,
TRY BLENDING IN ICE CUBES
TO THICKEN IT UP. YOU CAN
ALSO USE 100% FRUIT JUICE
OR SOY MILK INSTEAD OF
MILK, OR EVEN SILKEN TOFU
INSTEAD OF YOGURT!

PREPARATION:

1. COMBINE ALL INGREDIENTS IN A BLENDER AND PROCESS UNTIL SMOOTH.
2. POUR INTO GLASSES AND ENJOY!

GREEN SMOOTHIE - ADD A COUPLE HANDFULS OF SPINACH TO THE BLENDER.

BLUE SMOOTHIE - USE BLUEBERRIES INSTEAD OF STRAWBERRIES, OR HALF STRAWBERRIES AND HALF BLUEBERRIES.

YELLOW SMOOTHIE - INSTEAD OF STRAWBERRIES, USE PEACHES, MANGOES AND OTHER YELLOW OR ORANGE FRUIT.

THE END

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