

# **kick start!** **eat smart!**

## **FAVORITE SPORT:**

Dancing

## **FAVORITE MUSIC:**

Hip Hop, Samba

## **FAVORITE COLOR:**

Green

## **CAREER ASPIRATIONS:**

*Dancing with  
the Stars or  
Medical Research  
Specialist*

## **FAVORITE CDM EVENT:**

Family Lunadas



## **Salsa Tomato**

A MEMBER OF THE SOLANACEAE FAMILY



Children's Discovery  
Museum of San Jose

KAISER PERMANENTE  
KP SAN JOSE MEDICAL CENTER

  
**thrive**

# RECIPE:

## Tomato Cucumber Toss Up

Tomatoes are a great source of vitamins A and C, and they are filled with fiber. There are hundreds of types of tomatoes, in a variety of colors and sizes—cherry, pear, beefsteak, red, green, orange, yellow. Grow your own and enjoy them in this special salad!

- Tomatoes
- Cucumber
- Avocado (optional)
- Salad dressing (optional)

### Directions:

Chop up the tomatoes, cucumber and avocado into bite-sized pieces. Add a little salad dressing and toss it up. Enjoy your healthy red and green foods!

