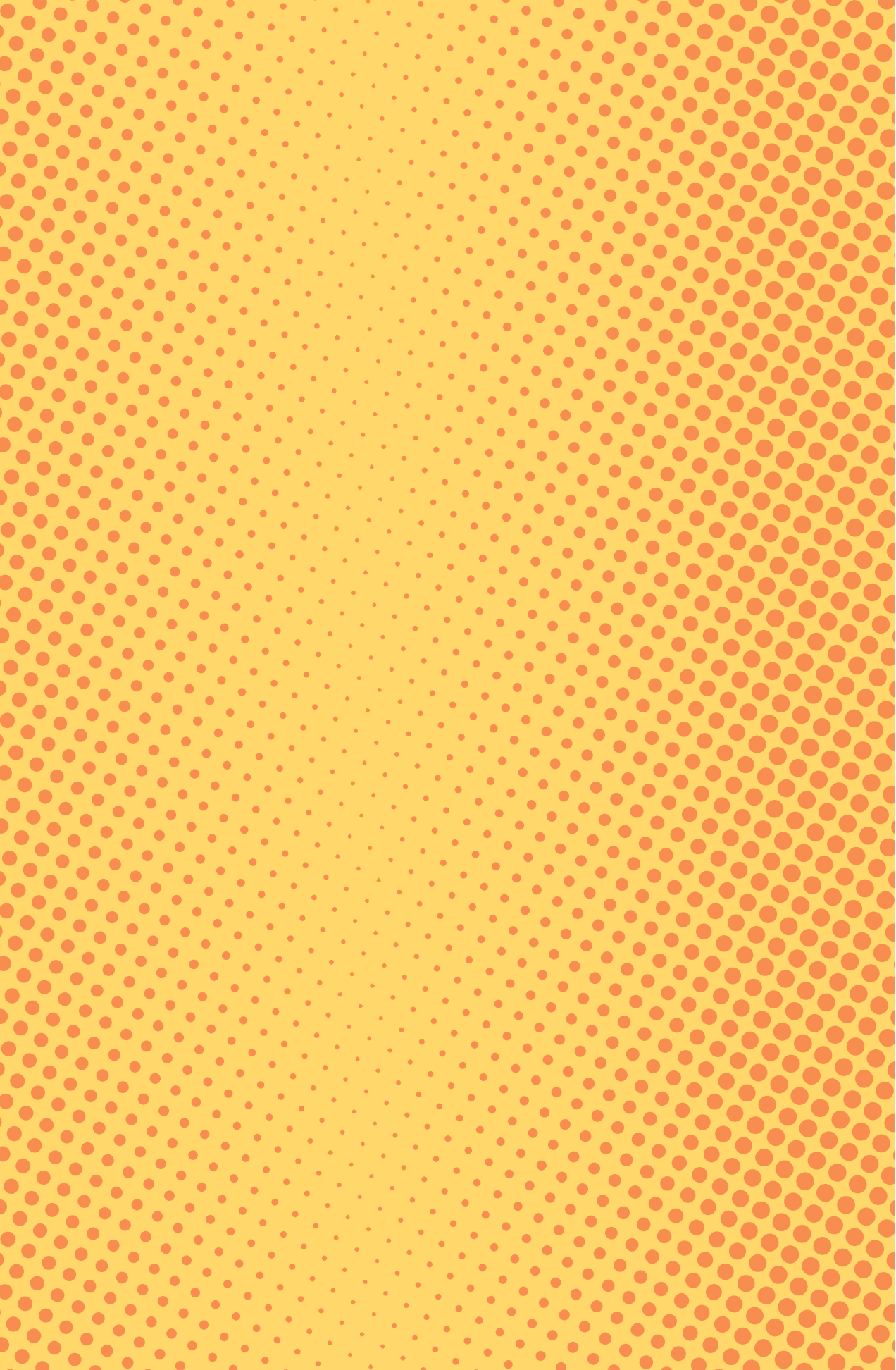


THE ADVENTURES OF ZOBEBY

# 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 ZOBAY! 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!***

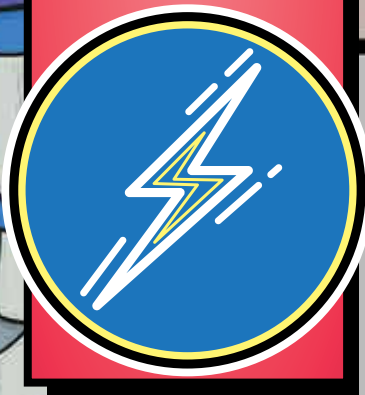
**1**

HEROES  
ARE  
***STRONG!***



**2**

HEROES  
ARE  
***FUELED UP!***



**3**

HEROES  
ARE  
***HELPERS!***

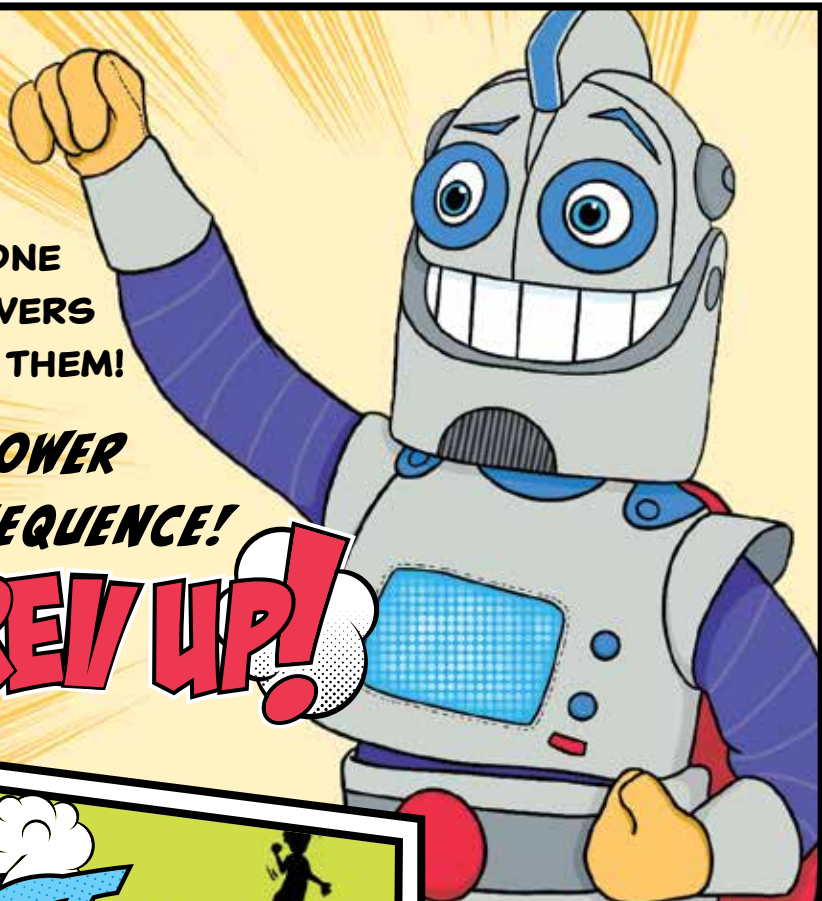




EVERYONE  
HAS POWERS  
INSIDE OF THEM!

**SUPER POWER  
DISCOVERY SEQUENCE!**

**LET'S REV UP!**



SHOW ME  
YOUR SUPER  
BLAST!

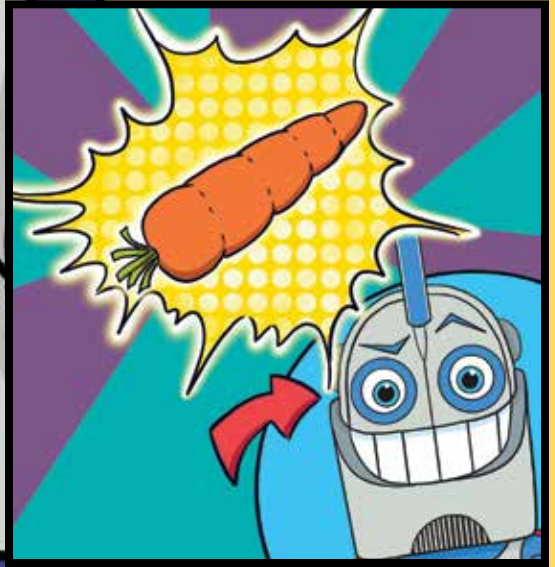
SHOW ME  
YOUR SUPER  
WHOOSH!

WHAT'S  
YOUR SUPER  
POWER?

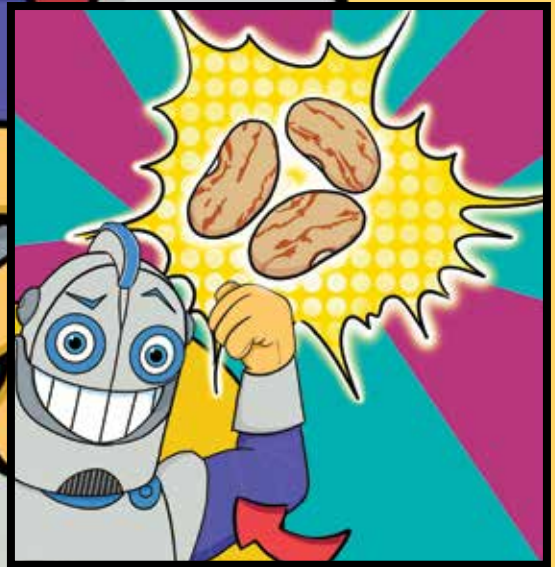




IT'S TIME TO FUEL UP!



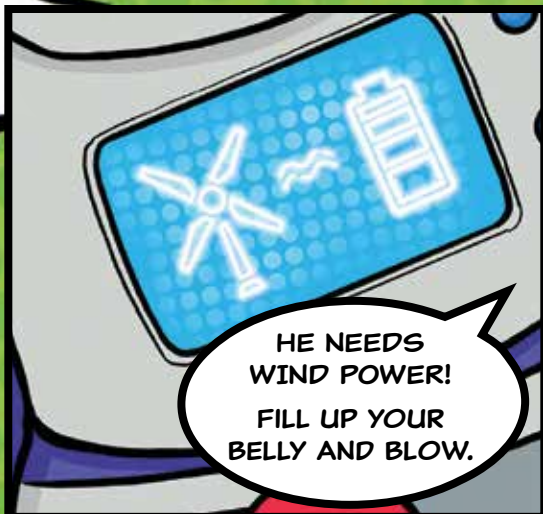
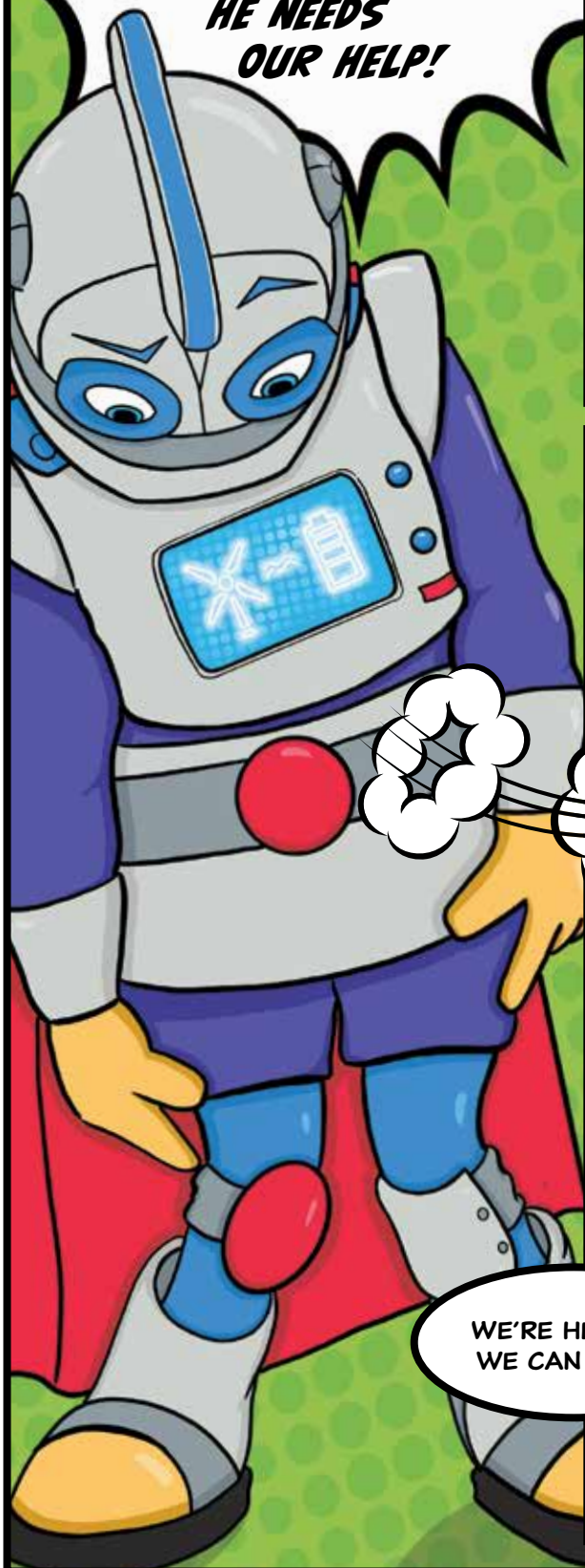
GRRRRR!







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.

**T**HE END

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