

# Ninja Natalie's Healthy Spy Mission

By Tosha Firestone



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Natalie is a spy ninja!  
Her mission is to figure out good nutrition.



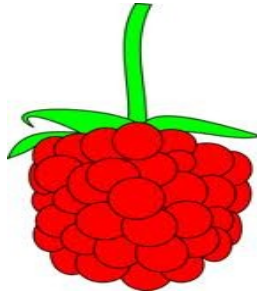
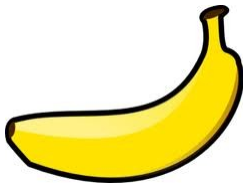
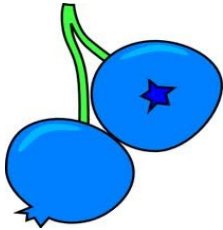
She and the other ninjas were getting tricked into eating things that made them sick.



Natalie started to wonder why her body got so sick!? So she drank some water and that did the trick. As she continued on her mission, she realized she needed good nutrition.



Good nutrition made her strong and quick! She no longer wanted to be tricked. So she made a smoothie: Strawberries, Raspberries, Blueberries, Banana, protein powder, and spinach. She was surprised how good it was as she finished.



She could now jump higher, run faster, and was no match for any disaster!



Suddenly she saw some treats and was convinced that this sugar would help her defeat whoever she would meet!





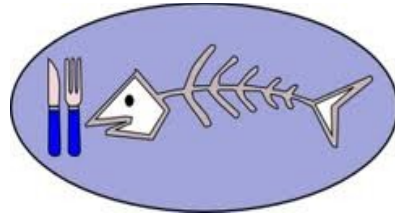
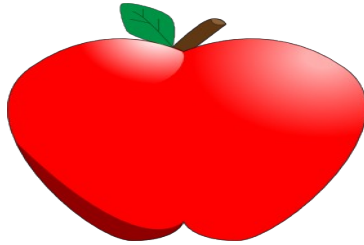
Soon after she was so tired and sick. She was no longer quick. She almost got fired because she was so tired.



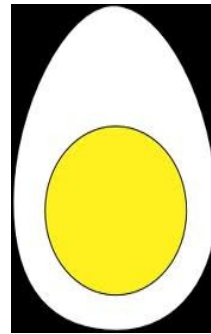
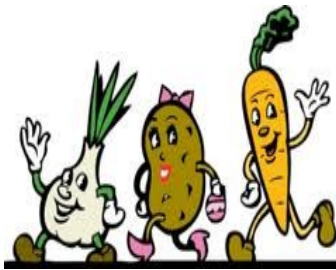
Then Natalie remembered, if she was going to complete her mission, she needed good nutrition!!



So she grabbed an apple and a piece of fish. That made her a champion ninja spy and she got one wish!



She decided that she would wish that every kid would complete a mission to learn about good nutrition.



Your mission if you choose to accept it is:

- ➔ Eat More Fruit
- ➔ Eat More Vegetables
- ➔ Eat More Protein
- ➔ Drink Water
- ➔ Just say NO to Soda

Every time you eat something healthy put a marble in a jar and you too will become a star! When the jar is full, reward yourself with a toy and your body will be full of joy!!



## Tips for Parents!

- ➔ Give your kids smoothie “appetizers” before meals that include extra protein, fruit and vegetables that they don’t like to eat.
- ➔ Get fun popsicle molds and make healthy popsicles from leftover smoothies.
- ➔ Don't reward your kids with sweets, reward them with toys and video game time.
- ➔ Make vegetable and fruit trays that spin on a lazy susan during meals. Let them choose instead of putting it on their plate.
- ➔ Find alternatives to candy! Dove dark chocolates as well as surf sweets are good options.  
[http://www.surfsweets.com/organic\\_landing.php](http://www.surfsweets.com/organic_landing.php)
- ➔ Teach your children about the chemicals and preservatives in foods. HFCS, TBHQ, BHT, MSG etc.
- ➔ Have your kids organize your pantry and your refrigerator with you.
- ➔ Have fun with food using cookie cutters for soft foods like watermelon.

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**My Passion:**

- ★ To put an end to the trend of unhealthy eating and sedentary lifestyle!
- ★ To help people make small changes that lead to big results in their life.
- ★ To uncomplicate living a healthy and fit lifestyle.
- ★ To inspire, educate, and motivate people that they can change.
- ★ **To share my faith in Jesus:**  
**"For physical training is of some value, but godliness has value for all things holding promise for both the present life and the life to come" 1 Timothy 4:8**