



# Sunny Sprout

Sunny Sprout's Super Snack  
Adventure!

Nia Thomas



Sunny Sprout, a small, green character with big, sleepy eyes, sits droopily on a giant mushroom. Their bright green leaves are a little wilted, and a tiny yawn escapes their mouth. The colors around Sunny seem a bit dull.



Nearby, Sunny's friends, a bouncy bunny and a playful squirrel, zip and zoom through a field of colorful flowers. They laugh and tumble, full of boundless energy, while Sunny watches them with a wistful sigh.



A wise, friendly carrot named Professor Crunch, wearing tiny spectacles, approaches Sunny with a kind smile. Professor Crunch explains that the bunny and squirrel have so much energy because they eat yummy, healthy foods.



Professor Crunch points to a vibrant basket filled with juicy red strawberries, sunny yellow bananas, and plump purple grapes. "These are fruits!" he exclaims, "They give you natural sweetness and quick energy!" Sunny's eyes widen with curiosity.



Sunny carefully picks a bright red strawberry and takes a small bite. A tiny spark of energy twinkles around them, and Sunny feels a little less sleepy. Their leaves perk up just a tiny bit.



Next, Professor Crunch introduces a pile of crunchy carrots, leafy green spinach, and fluffy broccoli florets. "And these are vegetables!" he declares, "They make your bones strong and help you grow big and tall!" Sunny looks at the colorful veggies with newfound interest.



Sunny bravely tries a crunchy carrot stick. This time, a bigger, brighter sparkle surrounds them! Sunny stands up taller, their leaves unfurl, and they feel a happy bounce in their step.



Professor Crunch shows Sunny a rainbow of healthy foods, explaining that each color gives special powers. Red foods help your heart, green foods make you strong, and orange foods help your eyes see clearly. Eating a variety is best!



Feeling energized and strong, Sunny Sprout dashes off to join the bunny and squirrel. They all play a lively game of tag, laughing and leaping with joy. Sunny is no longer droopy but full of life!



Later, Sunny Sprout shares a big platter of colorful fruits and vegetables with their friends. Everyone happily munches on the delicious, healthy snacks, knowing that good food helps them have the best adventures together.