

SUPER FAST! SUPER SMART! SUPER STRONG!



#1

**BIG
PREMIERE
ISSUE**

SUPER KIDZ

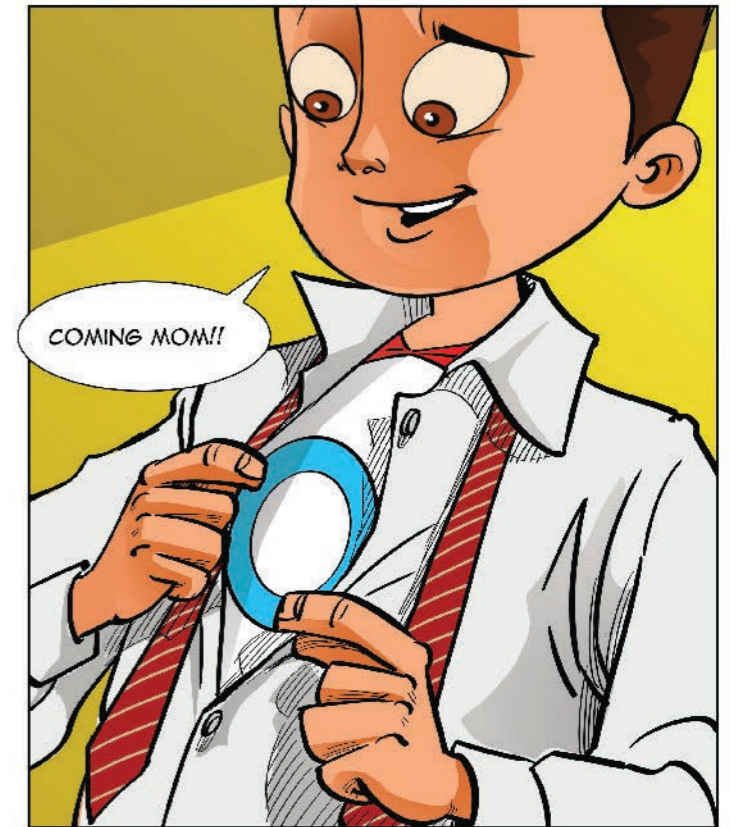
**SAM AND SARA'S
NEW SPORTS
CHALLENGE**



An Initiative By
 **LANDMARK
GROUP**

SUPER SAM

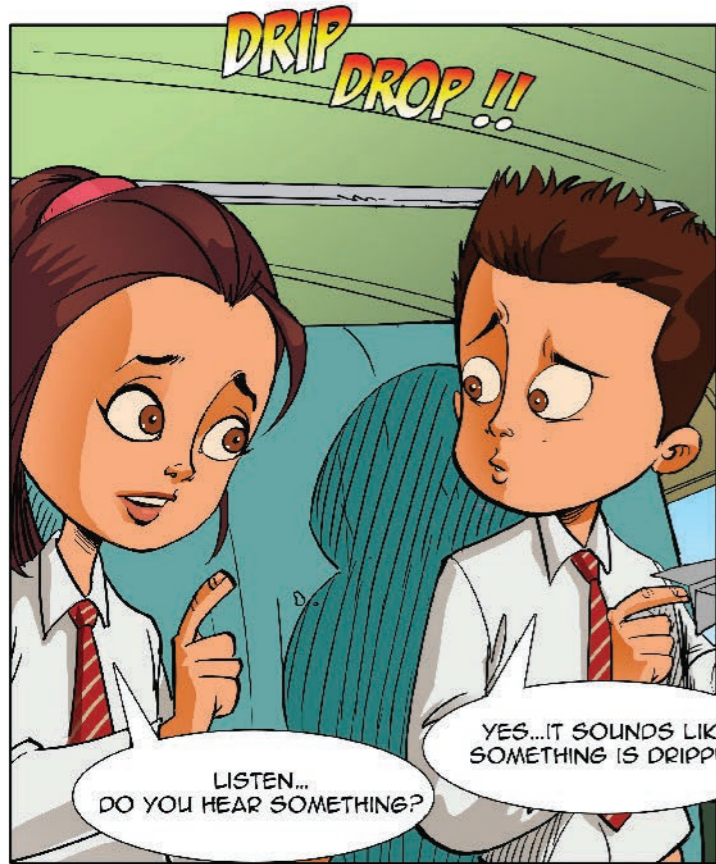
9 YEARS OLD • ENJOYS SWIMMING AND FOOTBALL • VERY GOOD WITH CROSSWORD PUZZLES • LOVES WHEAT PANCAKES WITH HONEY • SCHOOL SPORTS CAPTAIN • SUPERPOWERS INCLUDE INCREDIBLE STRENGTH AND ZIPPY SPEED



SUPER SARA

8 YEARS OLD • LOVES PLAYING TENNIS, DANCING AND READING • EXCELLENT AT SOLVING MATH EQUATIONS • ENJOYS BAKING OATMEAL COOKIES WITH HER MOM • SCHOOL POLE VAULT CHAMPION • SUPER POWERS INCLUDE GOOD MEMORY AND EAGLE EYES



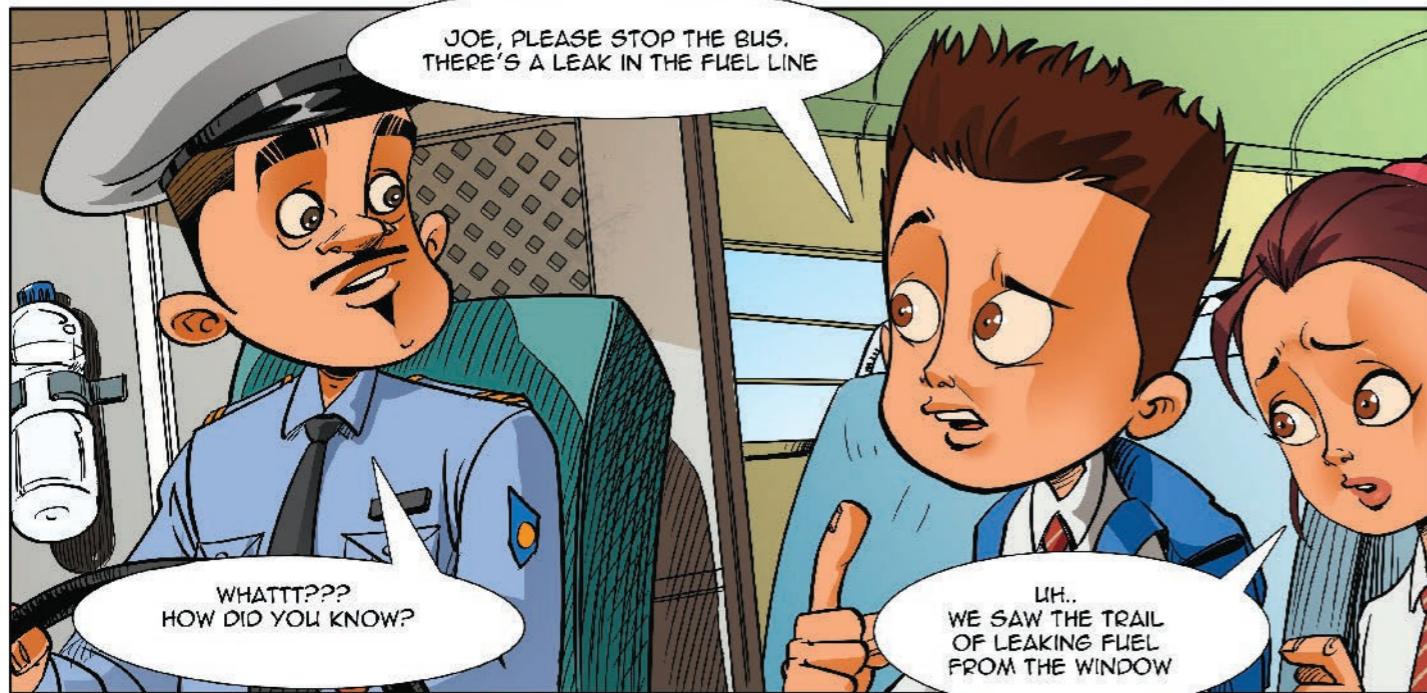


LISTEN... DO YOU HEAR SOMETHING?

YES...IT SOUNDS LIKE SOMETHING IS DRIPPING



UH-OH, THERE'S BEEN A LEAK IN THE FUEL LINE



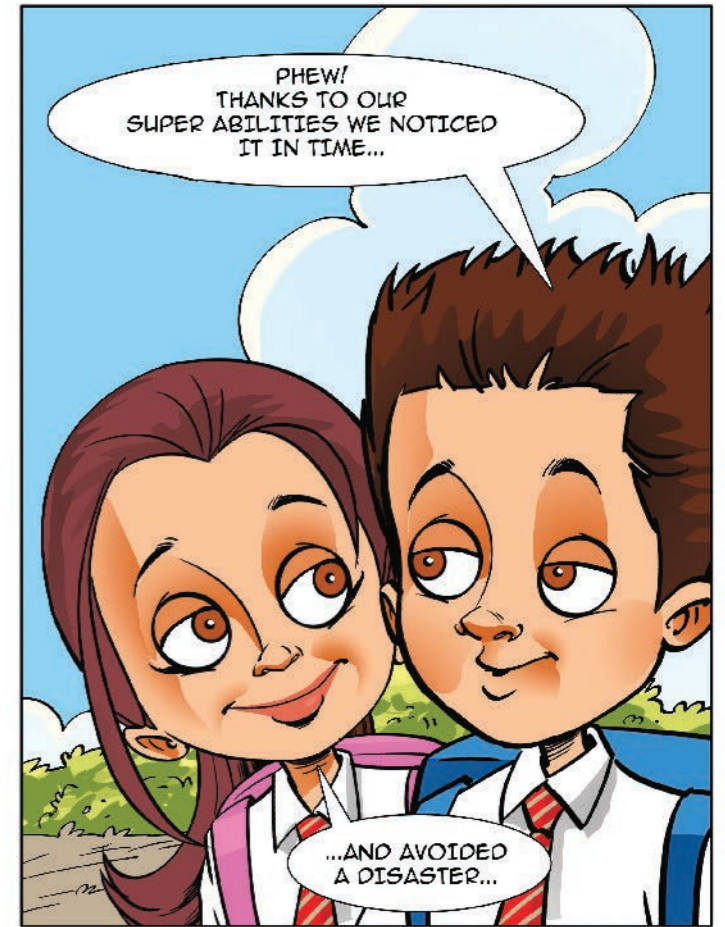
JOE, PLEASE STOP THE BUS. THERE'S A LEAK IN THE FUEL LINE

WHATTT??? HOW DID YOU KNOW?

UH.. WE SAW THE TRAIL OF LEAKING FUEL FROM THE WINDOW

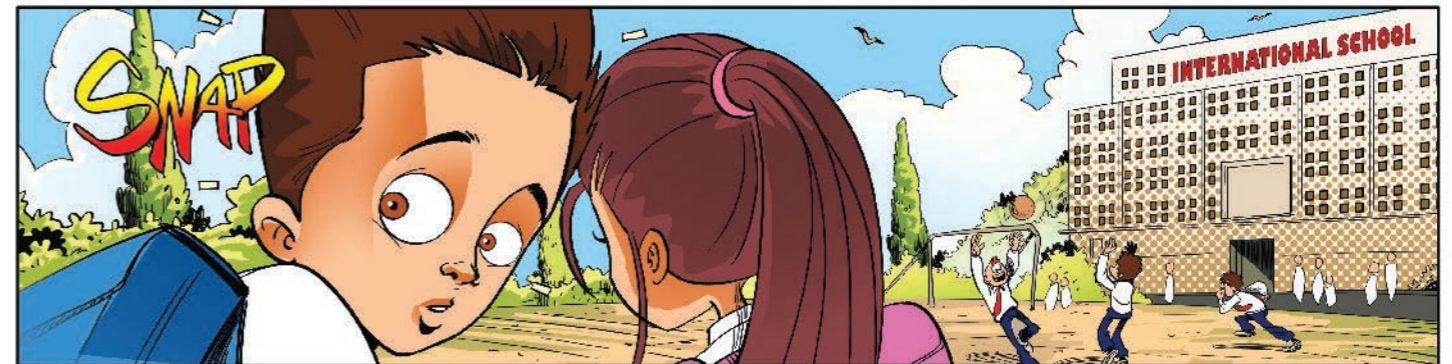


THANKS KIDS YOU SAVED US ALL TODAY



PHEW! THANKS TO OUR SUPER ABILITIES WE NOTICED IT IN TIME...

...AND AVOIDED A DISASTER...

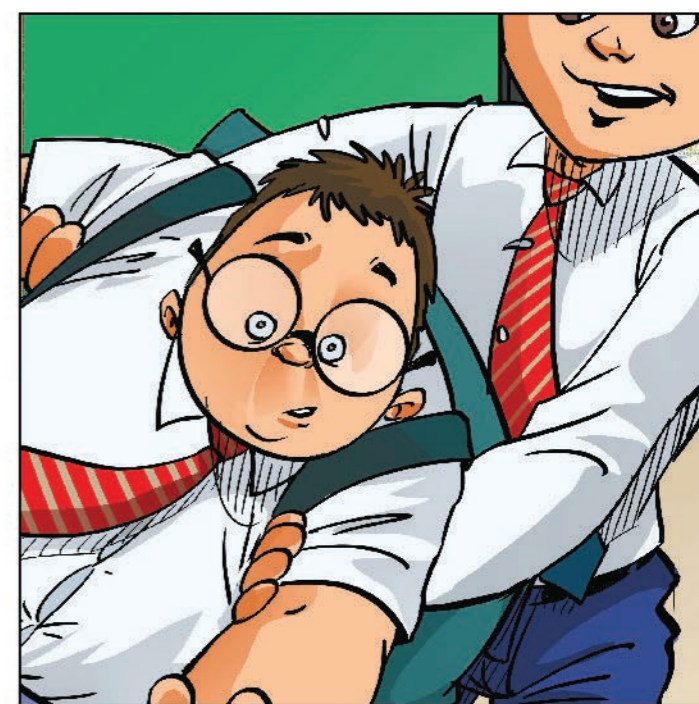
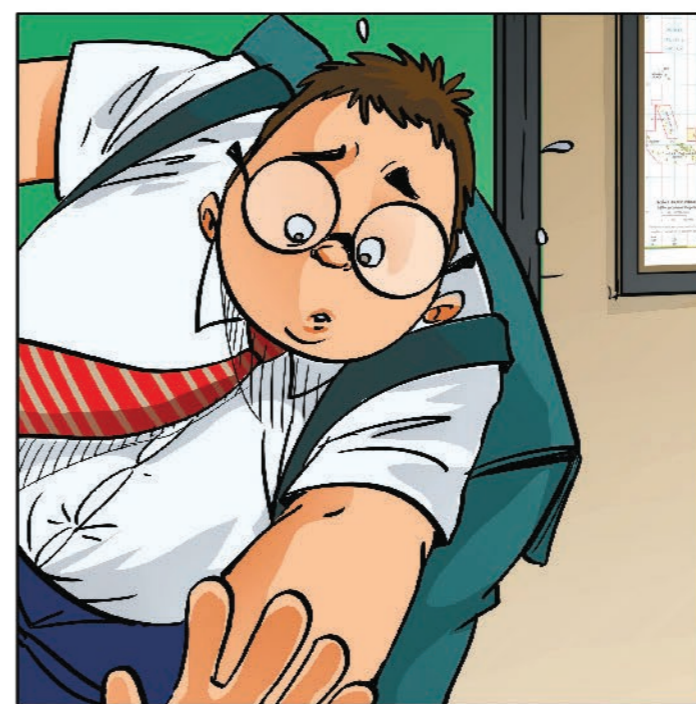
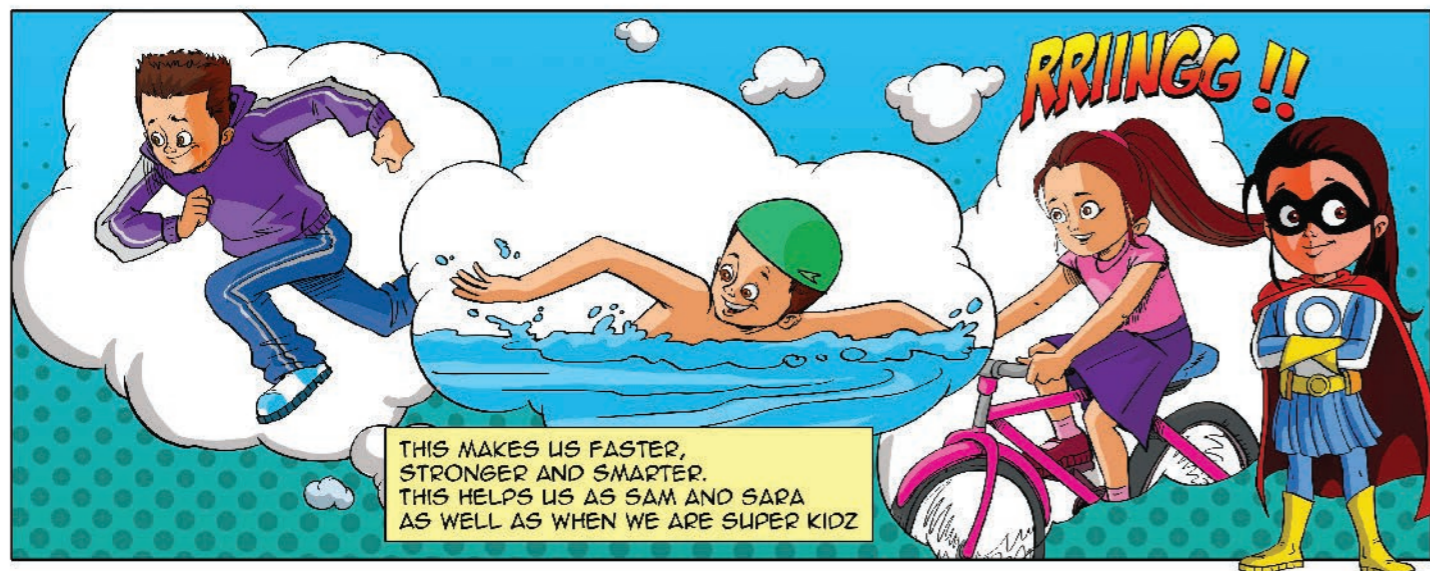
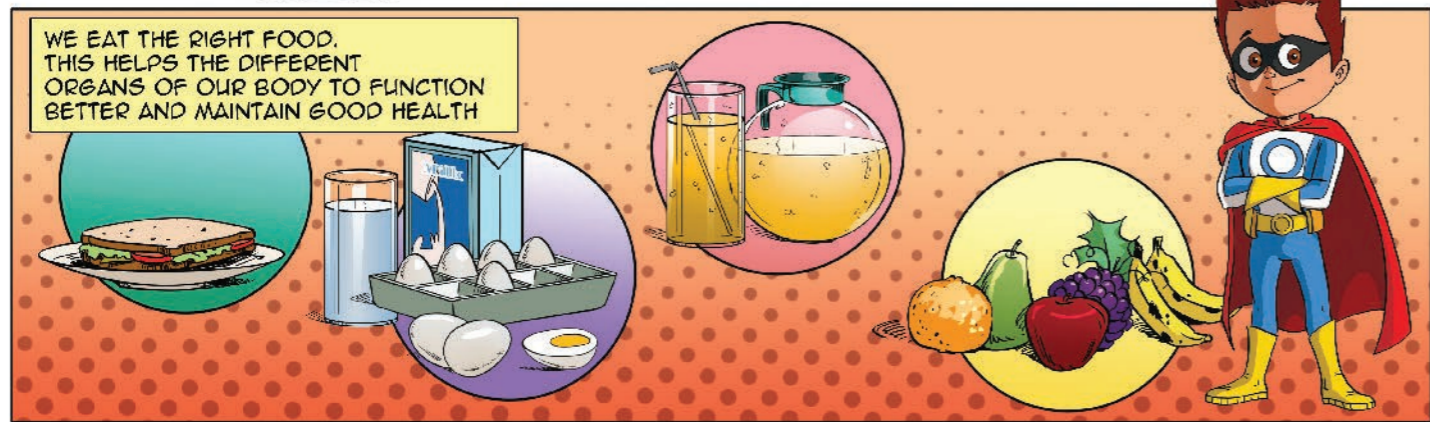
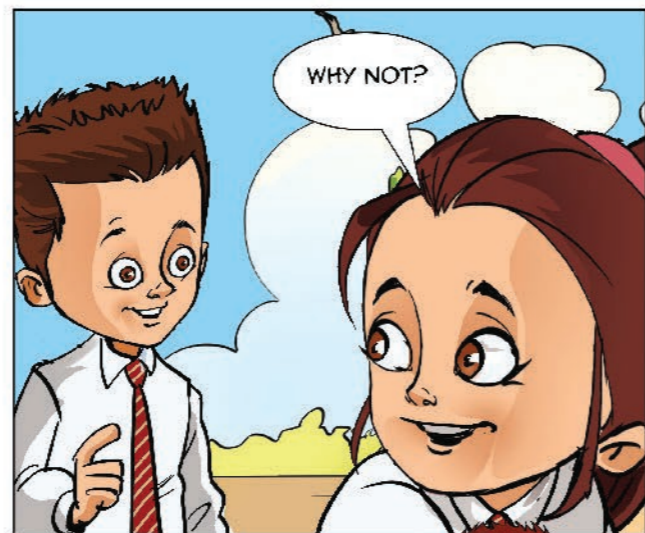
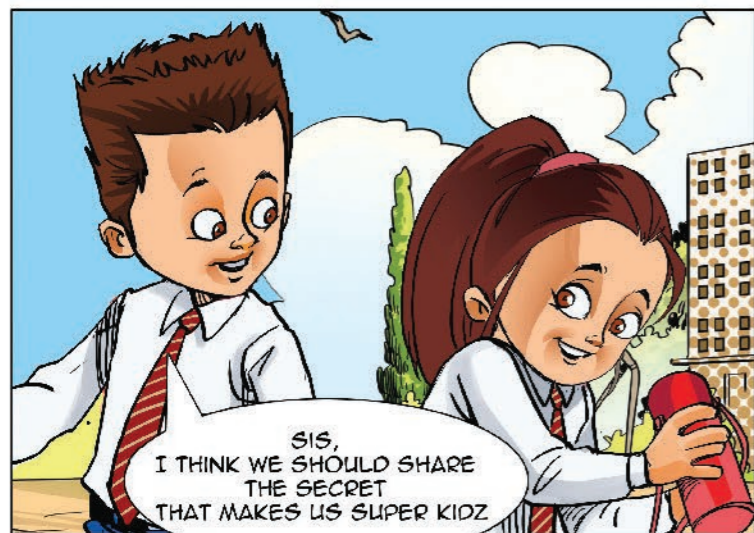
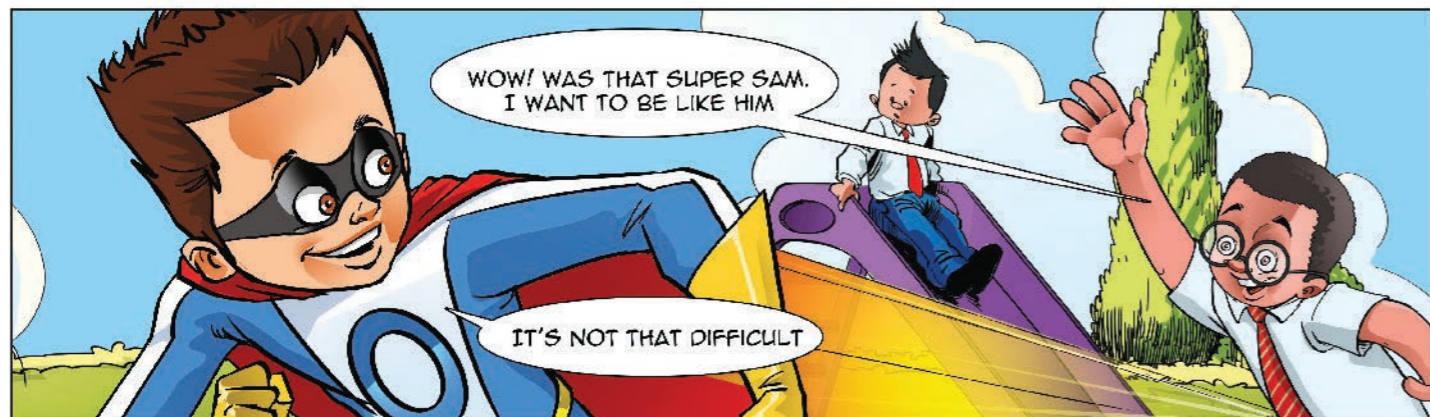


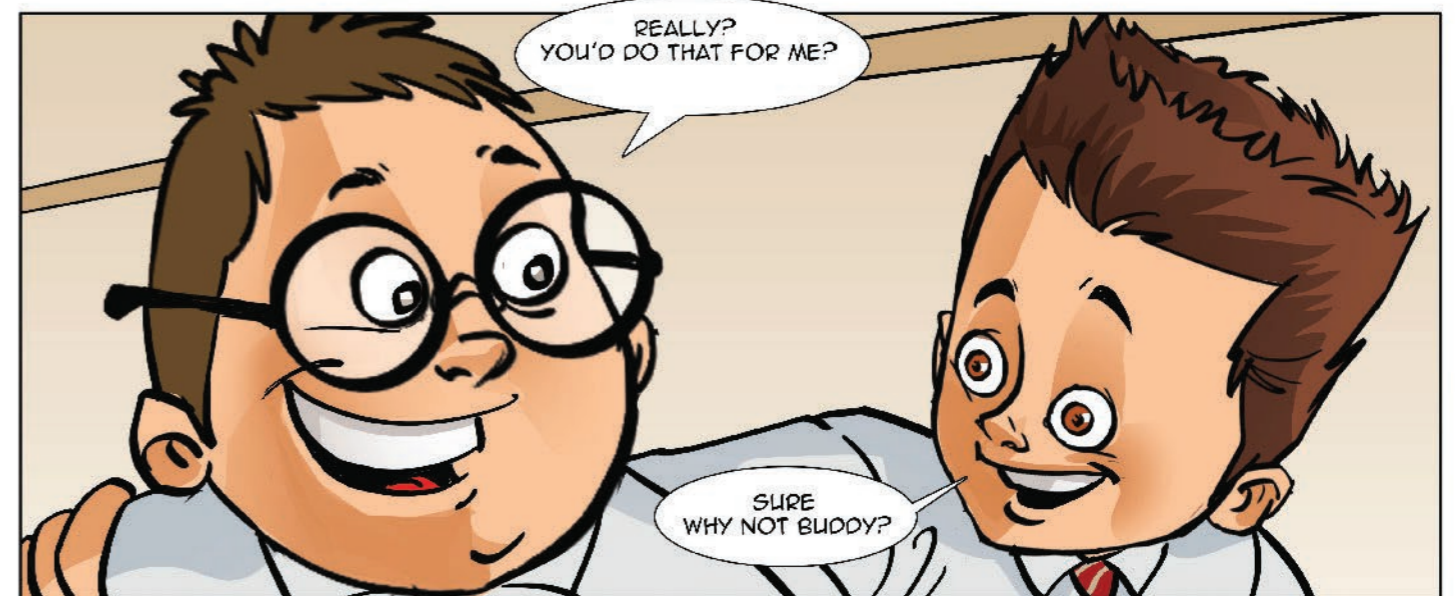
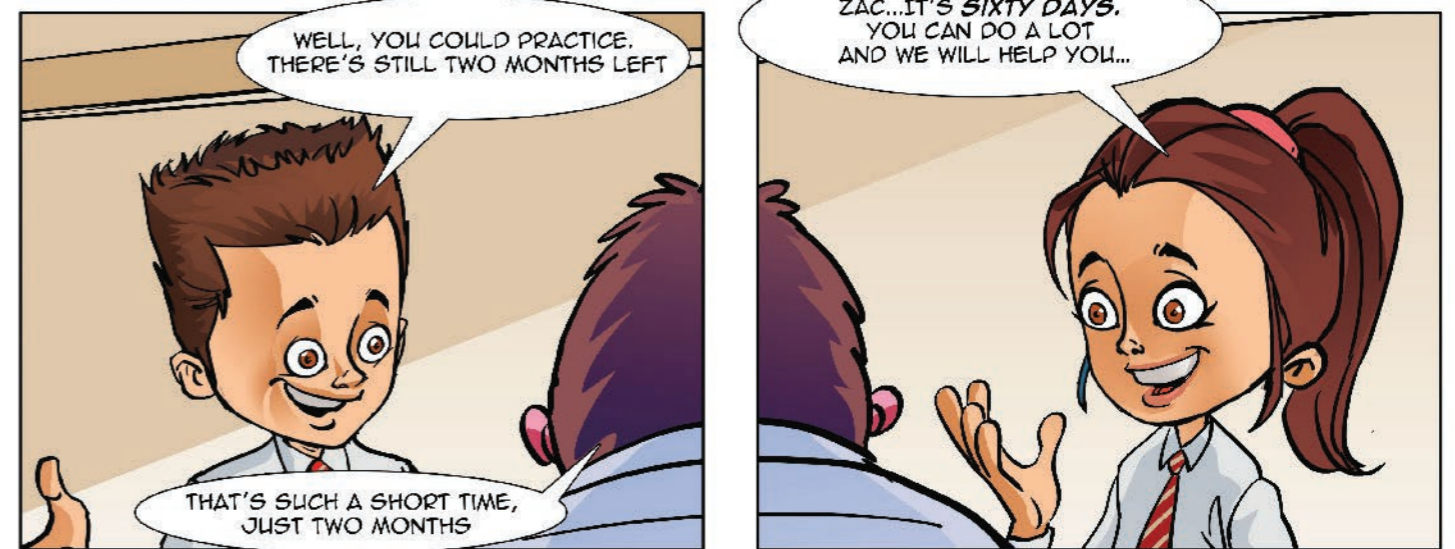
SNAP

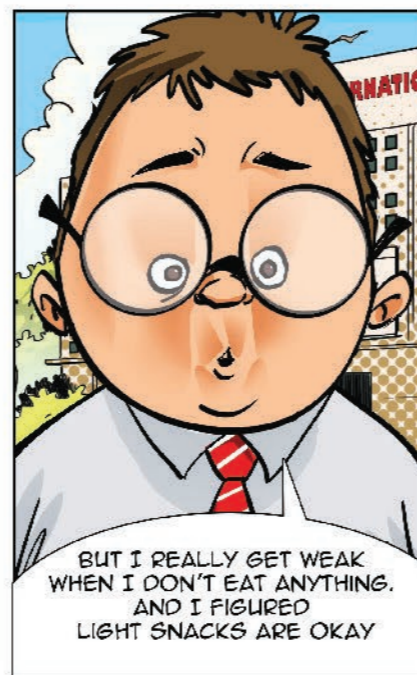
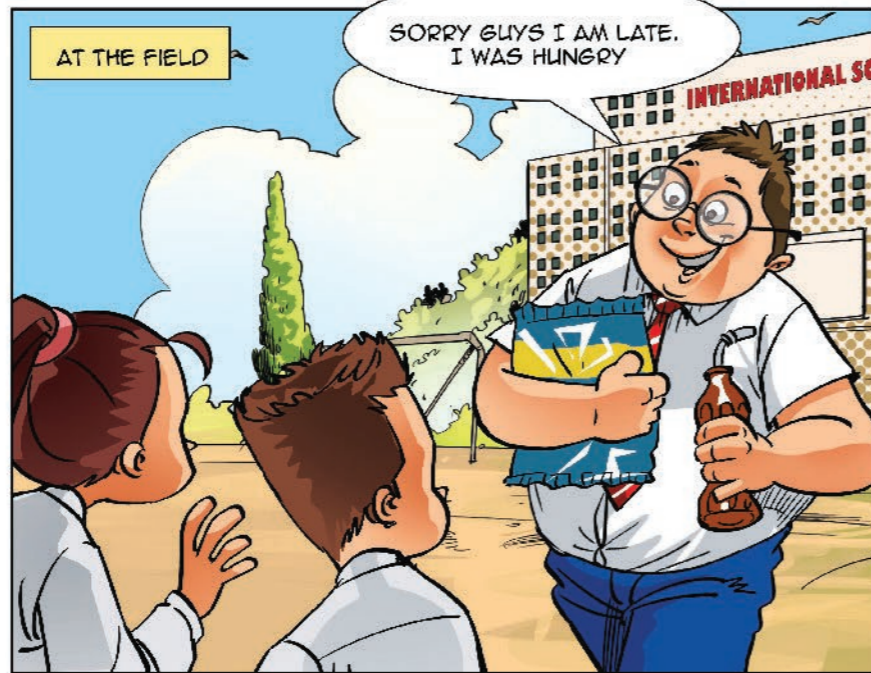
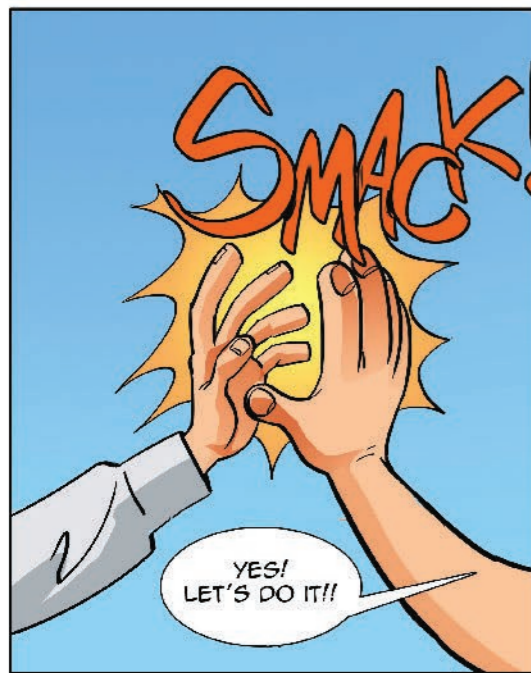


GOTCHA! DON'T WORRY!

SNAP!







THEN WHAT SHOULD I EAT?

LET US TELL YOU

MILK & DAIRY PRODUCTS

FRUITS

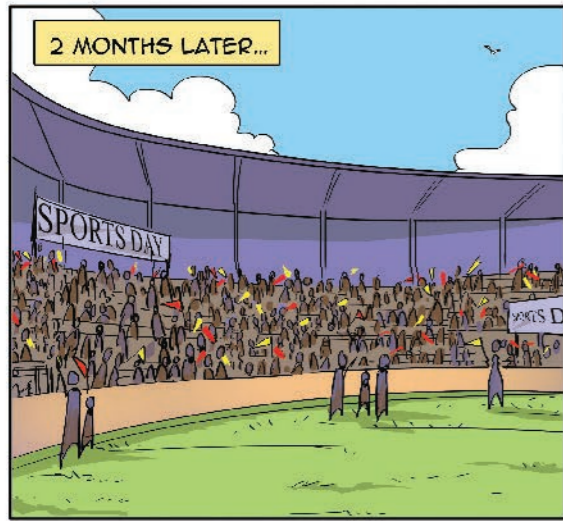
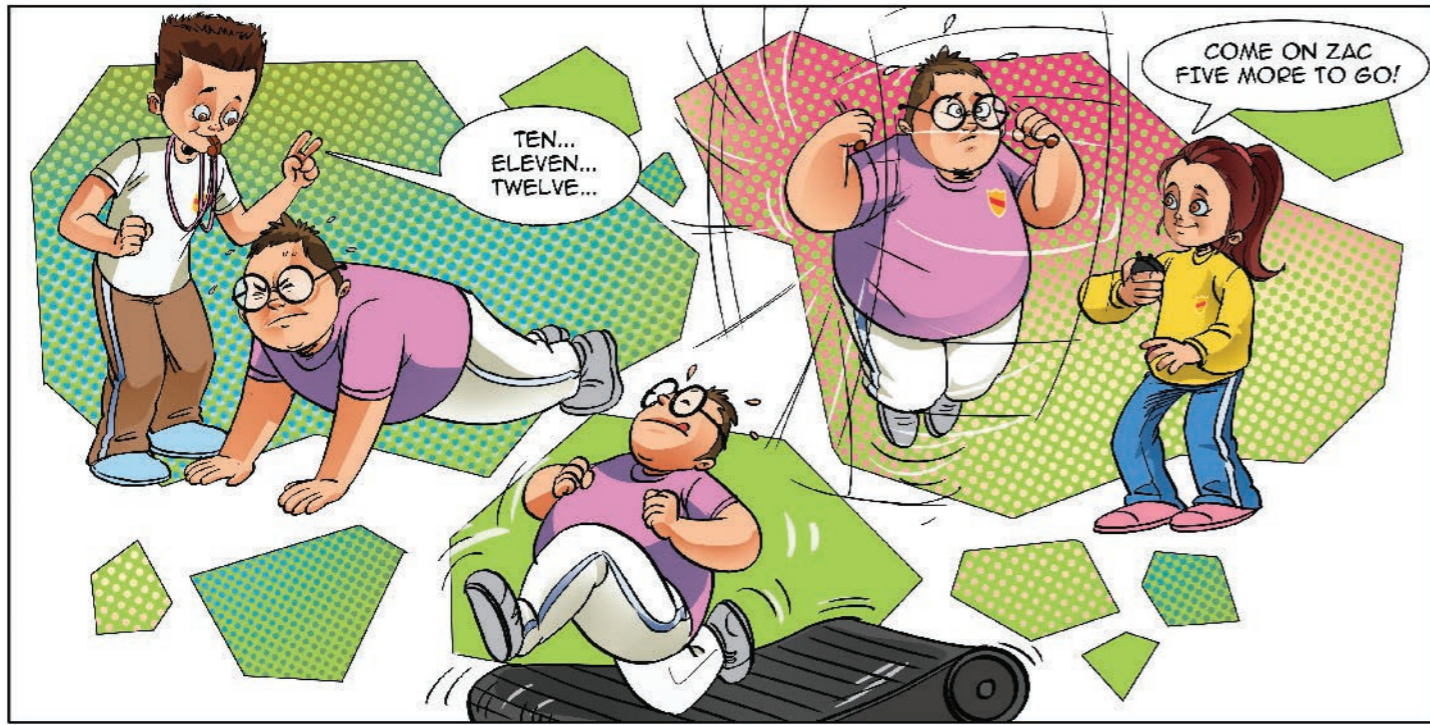
BREADS, OATS, PASTA

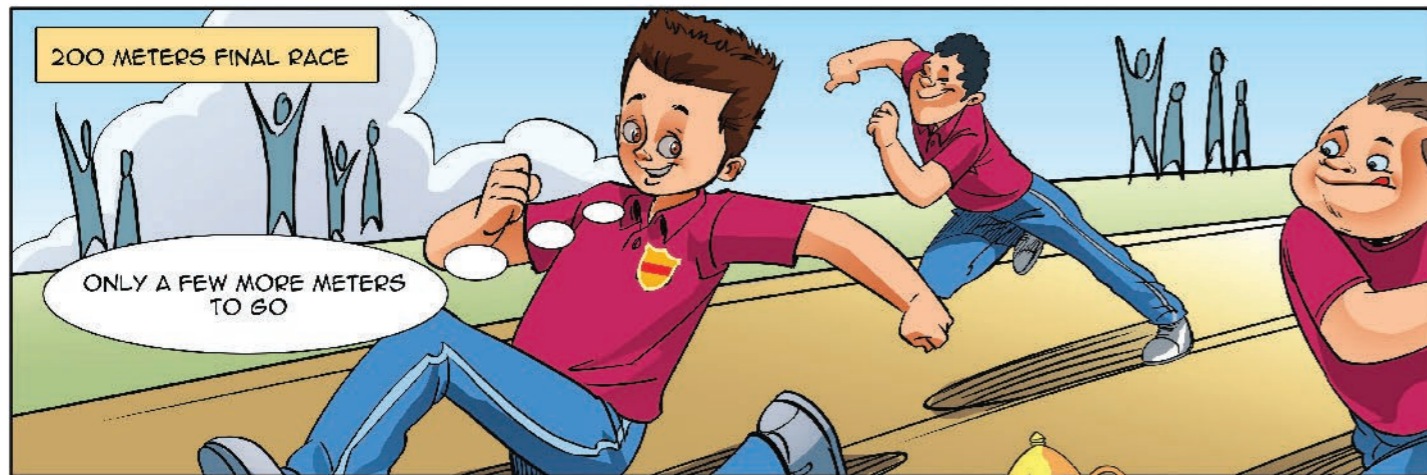
VEGETABLES

EGG, FISH, MEAT, PULSES

YOU SHOULD HAVE ALL OF THIS EVERYDAY !!

SEE YOU AFTER SCHOOL





I WANT TO BE A SUPER KID TOO!

I'M GOING TO GET MOM TO COOK ME HEALTHY FOOD LIKE...

I'LL EAT MORE OF:

FRUITS VEGETABLES
BOTH

MY 5 FAVOURITE ACTIVITIES:

1 _____ 3 _____

2 _____ 4 _____

5 _____

SUPER KIDZ LOVE TO EAT



CONFETTI QUINOA

Prep time: 20 minutes
Serves: 4

What do you need:

- 1½ cups low-sodium vegetable stock or water
- 1 cup quinoa, thoroughly rinsed and drained
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 cup chopped mixed vegetables like peas, carrots, green beans and corn

What to do:

- Add vegetable stock or water to medium saucepan and bring it to boil over medium-high heat.
- Stir in quinoa, salt and pepper.
- Switch heat to low and cover pot with lid.
- Cook for about 15 minutes until liquid has evaporated and quinoa is tender. Remove lid and stir in the vegetables.
- Place lid back on quinoa so the heat from the quinoa cooks the vegetables.
- Serve immediately.

Tip: You can store it in an airtight container to refrigerate for up to 5 days.

CHEESE AND VEGGIE PINWHEELS

Prep time: 20 minutes
Serves: 2

What do you need:

- 1 tablespoon shredded carrot
- 1 tablespoon shredded zucchini
- 2 tablespoons fresh goat cheese, at room temperature (if you don't like goat cheese, you can swap it for cream cheese)
- 1 whole-wheat flour tortilla, about 8 inches (20 cm) diameter

What to do:

- Blot the shredded vegetables dry with a paper towel.
- Spread the goat cheese evenly over the tortilla, all the way to the edges.
- Sprinkle the vegetables on top of the cheese, leaving about 1 inch (2.5 cm) uncovered on one side. Starting on the vegetable-covered side, roll up the tortilla into a tight cylinder (the exposed goat cheese will act as a glue to hold the cylinder together).
- Trim the ends, and then slice the cylinder crosswise into pinwheels.
- Roll the sliced cylinder in plastic wrap or aluminum foil, folding the ends over to keep it secure. Or, arrange pinwheels, one cut side down, in a parchment paper-lined airtight container.

Tip: You can store it in the refrigerator for up to 1 day.



VERY BERRY BREAKFAST PARFAIT

Prep time: 10 minutes
Serves: 2

What do you need:

- 1 cup strawberries, trimmed and sliced
- 1 tablespoon sugar
- ¾ cup quick-cooking barley, prepared according to package directions
- 2 cups yogurt of choice

What to do:

- In a small bowl, stir together strawberries and sugar.
- To assemble a parfait, spoon about 3 tablespoons barley into a cup, then top it with ¼ cup each yogurt and strawberries.
- Repeat the layers, finishing with strawberries on top.

Tip: You can do step 1 the night before to save time on a school morning; just cover and refrigerate the mixture.



CHICKEN FRIED RICE

Prep time: 25 minutes
Serves: 4

What do you need:

- 1 cup brown rice
- 2 (6 ounces each) boneless, skinless chicken breasts
- 1 teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoon(s) vegetable oil
- 2 large eggs
- 2 scallions, trimmed and thinly sliced on the diagonal
- 1 teaspoon grated and peeled fresh ginger
- ½ cup diced red bell pepper (about 1 small pepper)
- 2 tablespoon(s) soy sauce
- ½ teaspoon(s) sugar
- ½ cup homemade or low-sodium store-bought chicken stock
- 1 cup snow peas, trimmed, sliced on the diagonal into thirds

What to do:

- Cook brown rice according to package instructions and set aside.
- Cut chicken into strips (each 3 inches long and ½ inch wide). Season with salt and pepper.
- Heat 1 tablespoon oil in a medium nonstick skillet over medium-high heat until hot but not smoking.
- Cook chicken for 3 to 4 minutes. Transfer to a plate.
- Reduce heat to medium; add remaining tablespoon oil. Add eggs; just as whites begin to set, stir to scramble. Add scallions and ginger and cook 1 minute.
- Add reserved rice and bell pepper; cook 2 minutes. Stir together soy sauce, sugar, and stock; add to skillet. Now add snow peas and reserved chicken, cook until heated through about 3 minutes.

Tip: You can make the same recipe with beef and prawns too.



CHICKEN PITA SANDWICHES

Prep time: 15 minutes
Serves: 2

What do you need:

- 1 cup cooked chicken (or turkey) shredded
- 1 medium-size whole wheat pita (about 6" across)
- 2 tablespoons mayonnaise
- 1 tablespoon mustard
- 2 lettuce leaves (red leaf, romain, iceberg etc.)
- ½ tomato, in slices (optional)

What to do:

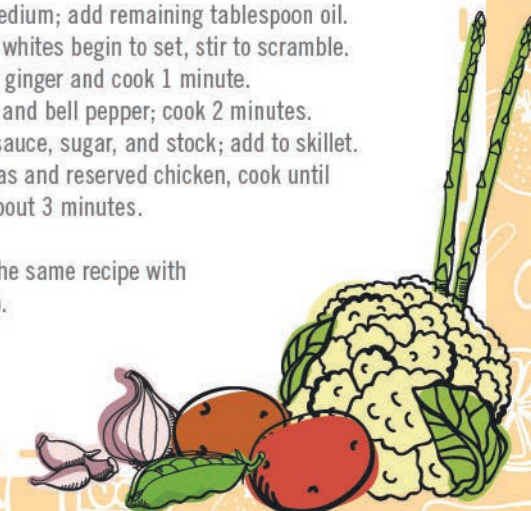
- Cut the pita in half to make two pockets.
- Spread the mayonnaise and mustard equally between the two halves' insides.
- Stuff the chicken into the pockets, then add the lettuce and tomato.

Tip: If you are packing these for lunch, keep the tomato in a separate bag until it's time to eat, so the bread won't get soggy.



BANANAS ARE ENERGY BOOSTERS. TRY AND FIND OUT FOR YOURSELF IF THEY WORK!

CARROTS ARE RICH IN VITAMIN A AND ARE GOOD FOR EYESIGHT. WOULDN'T YOU WANT TO BE A SUPER KID TOO?





SOUTHWESTERN QUINOA BURGERS

Prep time: 25 minutes
Serves: 4

What do you need:

- 1 cup water
- 1/2 cup uncooked quinoa, rinsed
- 4 teaspoons canola oil, divided
- 1 clove garlic, minced
- 1 cup diced red bell pepper
- 2 teaspoons ground cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 1 tablespoon lime juice
- 1 egg, lightly beaten
- 2 tablespoons all-purpose flour
- 3 ounces monterey jack cheese, shredded
- 4 small burger buns, preferably whole-wheat, toasted if desired

What to do:

1. Bring water and quinoa to a simmer in a small saucepan over medium-high heat. Cover, reduce heat to low, and maintain a gentle simmer, until all of the water is absorbed, and the quinoa is tender, 15 minutes. Remove from the heat and spread quinoa out on a plate to cool.
2. Heat 2 teaspoons canola oil in a large skillet over medium heat. Add the garlic and peppers and cook, stirring often until the peppers are soft, 3 to 5 minutes. Add cumin, chili and salt, and cook, stirring until fragrant, 30 seconds to 1 minute. Stir in lime juice, remove from the heat. Clean skillet.
3. Whisk egg and flour in a large bowl until no lumps remain. Add quinoa and pepper mixture, and stir well to combine.
4. Heat the remaining 2 teaspoons oil in the skillet over medium-high heat.
5. Form the quinoa mixture into four equal patties and place in the skillet, and let cook until the bottom is set up, 3 to 5 minutes.
6. Carefully flip each burger and gently press down to make a patty.
7. Divide cheese over the patties, cover the skillet with a lid, reduce heat to medium-low and continue cooking until the patties are cooked through and the cheese is melted, 4 to 5 minutes. Serve on buns.

Tip: You can serve this patty without the buns, with only an accompaniment of salad greens

KIWIFRUIT IS A SUPER FRUIT. WONDER IF SAM AND SARA EAT THEM?



HIGH PROTEIN WHEAT PANCAKE

Prep time: 15 minutes
Serves: 2

What do you need:

- 120 gms oats meal
- 100 gram of whole wheat flour
- 3 egg
- 140 ml soymilk (or plain milk)
- 2 ripe banana

What to do:

- Blend all the ingredients together in a blender.
- On a non-stick pan put some butter and pour the batter. Cook like a normal pancake both side until it is well cooked and spongy.
- Meanwhile heat a heavy bottom pan, cut the banana lengthwise. Remove carefully and keep aside
- Sear the banana slice on both sides until light brown.
- Remove carefully and reserve.
- Serve with honey or maple syrup.

Tip: You can also serve this with your choice of fresh fruits.



SUPER SONIC

HELP SAM AND SARA FIND THE QUICKEST WAY TO YOUR SCHOOL.



BRAIN ACTION

SUPER SHARP

B A J V S G T F Y K T Q U V O
 I A G I X U N R I E A Y D A F
 G W L T Q I P I X O S L T P P
 J F A A L S T E N Q T S Y G C
 C N Z M N A R L R N Y J H B U
 J K H I H C K Z V I U O S C B
 W S W N I Y E B P Y W R Z D T
 F Q E S S L D D P Y Q K S I O
 I T E W Z G W C Y H T L A E H
 B A R L E Y U N A W B S L L I
 V E G E T A B L E S T T S J D
 I Z C R T Q N L L R V I O V C
 Y G T O Z D Q L O S X U M T S
 J Z Y C K K H P V Q D R E Z T
 A C V Q L P S I M C K F S A S

CAN YOU FIND THE FOLLOWING WORDS IN THE PUZZLE:

- FRUITS
- HEALTHY
- SUPER
- TASTY
- VEGETABLES
- VITAMINS
- RUNNING
- EXERCISE
- SPORTS
- BARLEY
- OATS



SPOT THE DIFFERENCE

DO YOU HAVE SPECIAL VISION? FIND THE 5 DIFFERENCES!



STICK TO A GOOD PLAN





HEALTHY BLAST-OFF



GET A DICE AND SOME FRIENDS AND RACE TO THE FINISH!

LANDMARK GROUP

SAM AND SARA'S NEW SPORTS CHALLENGE

IT'S THE FIRST DAY AT SCHOOL FOR NEW STUDENT, ZAC AND HE ALREADY HAS A BIG CHALLENGE COMING UP.

FORTUNATELY, THE SUPER KIDZ ARE THERE TO RESCUE HIM. READ THE STORY INSIDE.



ABOUT SUPER KIDZ!

SUPER KIDZ is a Landmark Group initiative, which focuses on creating awareness amongst children and parents about the importance of living a healthy and active lifestyle. The champions of the program are Super Sam and Super Sara, two lovable superheroes. By eating healthy and staying active, they exemplify all the qualities of being Super Kidz.

To know more about Landmark Group, visit www.landmarkgroup.com

You can also find out more information on our CSR Projects at www.beatdiabetes.me

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