

kick start!
eat smart!

**FAVORITE
SPORT:**

Tennis

AWARDS:

Antioxidant
Grand Slam and
Best in Set
at US Open in
Nutrition, USA

**FAVORITE
COLOR:**

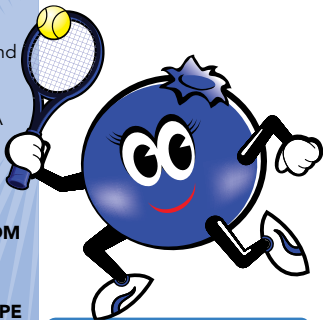
Orange

**FAVORITE CDM
EXHIBIT:**

Bubbalogna

**FAVORITE TYPE
OF TENNIS
COURT:**

Grass



Bella Blueberry

A MEMBER OF THE MAJOR HIGH BUSH FAMILY



Children's Discovery
Museum of San Jose

KAISER PERMANENTE[®]
KP SAN JOSE MEDICAL CENTER



thrive

RECIPE:

Blueberry Smoothie

Blueberries are rich in vitamins A, C, and E and are packed with antioxidants. They are one of the best cancer-fighting fruits in the book. Smoothies are a great way to get your daily fill of fruits!

- Blueberries
- Other fruit, like strawberries, raspberries, or bananas
- Nonfat vanilla yogurt



Directions:

Ask an adult to help you to make your smoothie. Put fruit and yogurt in a blender or small food chopper. Blend until smooth. Drink and enjoy! If you don't have a blender, just put some yogurt in a bowl, sprinkle some blueberries on top, and eat it up!

