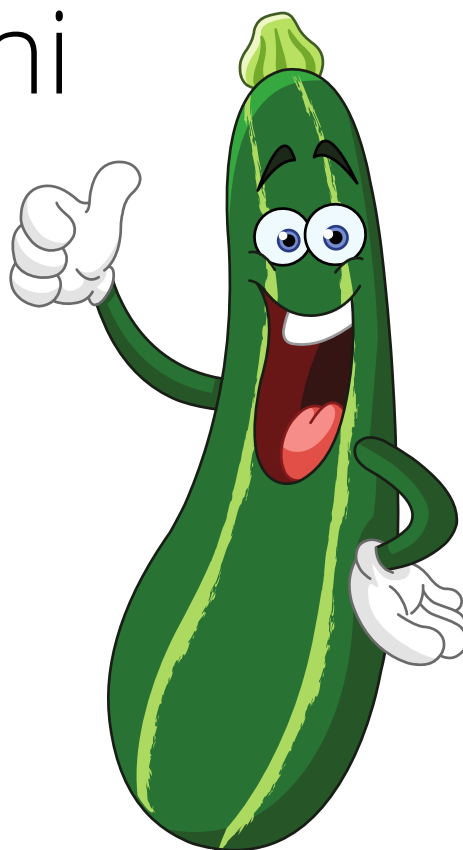
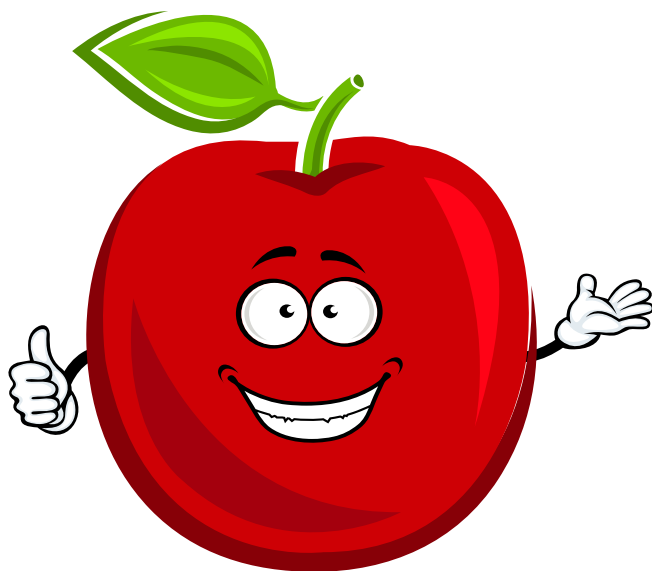




# A FUN-FILLED ACTIVITY BOOK OF EXPLORING FRUITS & VEGETABLES FROM

Apple to Zucchini



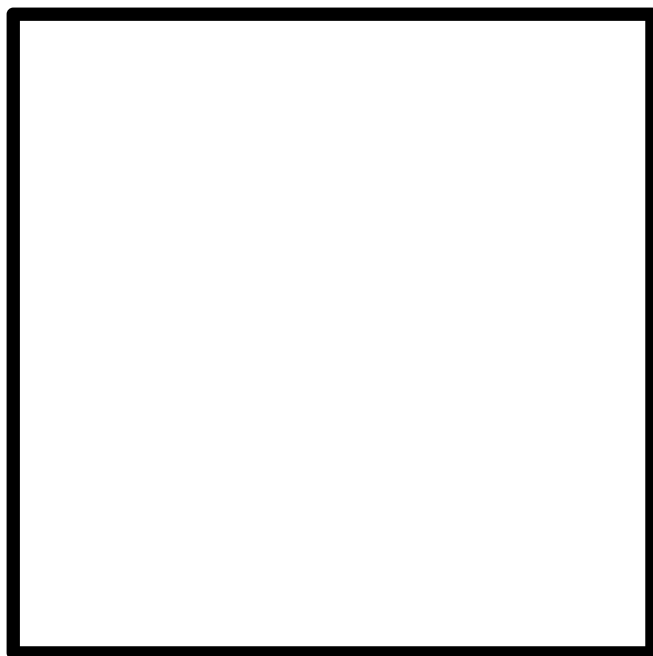
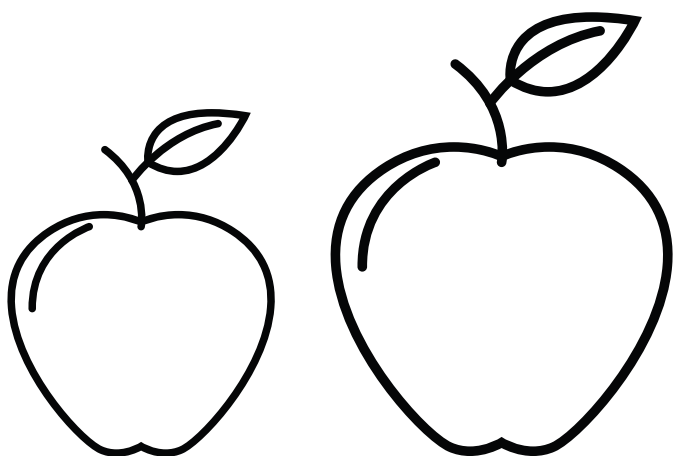


# APPLES

APPLES ARE A GREAT SOURCE OF FIBER, WHICH HELPS YOU FEEL FULL AND KEEPS YOUR DIGESTIVE SYSTEM WORKING WELL. KEEP THE PEEL ON FOR THE MOST FIBER!

## Test your drawing skills!

Draw the apples in the box to the right. Once you're finished, get creative and color them in!



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

## Word Search

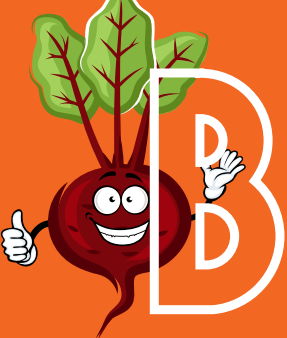
Circle these words in the puzzle to the left:

APPLE CRISP FALL FIBER

GREEN RED SEEDS

SWEET TARTE VITAMIN YELLOW

PUZZLE CREATED BY PUZZLEMAKER AT DISCOVERYEDUCATION.COM

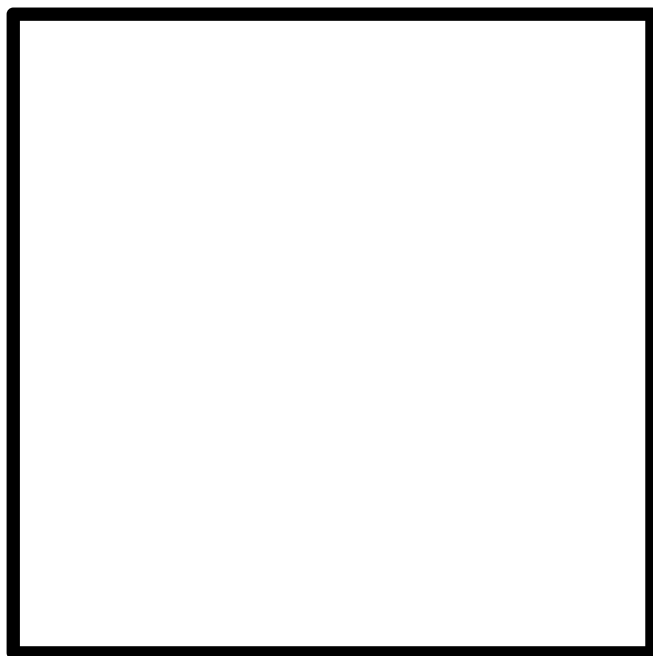
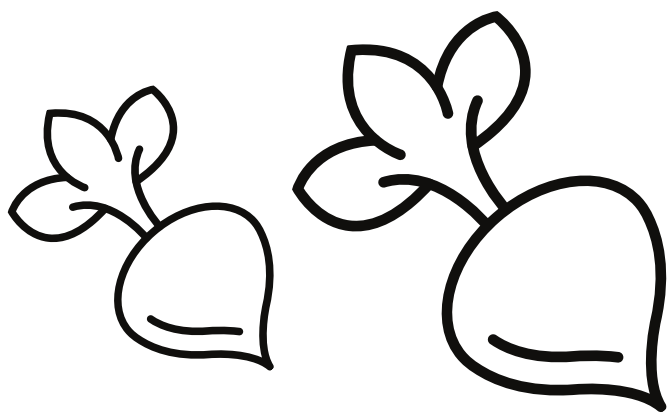


# BEETS

BEETS ARE A ROOT VEGETABLE PACKED WITH NUTRIENTS TO HELP KEEP YOUR BODY HEALTHY, ESPECIALLY YOUR STOMACH AND BRAIN! BEETS COME IN DIFFERENT COLORS, MOST COMMONLY RED, PURPLE, AND GOLD.

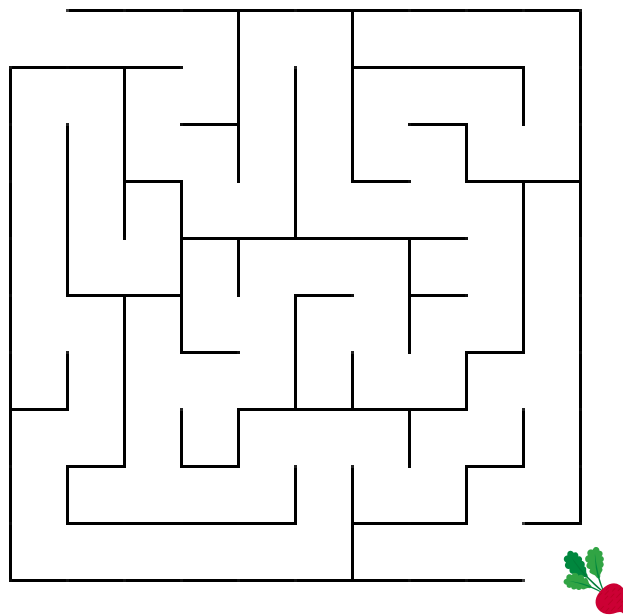
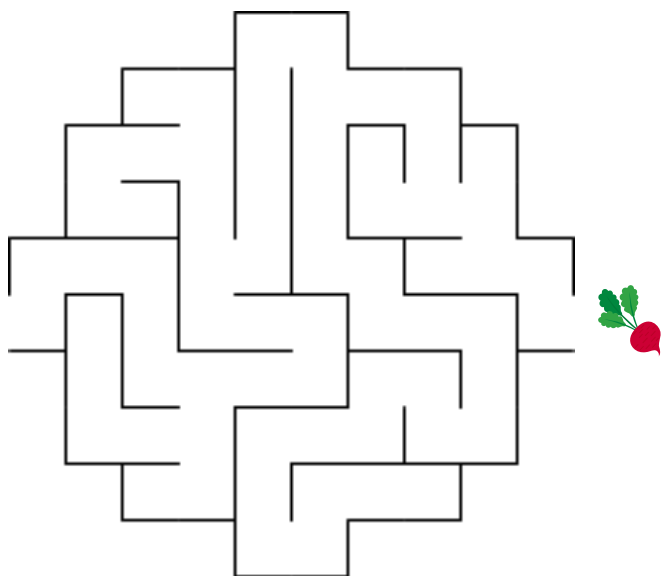
## Test your drawing skills!

Draw the beets in the box to the right. Once you're finished, get creative and color them in!



## Maze Madness

Find your way to the beet!



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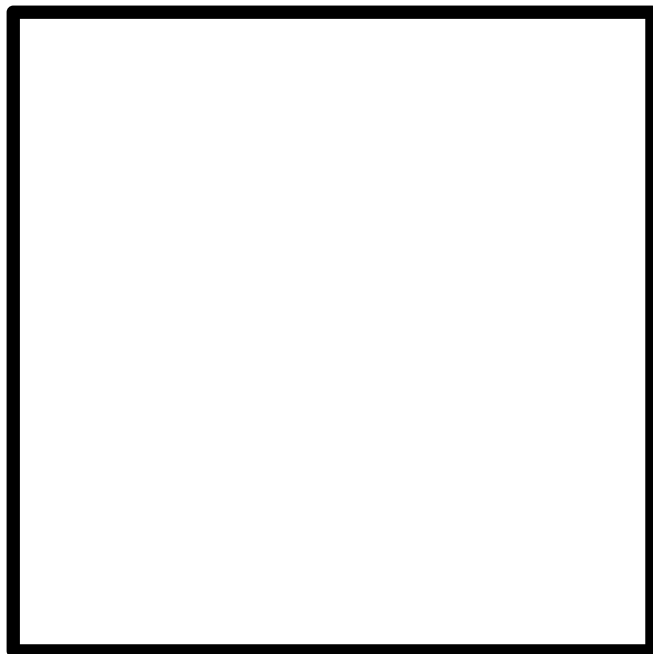
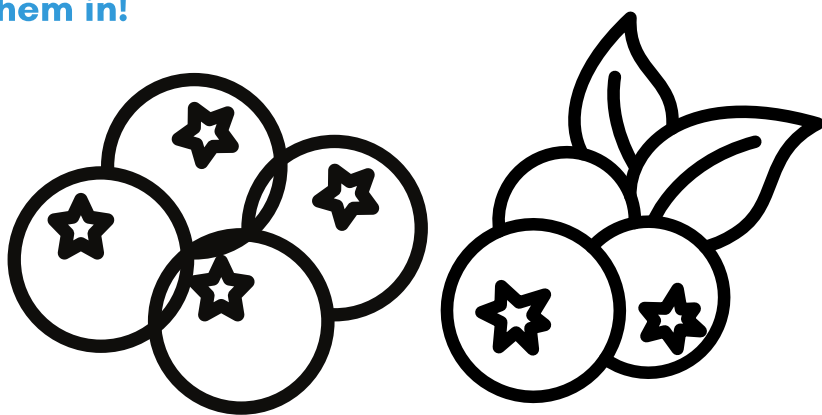


# BLUEBERRIES

ONE CUP OF BLUEBERRIES CONTAINS ABOUT 25% OF YOUR DAILY VITAMIN C! VITAMIN C, AN ANTIOXIDANT, HELPS KEEP YOUR IMMUNE SYSTEM STRONG. BLUEBERRIES ARE HIGH IN FIBER, WHICH HELPS KEEP YOUR GUT BACTERIA AND DIGESTIVE SYSTEM HEALTHY AND HAPPY!

## Test your drawing skills!

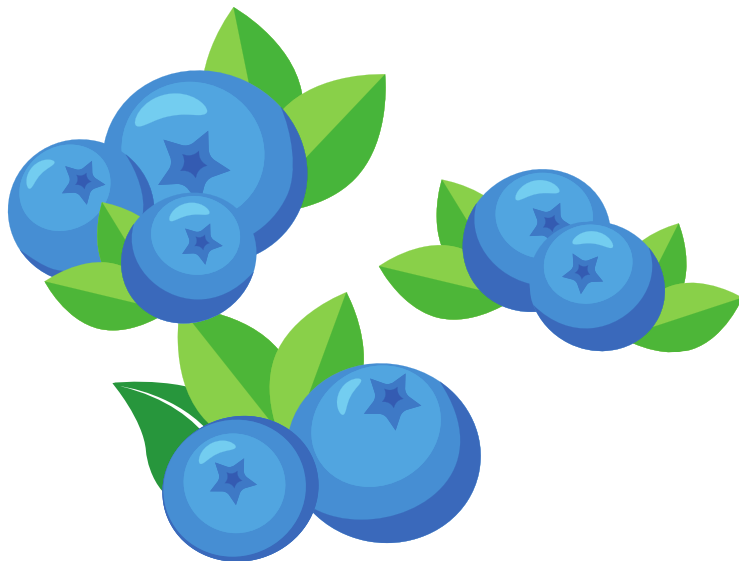
Draw the blueberries in the box to the right. Once you're finished, get creative and color them in!



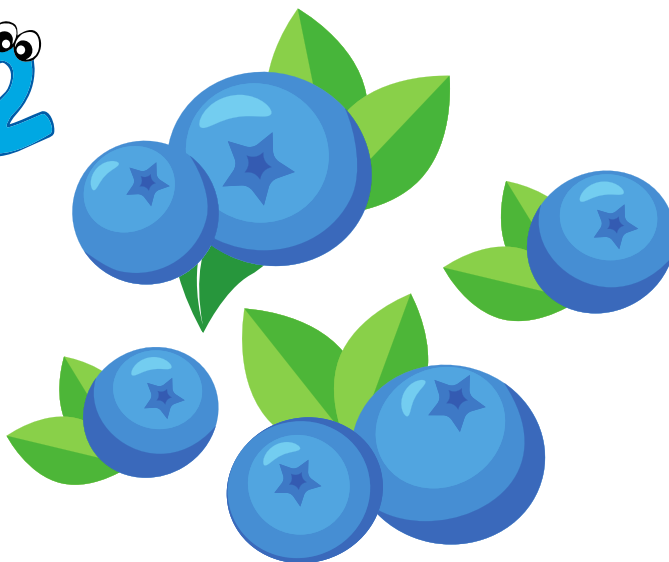
## Spot the differences!

There are 5 differences between picture 1 and picture 2. Can you spot all 5?

1



2









# CABBAGE

CABBAGE IS AN EXCELLENT SOURCE OF VITAMIN C AND VITAMIN K. CABBAGE ALSO PROVIDES FIBER AND FOLATE. CABBAGE IS IN THE CRUCIFEROUS VEGETABLE FAMILY, AND IT IS RICH IN PHYTOCHEMICALS. THESE HELP BOOST THE IMMUNE SYSTEM AND LOWER THE RISK OF HEART DISEASE AND SOME CANCERS.

## Patch's Grand Adventure!

Complete the story and join Patch the Cabbage on an adventure. Use your imagination! Complete the story by yourself or ask a friend to join in on the fun.

Once upon a time, there was a cabbage named Patch, who was searching for a  adventure. One day while he was  in the garden, he came upon a carrot named Blanche. Blanche was so  to see Patch that she called out, "!" Patch and Blanche decided to  together in the . They were having so much fun together that they played until the sky turned . Then, it was time for Patch and Blanche to go home. On the way back, they met an onion named Chop dancing in the . "Come join me and we can  together!" Chop called out to them. ", " said Patch, and the three  together until it was time to go to sleep. That night, Patch dreamed about  and all the fun he had with his new friends. He couldn't wait to  with them again tomorrow!

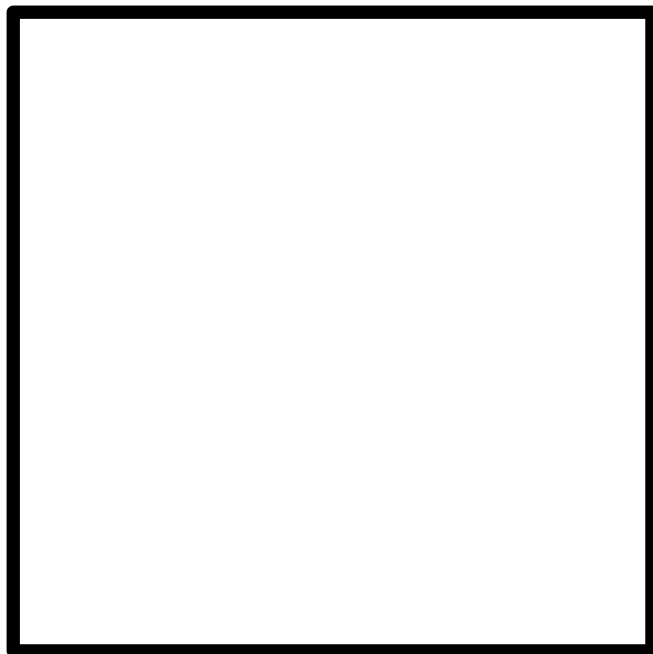
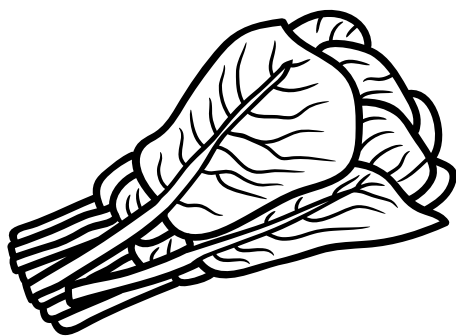


# COLLARD GREENS

COLLARD GREENS ARE AN EXCELLENT SOURCE OF VITAMIN A, VITAMIN C, AND VITAMIN K. DARK LEAFY GREENS HAVE LOTS OF CALCIUM, WHICH HELPS THE BODY GROW STRONG BONES AND TEETH.

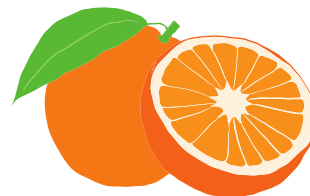
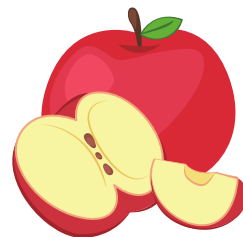
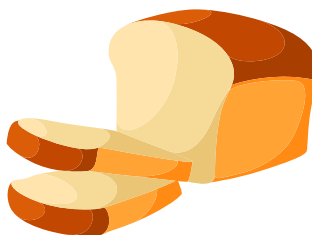
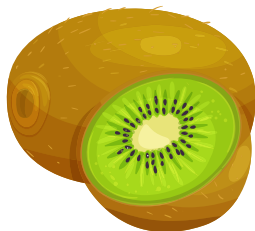
## Test your drawing skills!

Draw the bunch of collard greens in the box to the right. Once you're finished, get creative and color them in!



## Spot the Fruits and Vegetables!

Can you identify the fruits and vegetables below? Draw a circle around each piece of fruit and a square around each vegetable.





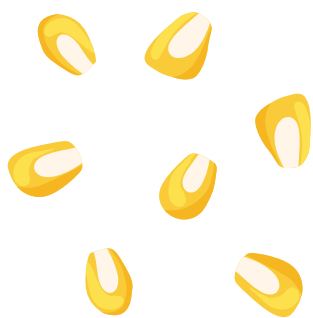
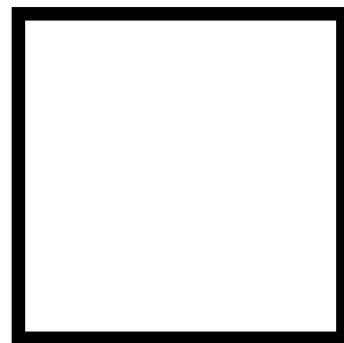
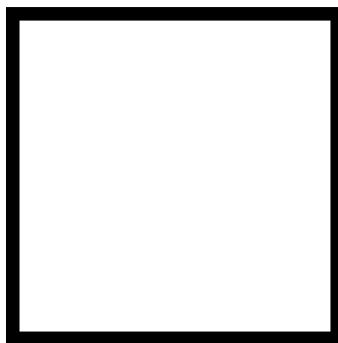
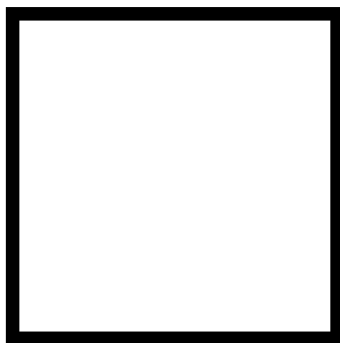
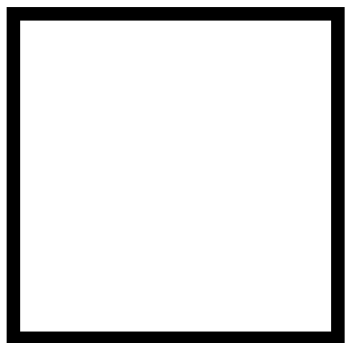
# CORN

CORN IS A GOOD SOURCE OF FOLATE AND THIAMIN. THIAMIN, ALSO CALLED VITAMIN B1, HELPS YOUR BODY USE ENERGY. CORN IS HIGHER IN PROTEIN THAN MANY OTHER VEGETABLES, WHICH CAN HELP YOU FEEL FULL. CORN CONTAINS A GROUP OF ANTIOXIDANTS CALLED CAROTENOIDS, WHICH CAN HELP PREVENT CHRONIC DISEASES.

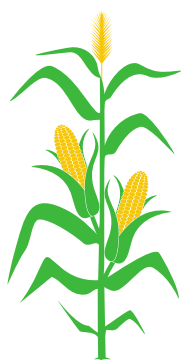
**Fun Fact: An average ear of corn has 800 kernels!**

## How Does Corn Grow?

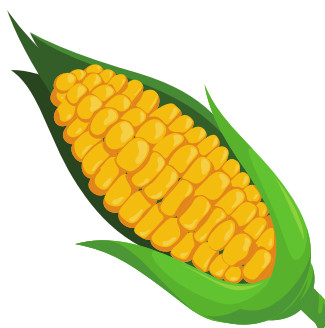
Draw a line from the boxes to match each stage of growing corn



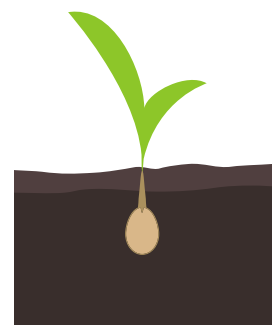
**Corn  
kernels**



**Corn  
stalk**



**Corn**



**Corn  
sprout**

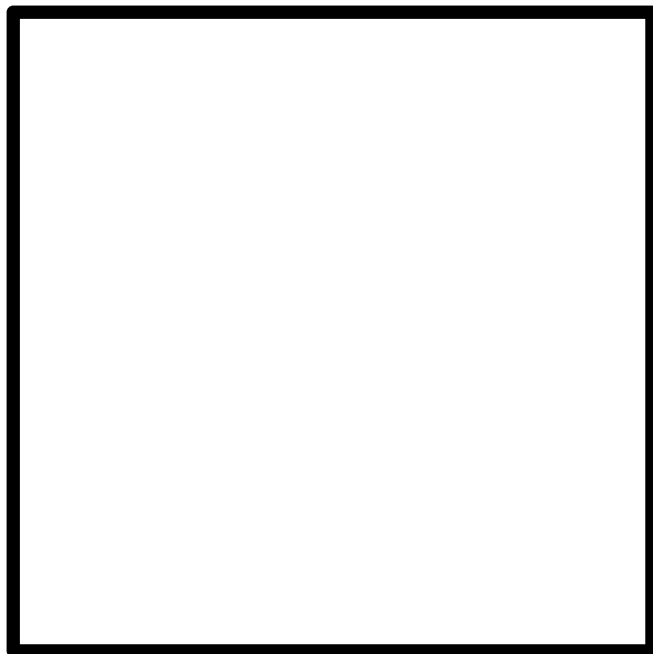
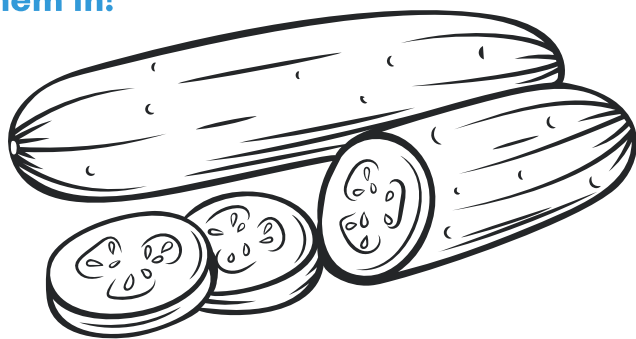


# CUCUMBER

CUCUMBERS ARE A GREAT SOURCE OF VITAMIN K, WHICH HELPS KEEP YOUR BLOOD HEALTHY AND FLOWING. CUCUMBERS ARE ABOUT 96% WATER, WHICH MEANS THAT EVERY CUCUMBER SLICE HELPS KEEP THE BODY HYDRATED!

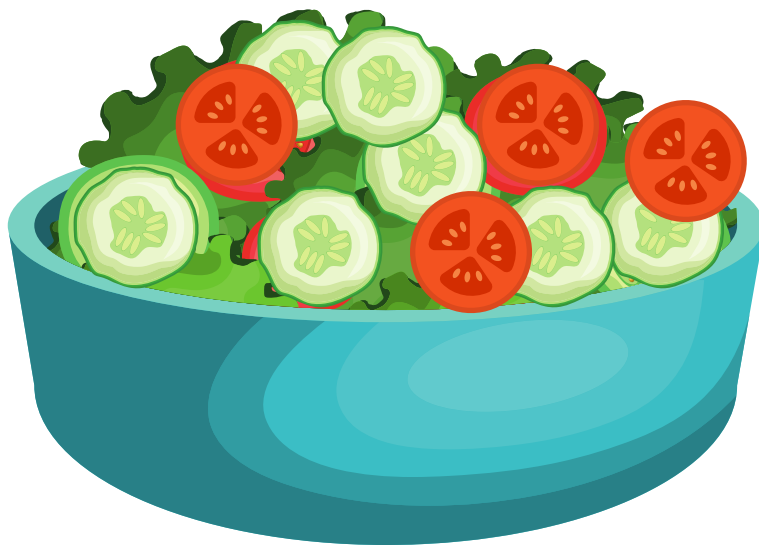
## Test your drawing skills!

Draw the bunch of cucumber in the box to the right. Once you're finished, get creative and color them in!



## Count the Cucumbers!

Count how many cucumber slices are hidden in each salad.





# DRIED FRUIT

DRIED FRUIT CONTAINS A LOT OF NUTRIENTS AND IS A GREAT SOURCE OF ANTIOXIDANTS. ANTIOXIDANTS HELP BOOST YOUR IMMUNE SYSTEM, IMPROVE BLOOD FLOW AND ARE GOOD FOR DIGESTIVE HEALTH. BE SURE TO CHOOSE UNSWEETENED WHEN AVAILABLE.

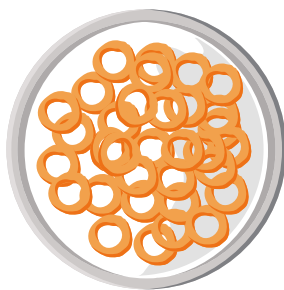
## Create your own trail mix

Choose which of these ingredients you would like to make your own trail mix. Draw a line from the ingredient to the bag to create your own unique recipe.

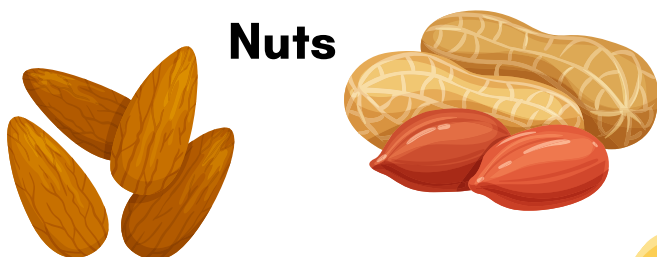
**Raisins**



**Round oat cereal**



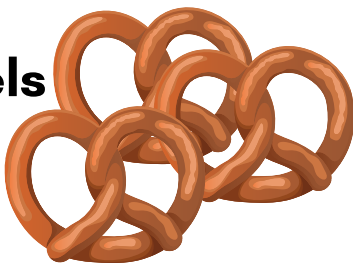
**Nuts**



**Dried banana**



**Pretzels**

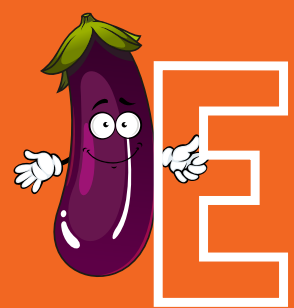


**Popcorn**



**Dried mango**



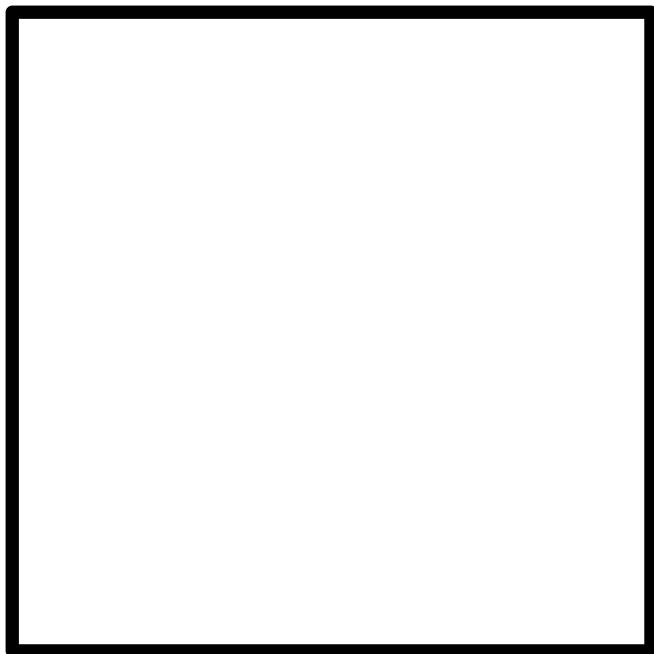
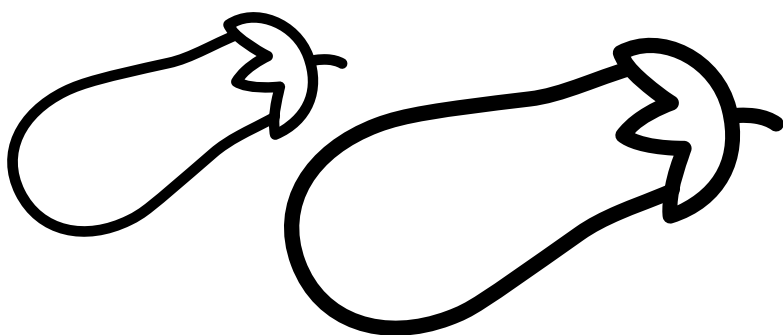


# EGGPLANT

EGGPLANTS CONTAIN VITAMIN C AND K, WHICH KEEP OUR IMMUNE SYSTEM STRONG AND HELP OUR BODIES HEAL QUICKLY. EGGPLANTS ALSO CONTAIN POTASSIUM, WHICH HELPS BUILD MUSCLE AND KEEPS YOUR HEART HEALTHY. KEEP THE SKINS ON THE EGGPLANT FOR EXTRA NUTRIENTS AND FIBER!

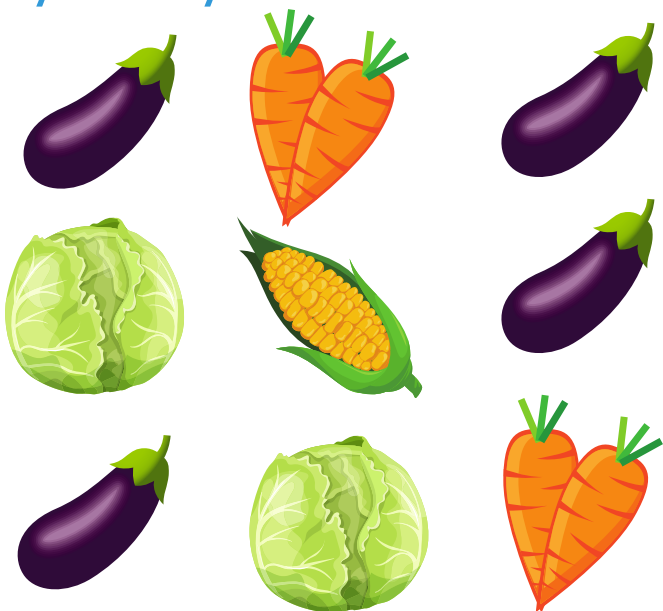
## Test your drawing skills!

Draw the eggplants in the box to the right. Once you're finished, get creative and color them in!



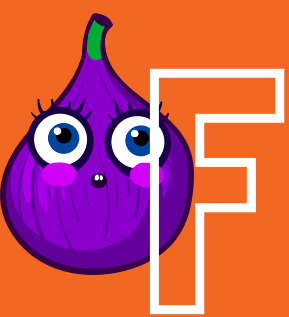
## How many vegetables are in the garden?

Count the vegetables and color in the box on the chart for each vegetable to show how many of each you counted.



4				
3				
2				
1				



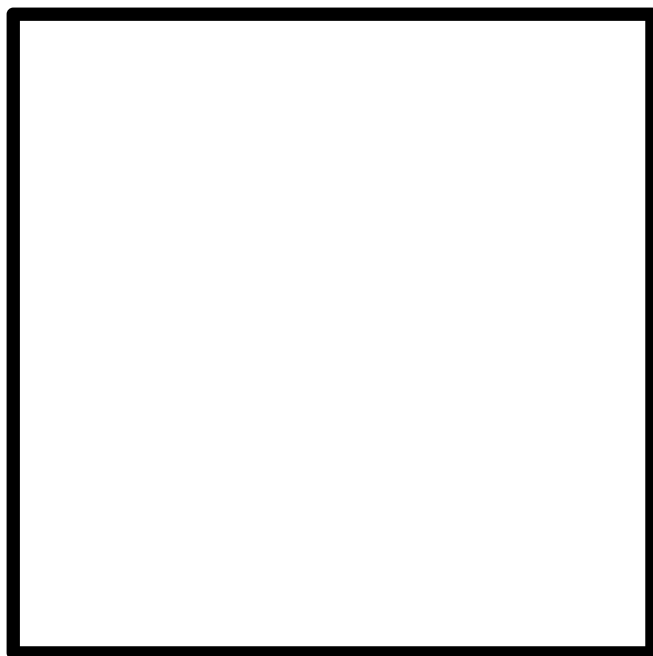
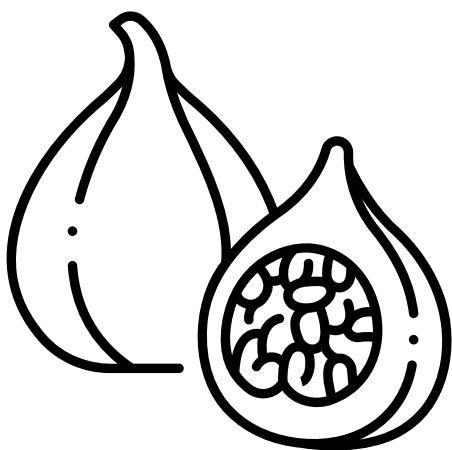


# FIGS

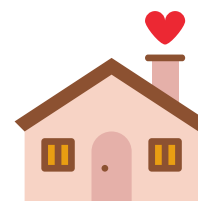
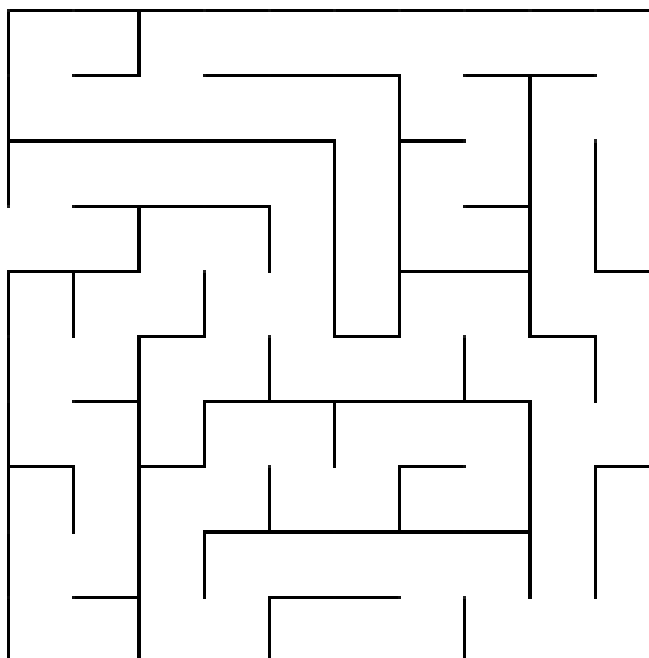
FIGS ARE A GOOD SOURCE OF POTASSIUM AND CALCIUM, WHICH HELP KEEP YOUR BONES STRONG AND HEALTHY.

## Test your drawing skills!

Draw the figs in the box to the right. Once you're finished, get creative and color them in!



Oh no! Francis the Fig is lost. Help her find her way home through the maze.



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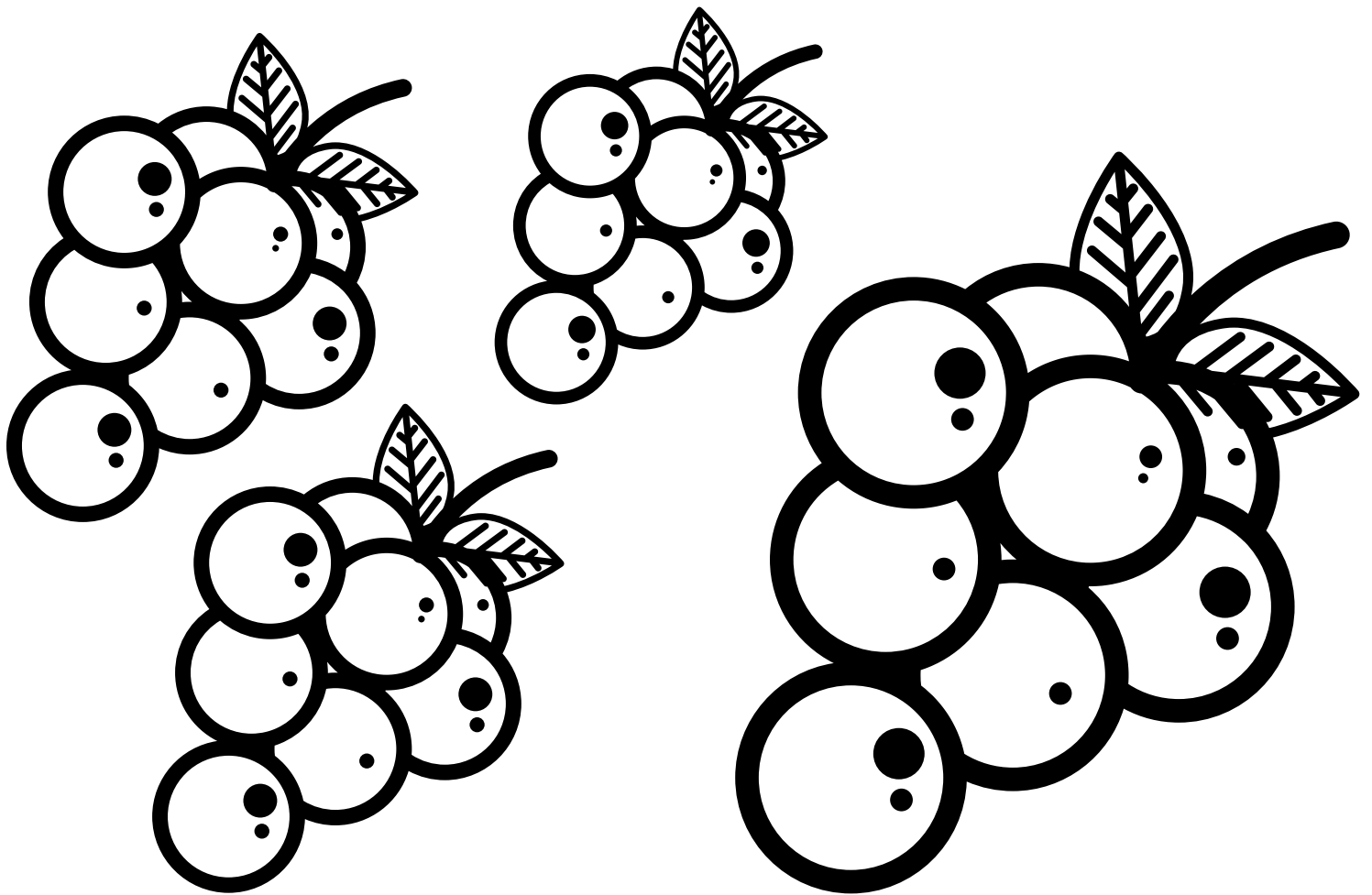
# GRAPES

GRAPES ARE HIGH IN CARBOHYDRATES, MOSTLY SIMPLE CARBOHYDRATES. THESE PROVIDE A QUICK SOURCE OF ENERGY FOR YOUR BODY.

## Grapes of Many Colors!

Grapes come in lots of different colors, including purple, green, yellow, and even pink! They are all sweet, but some are grown to be eaten raw and others are popular ingredients used for juices and vinegar.

Color in the grape bunches below. Use your favorite type of grape or a variety of colors to create a grape rainbow!

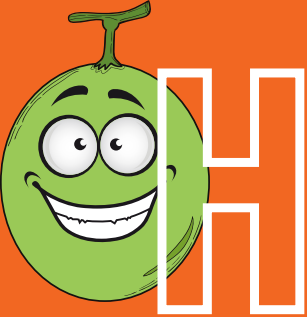




# Green Bean Scramble

**How to play:** The letters of the phrase on the board below have fallen to the ground! You have to put the letters back on the board in the correct order to reveal the message. The letters fell directly under the column that they were originally in, but the order may be different!

**This material was funded by the USDA's Supplemental Nutrition Assistance Program - SNAP.  
This institution is an equal opportunity provider.**

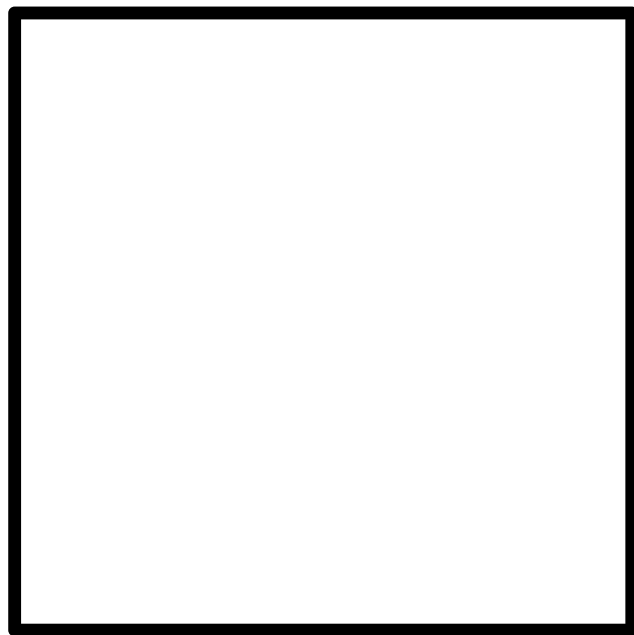
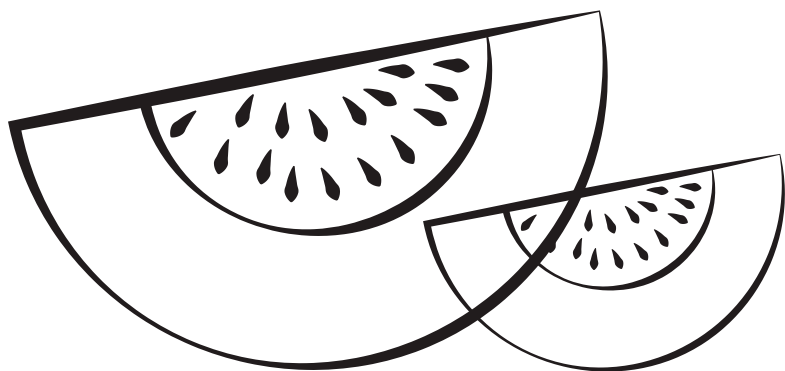


# HONEYDEW MELON

HONEYDEW MELON IS AN EXCELLENT SOURCE OF VITAMIN C, WHICH BOOSTS YOUR IMMUNE SYSTEM TO KEEP YOU HEALTHY. MELONS ARE A GOOD SOURCE OF CAROTENOIDS, WHICH ARE ANTIOXIDANTS THAT LOWER YOUR RISK FOR SOME DISEASE.

## Test your drawing skills!

Draw the honeydew melon slices in the box to the right. Once you're finished, get creative and color them in!



## Crossword Puzzle

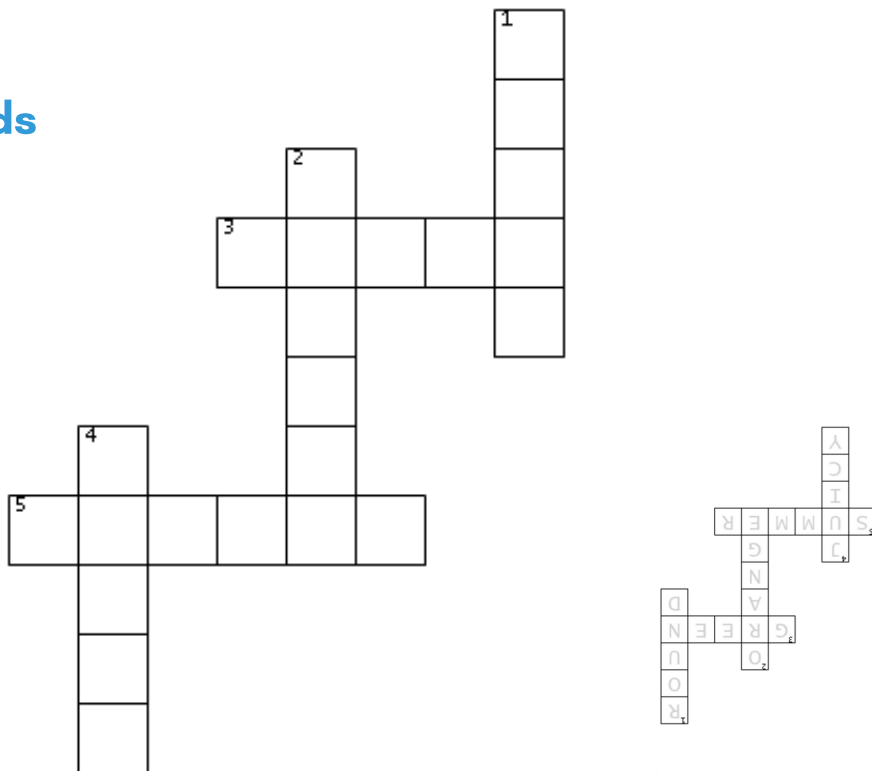
Use the clues to fill in the words  
Words can go across or down

### ACROSS

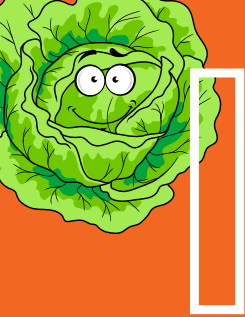
- 3. Honeydew melons are this color
- 5. Melons grow in this season

### DOWN

- 1. Melons are this shape
- 2. Other melons are this color
- 4. When you bite into a melon



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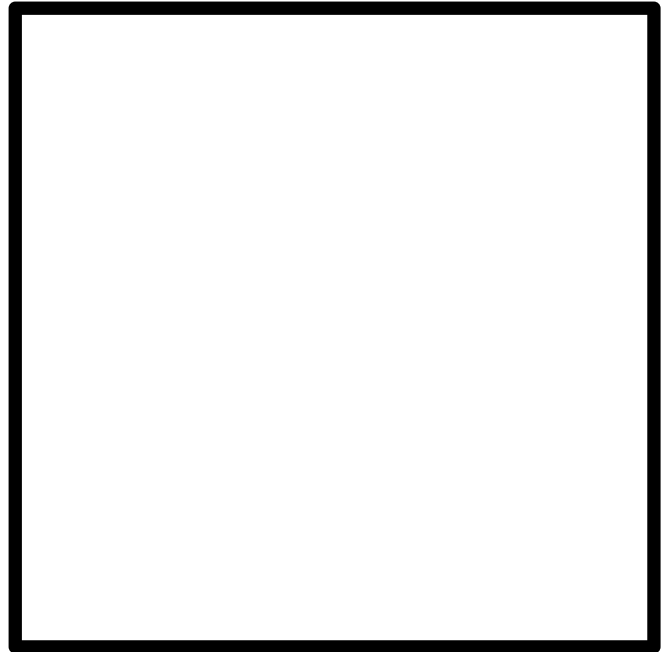
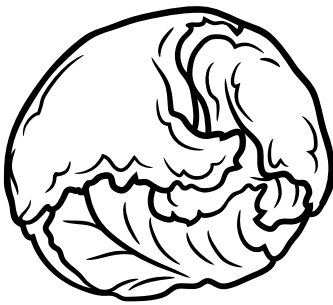


# ICEBERG LETTUCE

ICEBERG LETTUCE HAS A HIGH WATER CONTENT, WHICH MAKES IT A REFRESHING CHOICE DURING HOT SUMMER DAYS. IT ALSO HAS CALCIUM, POTASSIUM, VITAMIN C, AND FOLATE. THESE HELP TO KEEP YOUR BONES STRONG AND HEALTHY!

## Test your drawing skills!

Draw the lettuce in the box to the right. Once you're finished, get creative and color them in!



## Vegetable Word Scramble

Unscramble the five vegetable names and letters in the boxes will reveal what can be made from garden vegetables!

phanics  \_\_\_\_\_

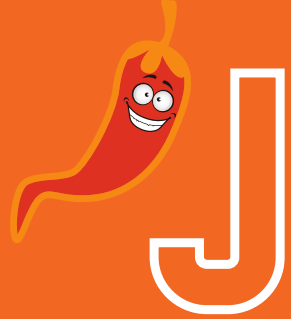
ortrac  \_\_\_\_\_

teeluct  \_\_\_\_\_

moatot  \_\_\_\_\_

harids  \_\_\_\_\_



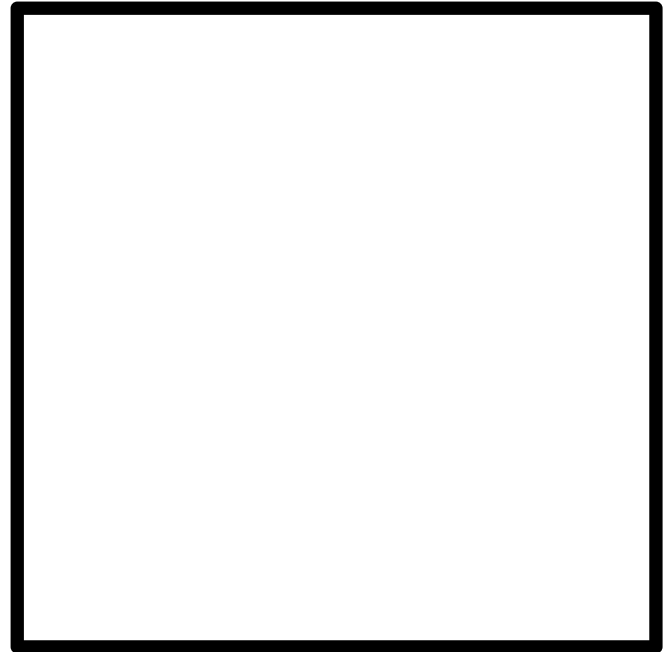


# JALAPEÑO

JALAPEÑOS ARE RICH IN VITAMINS A AND C AND POTASSIUM. THEY ALSO HAVE CAROTENE, AN ANTIOXIDANT THAT MAY HELP FIGHT DAMAGE TO YOUR CELLS.

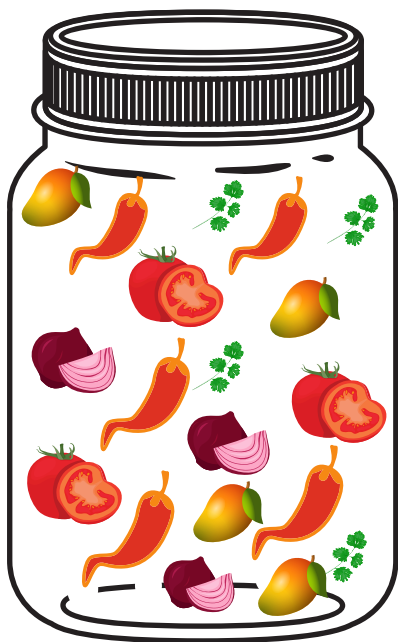
## Test your drawing skills!

Draw the jalapeños in the box to the right. Once you're finished, get creative and color them in!



## Jumping Jalapeños

Create your own salsa by drawing different ingredients in each of the empty jars. The first jar is an example and includes mangoes, red onions, cilantro, roma tomatoes, and jalapeños. Remember, the more jalapeños you add, the spicier your salsa will be!



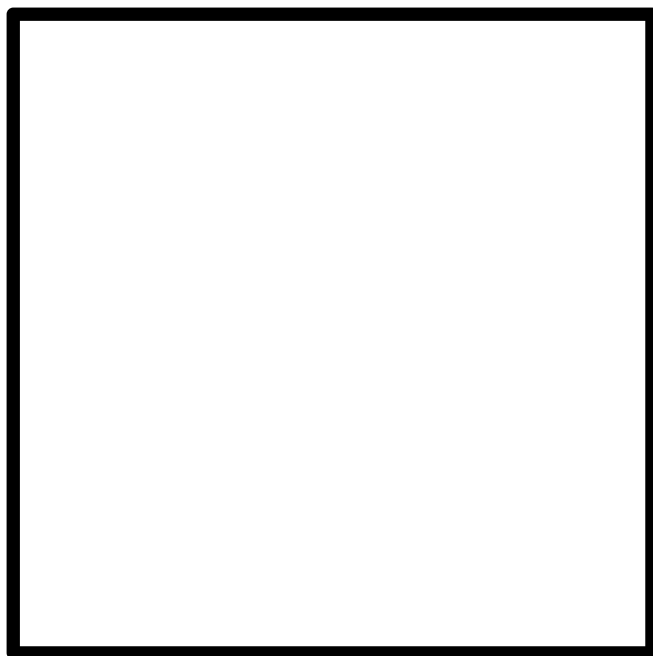
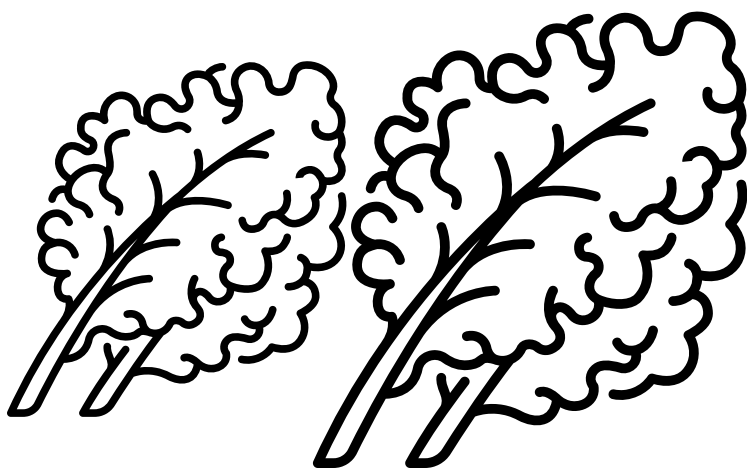


# KALE

KALE IS A GREAT SOURCE OF VITAMIN A, VITAMIN C, AND VITAMIN K. IT ALSO HAS LOTS OF CALCIUM, WHICH HELPS THE BODY BUILD STRONG BONES AND TEETH.

## Test your drawing skills!

Draw the kale leaves in the box to the right. Once you're finished, get creative and color them in!



## Word Search

There are many different types of kale based on the shape, color, and texture of the leaves. The word search contains the names of some of these. Can you find them all?

Kale  
Green  
Purple  
Leafy  
Curly  
Vegetable

E	Y	M	Y	B	Y	Z
L	F	V	C	F	Y	E
P	N	H	A	K	E	P
R	F	E	K	Z	C	Y
U	L	A	G	F	I	G
P	L	N	E	E	R	G
E	C	U	R	L	Y	R

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# KIWI

KIWIS ARE HIGH IN VITAMIN C AND FIBER. THIS TART FRUIT CAN SUPPORT HEART HEALTH, DIGESTIVE HEALTH, AND IMMUNITY.

## Easy way to eat kiwi fruit!

Did you know that you can eat kiwis with a spoon? Have an adult cut the kiwi in half and just use your spoon to scoop out the inside of the fruit.



## Go mad with toppings!

Draw a line from your favorite toppings to the yogurt cups. Compare with your friends to see who has the yummiest creations!



Blueberries

Strawberries



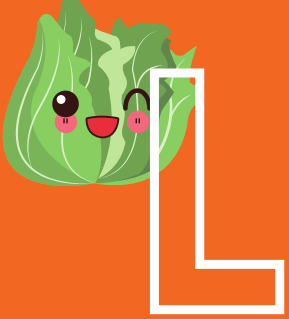
Bananas

Kiwis



Granola





# LEAFY GREENS

ONE CUP OF LEAFY GREENS (LETTUCE, SPINACH, ARUGULA, MIXED GREENS) IS AN EXCELLENT SOURCE OF VITAMIN K, WHICH HELPS YOUR BLOOD CLOT. IT ALSO WORKS WITH CALCIUM TO BUILD STRONG BONES. MOST LEAFY GREENS ARE A GOOD SOURCE OF VITAMIN A AND FOLATE.

## Build Your Salad!

Leafy greens make a great base for a healthy, delicious meal. You can add your favorite fruits, veggies, and nuts to make a colorful salad. On the bowl of lettuce below, draw your favorite toppings. See the example for some ideas!



**Strawberries**



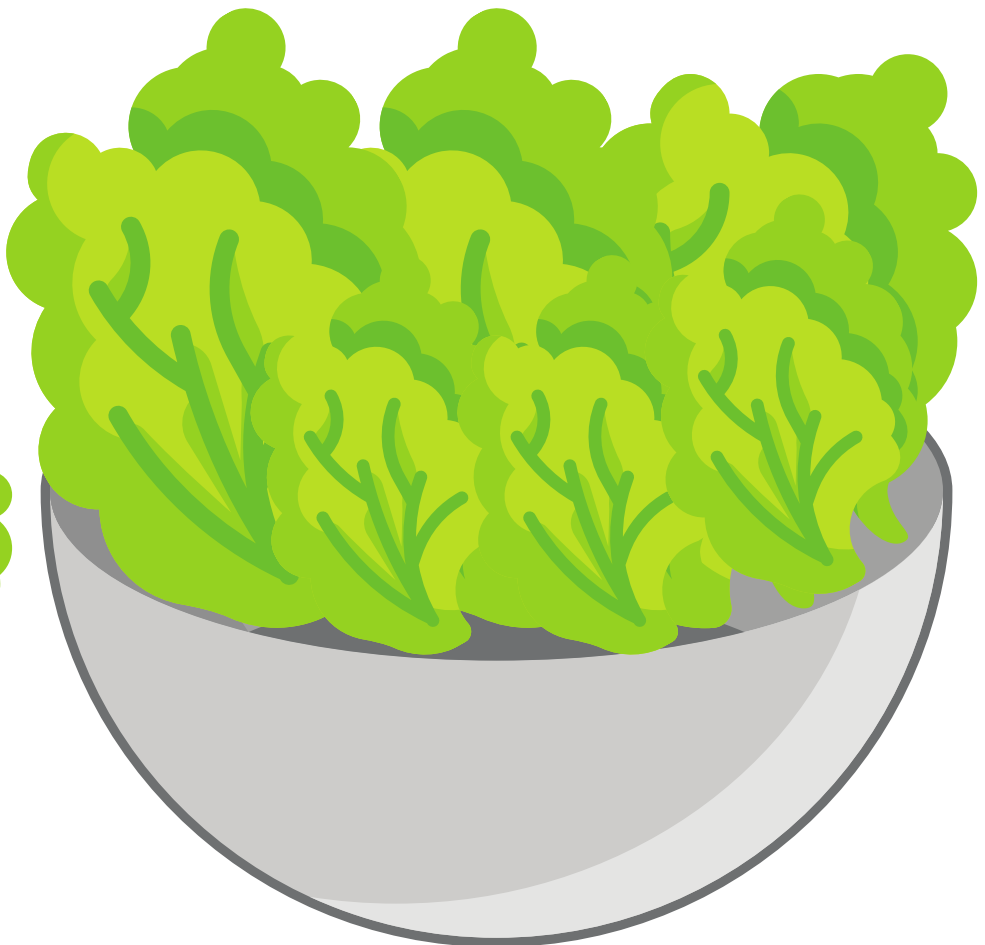
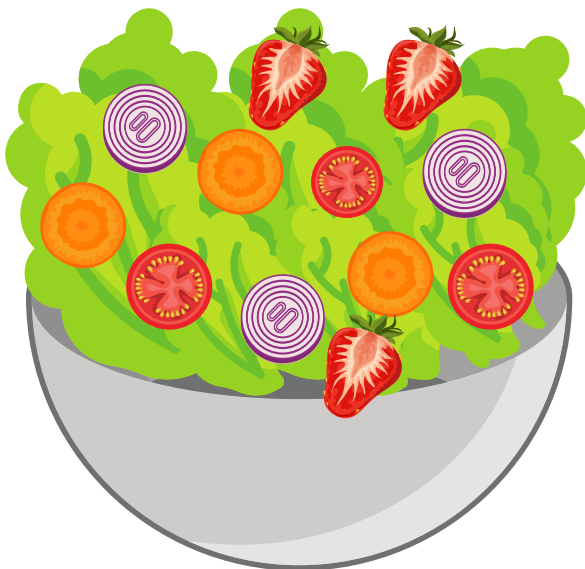
**Red onions**



**Tomatoes**



**Carrots**





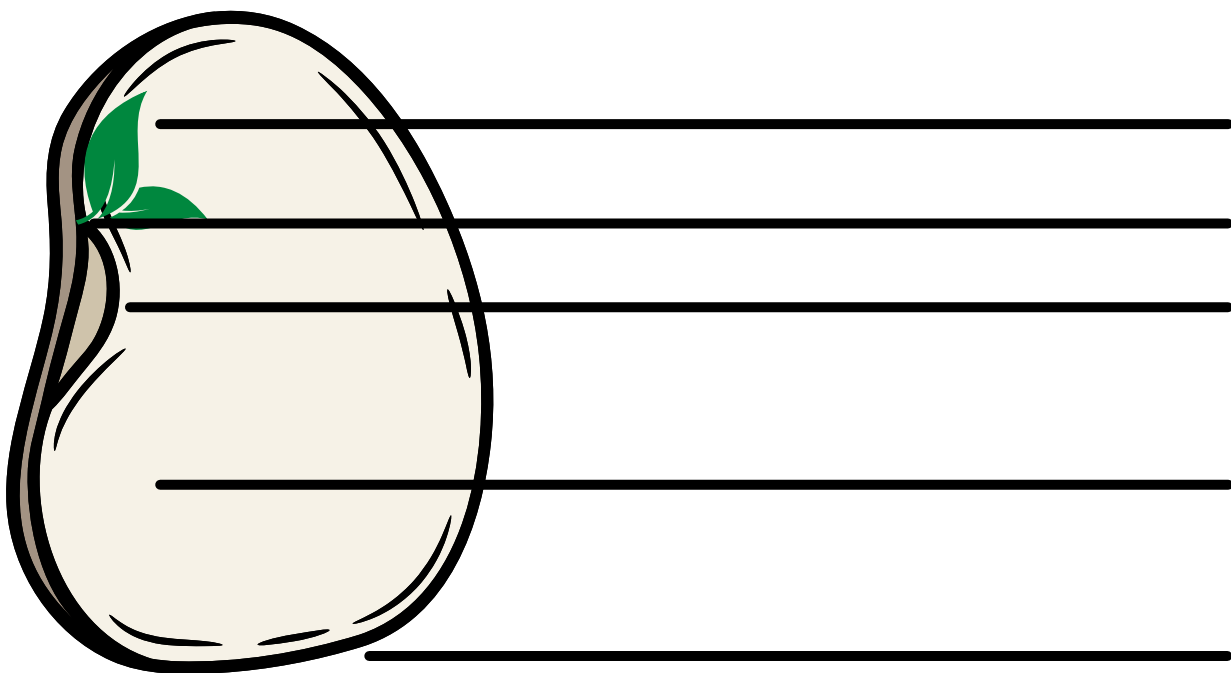


# LIMA BEANS

LIMA BEANS ARE A GREAT SOURCE OF MANY IMPORTANT NUTRIENTS, INCLUDING FIBER WHICH HELPS TO KEEP YOU FULL AND REGULATE YOUR BLOOD SUGAR. LIMA BEANS ARE ALSO RICH IN MAGNESIUM, WHICH HELPS TO KEEP YOU ENERGETIC.

## Parts of a Lima Bean Seed

Use the word bank to label the parts of the seed.



## Word Bank

Seed Coat

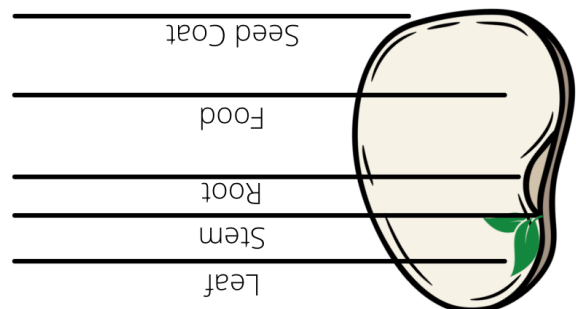
Stem

Leaf

Root

Food

## ANSWER KEY:



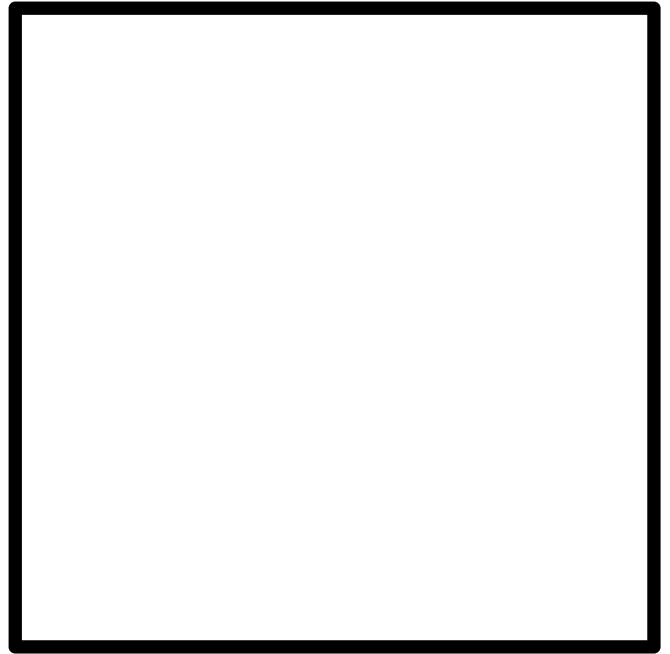
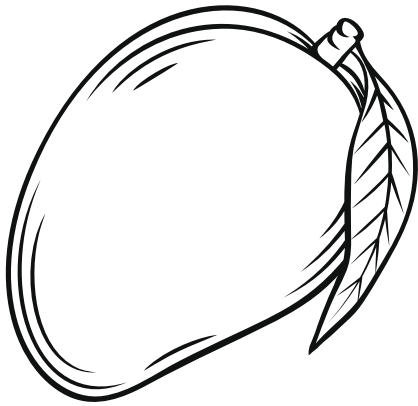


# MANGO

MANGOES ARE A GOOD SOURCE OF FIBER AND ANTIOXIDANTS, INCLUDING VITAMIN C, WHICH MEANS THEY SUPPORT A HEALTHY IMMUNE SYSTEM AND MAY FIGHT OFF DISEASES. THEY ALSO CONTAIN NUTRIENTS THAT SUPPORT EYE AND SKIN HEALTH.

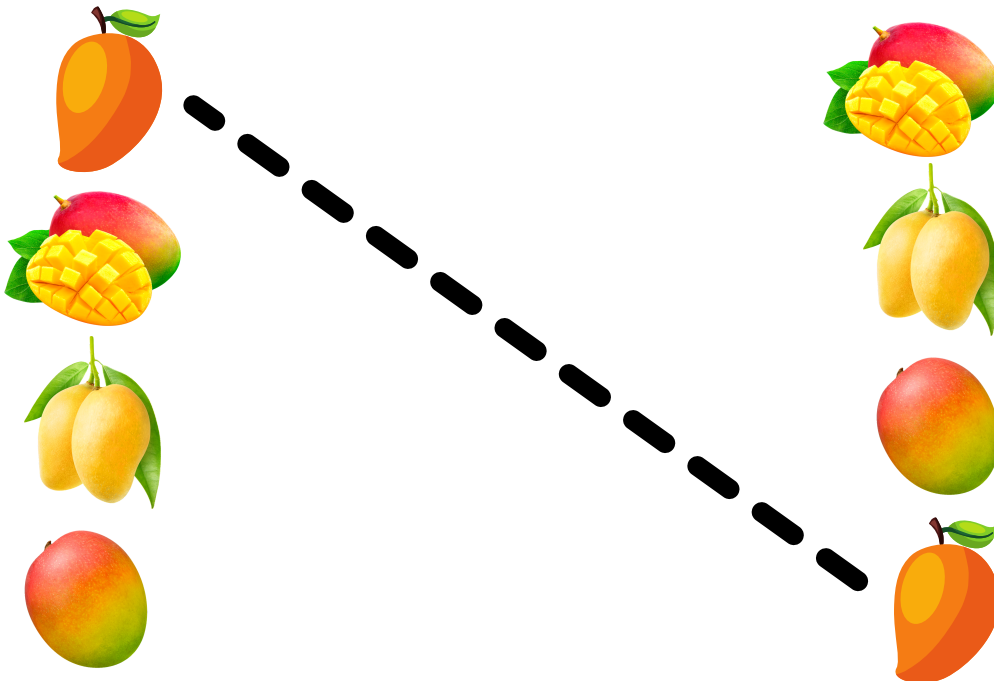
## Test your drawing skills!

Draw the mango in the box to the right. Once you're finished, get creative and color them in!



## Match the Mangoes!

Draw a line to the mangoes that look alike. The first one has been done for you as an example.





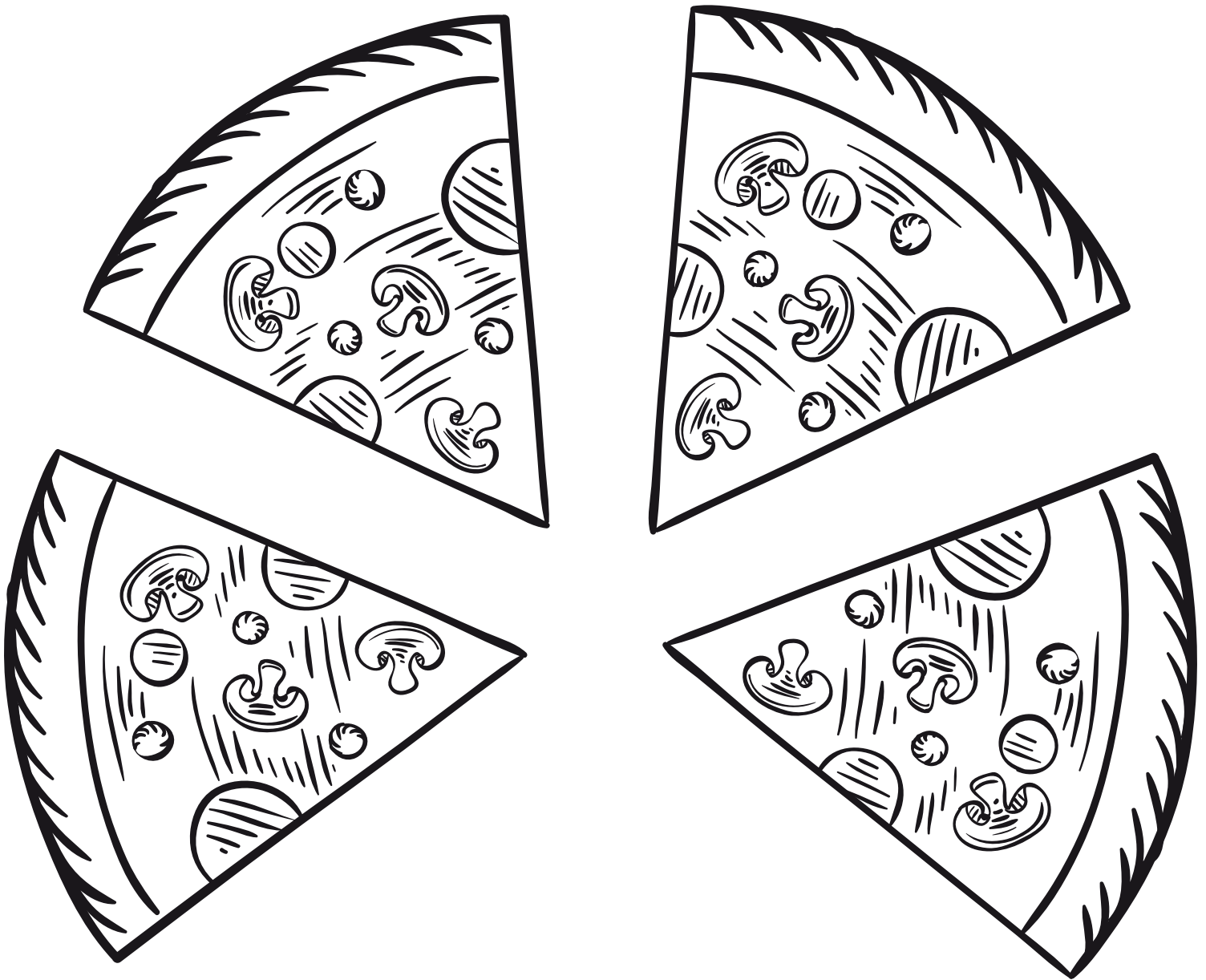
# MUSHROOMS

MUSHROOMS ARE A RICH, LOW-CALORIE SOURCE OF FIBER, PROTEIN, AND ANTIOXIDANTS TO KEEP YOU HAPPY AND HEALTHY!

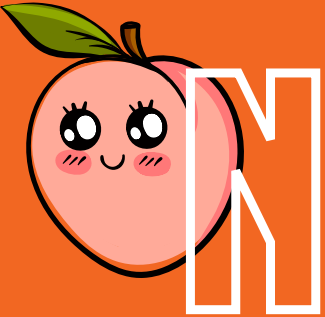
**Who doesn't love pizza?**

**Mushrooms go great on pizza!**

**Draw in your favorite toppings to the pizza slices below then color them in!**



This material was funded by the USDA's Supplemental Nutrition Assistance Program - SNAP.  
This institution is an equal opportunity provider.

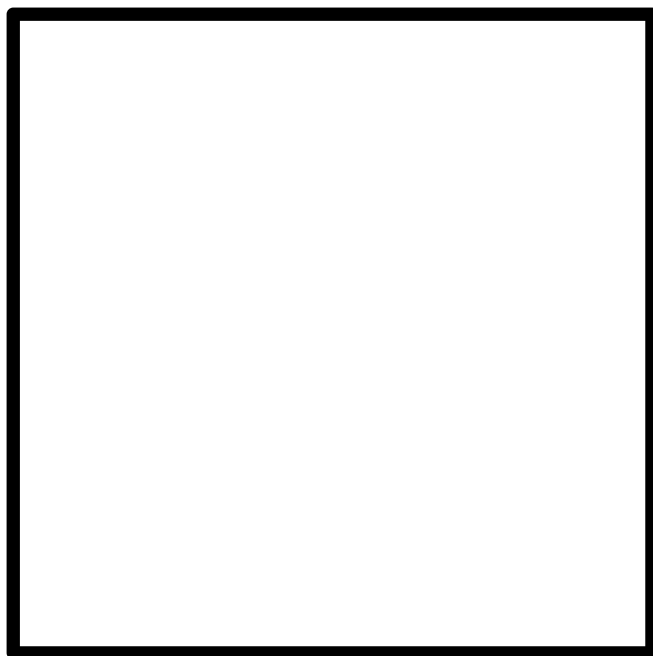
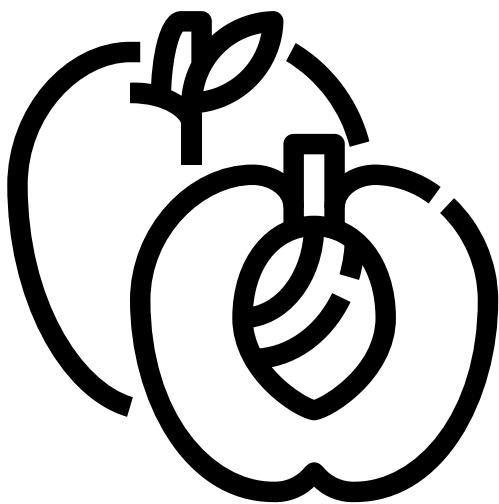


# NECTARINES

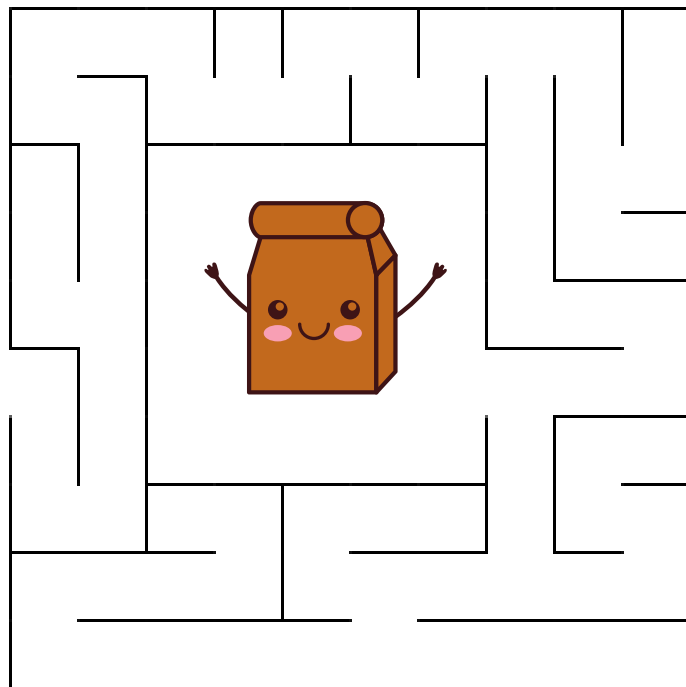
FUN FACT: NECTARINES ARE A TYPE OF PEACH! THEY ARE PACKED WITH VITAMIN C, VITAMIN A, AND FIBER. THESE HELP TO KEEP YOUR IMMUNE SYSTEM STRONG AND YOUR DIGESTIVE SYSTEM HEALTHY.

## Test your drawing skills!

Draw the nectarines in the box to the right. Once you're finished, get creative and color them in!



Nancy the Nectarine is ripe and ready to make a delicious snack. Help her through the maze to your lunch bag!



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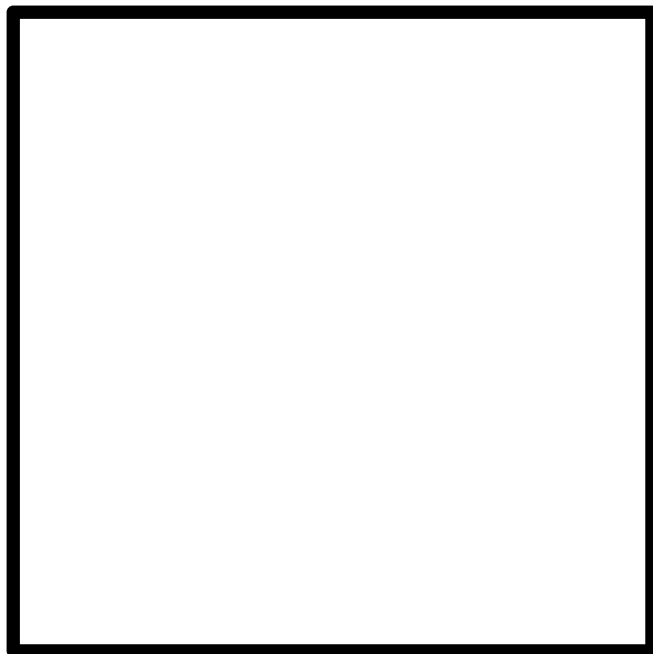
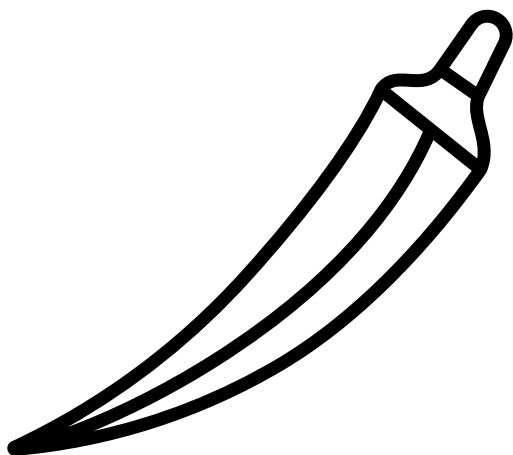


# OKRA

OKRA CONTAINS LOTS OF ANTIOXIDANTS, WHICH HELP LOWER THE RISK OF DISEASE AND KEEP YOUR WHOLE BODY HEALTHY.

## Test your drawing skills!

Draw the okra in the box to the right. Once you're finished, get creative and color them in!



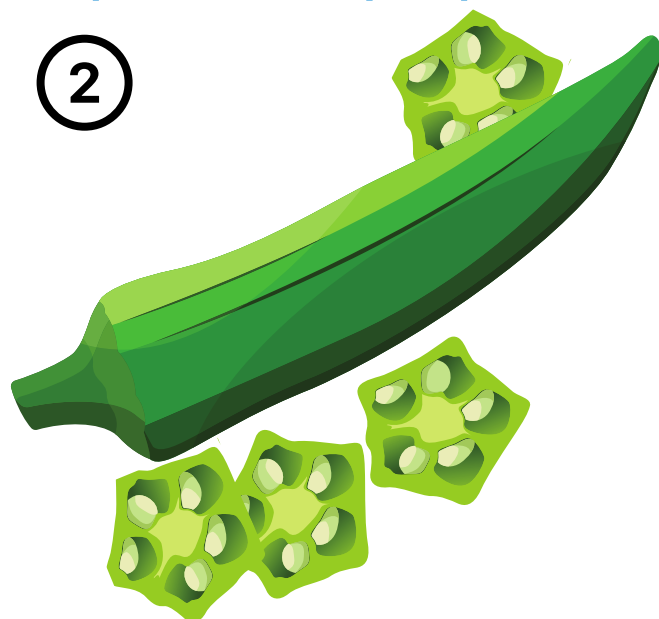
## Spot the differences!

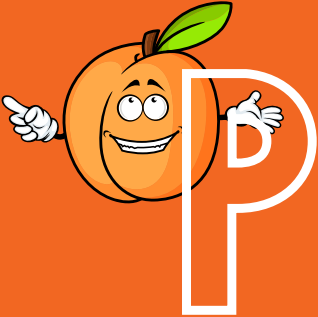
There are 5 differences between picture 1 and picture 2. Can you spot all 5?

①



②





# PEACHES

PEACHES CONTAIN LOADS OF VITAMIN C AND VITAMIN A. EAT PEACHES WITH THE SKIN FOR THE MOST FIBER! FIBER HELPS YOU FEEL FULL AND CONTROL YOUR BLOOD SUGAR.

**Can you solve the puzzles below to find the hidden messages about peaches?**

**How to play:** The letters of the phrase on the board below have fallen to the ground! You have to put the letters back on the board in the correct order to reveal the message. The letters fell directly under the column that they were originally in, but the order may be different!

**Puzzle 1 (Hint - Peaches are not a vegetable but a \_\_\_\_\_.)**

P			C							N	O				E			T	A			E

U T  
E A H E S B A R E A F T U A T V G E B L

**Puzzle 1 (Hint - Peaches are the color \_\_\_\_\_.)**

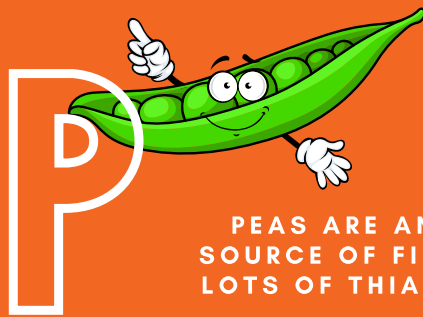
		A	C			S						T	H			L	O					E	.

P E H E A R E E C O R O R A N G

**Puzzle 1 (Hint - Peach skins have a lot of \_\_\_\_\_.)**

P			C			K			S		H	A					O			O	F

F  
E A H S I N I B R V E A L T

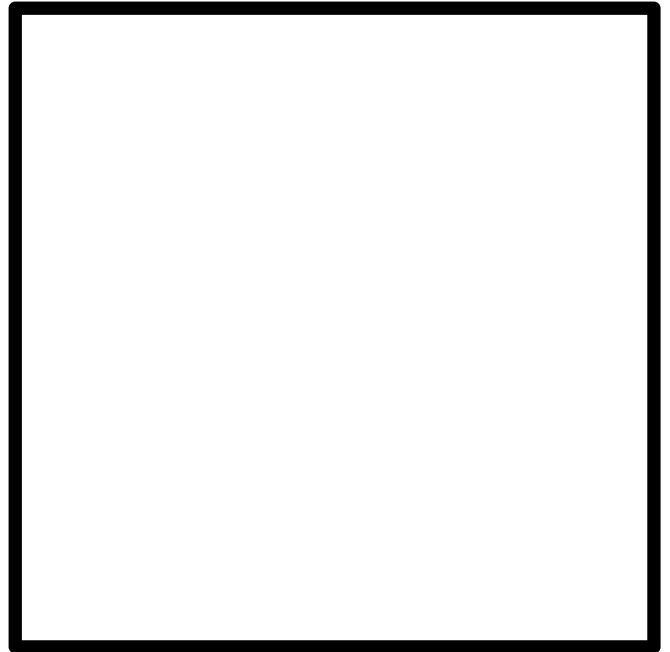
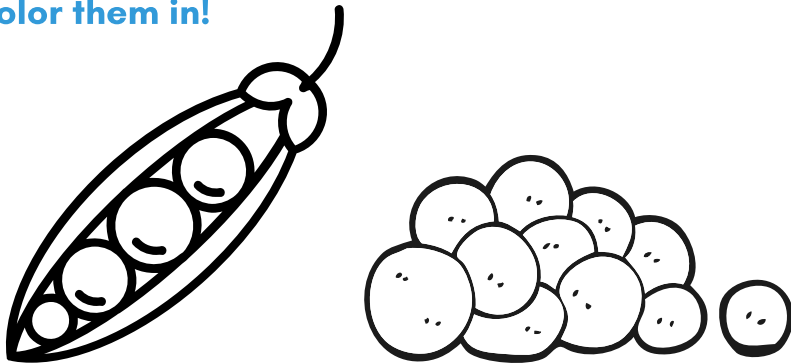


# PEAS

PEAS ARE AN EXCELLENT SOURCE OF VITAMIN K. THEY ARE ALSO A GOOD SOURCE OF FIBER, VITAMIN C, VITAMIN A, AND FOLATE. PEAS ALSO CONTAIN LOTS OF THIAMIN, ALSO CALLED VITAMIN B1. VITAMIN B1 HELPS TO KEEP THE BODY'S NERVES AND NERVOUS SYSTEM HEALTHY.

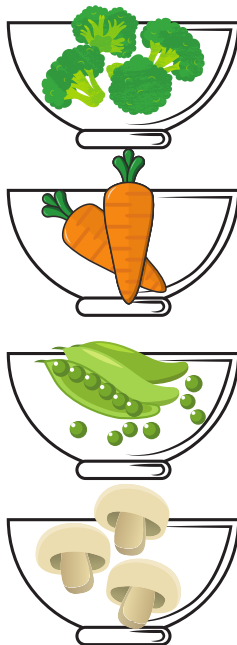
## Test your drawing skills!

Draw the pea pod and peas in the box to the right. Once you're finished, get creative and color them in!



## Veggie Bowls!

Name each vegetable, then match it to the letter it begins with. The first one has been done for you.



M

C

B

P

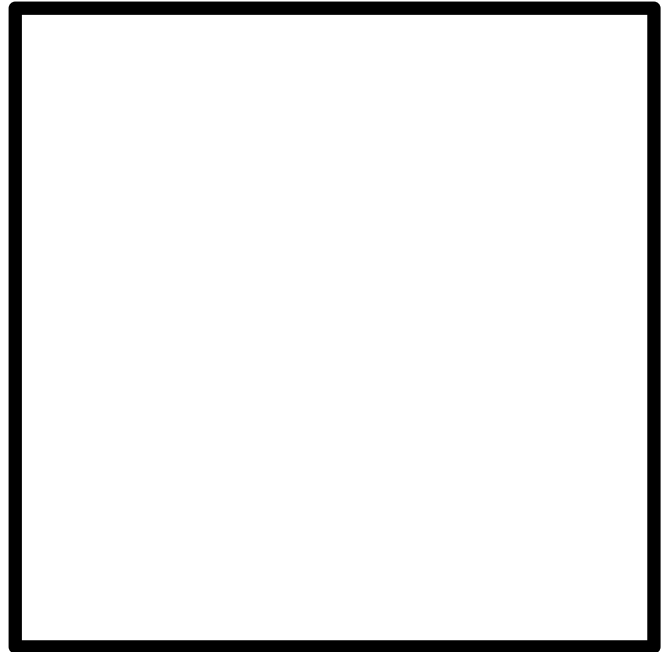
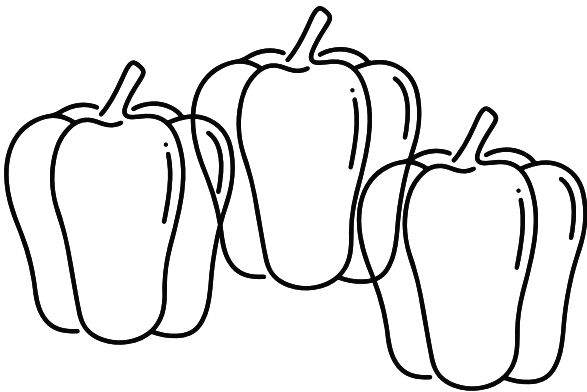


# PEPPERS

PEPPERS ARE AN EXCELLENT SOURCE OF VITAMIN A, VITAMIN C, AND POTASSIUM. BELL PEPPERS ALSO CONTAIN A HEALTHY DOSE OF FIBER AND FOLATE.




## Test your drawing skills!

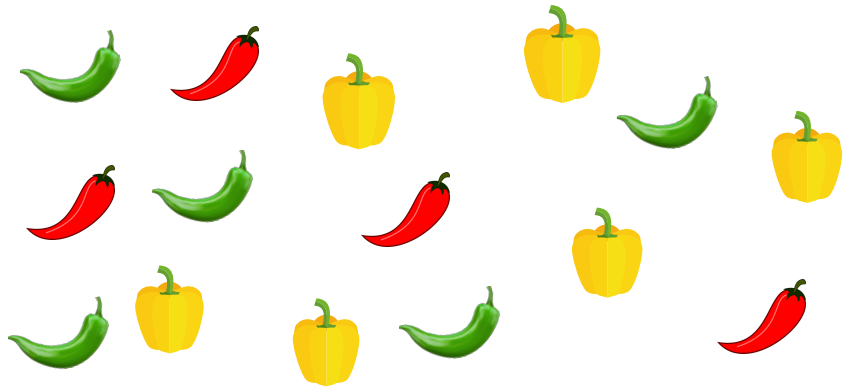
Draw the bell peppers in the box to the right.  
Once you're finished, get creative and color them in!



## Farmers Market

Help the farmer record how many peppers she grew in her garden by using the table below. Count how many of each type of pepper she has and put the number on the table then answer the questions.

Type of Pepper		Number
Jalapeño		
Chili Pepper		
Yellow Bell Pepper		



Which pepper does the farmer have the fewest of? \_\_\_\_\_

Which type of pepper does the farmer have the most of? \_\_\_\_\_

How many peppers does the farmer have in total? \_\_\_\_\_





# PUMPKINS

PUMPKIN IS AN EXCELLENT SOURCE OF VITAMIN A. VITAMIN A HELPS KEEP YOUR VISION STRONG AND KEEP YOUR SKIN HEALTHY. PUMPKIN SEEDS HAVE DIFFERENT NUTRIENTS, SO TRY THEM OUT! THEY CAN ADD GREAT CRUNCH AND NUTRITION TO LOTS OF DISHES.

## Paint a Pumpkin!

Pumpkins are very popular in the fall both to eat and for arts and crafts! Pumpkin painting and pumpkin carving are fun ways to turn a pumpkin into a festive outdoor decoration. Color the pumpkin below or draw on it to make a unique piece of art!



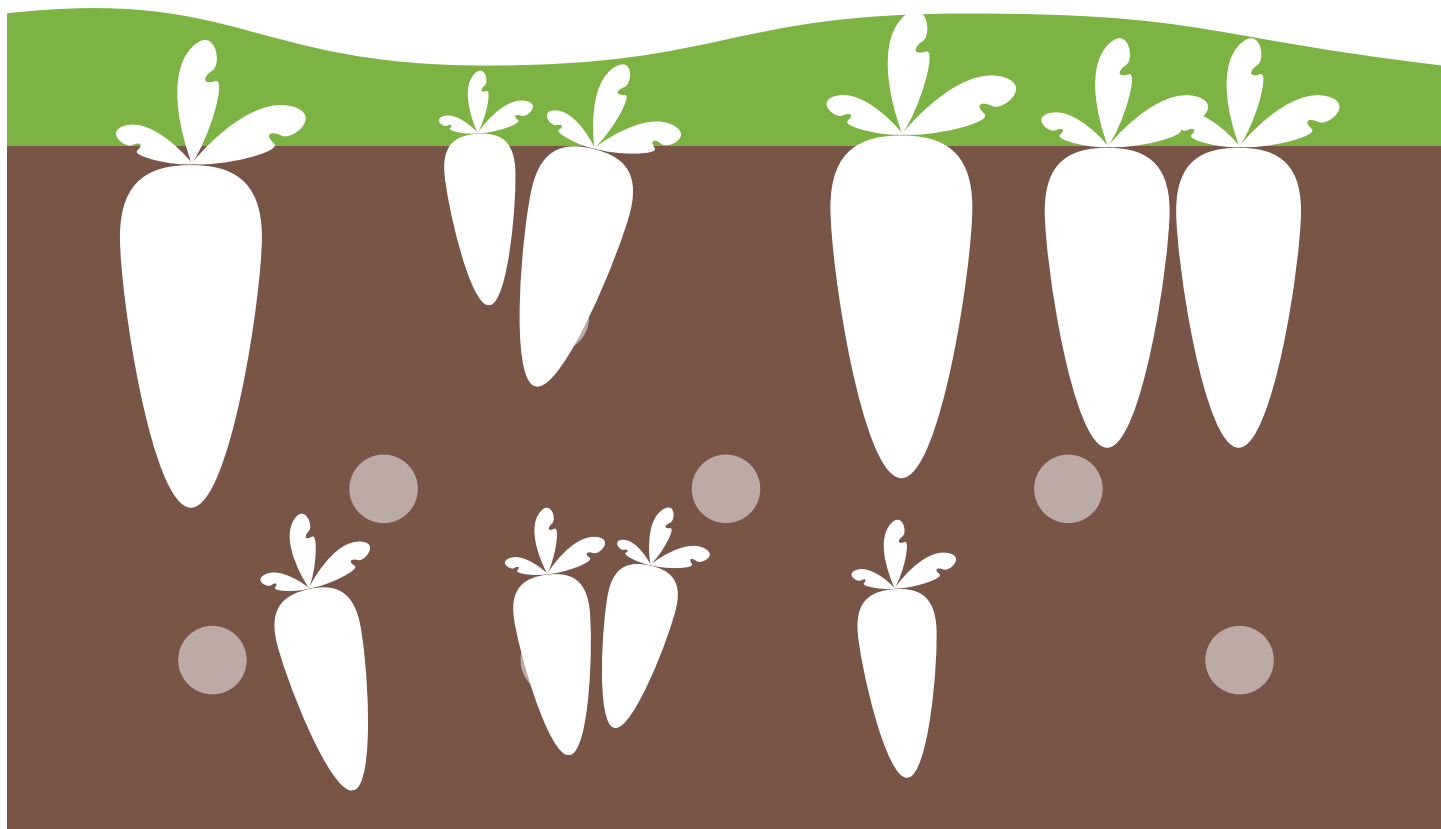


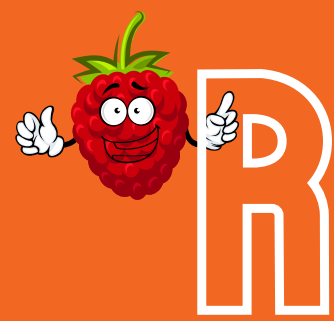
# QUIRKY CARROTS

CARROTS COME IN ALL DIFFERENT COLORS INCLUDING PURPLE AND YELLOW! THEY ARE A GREAT SOURCE OF VITAMIN A WHICH HELPS TO KEEP YOUR EYES HEALTHY.

## Carrot Picking

Did you know that carrots grow under the ground? Count how many carrots are growing in your garden below! Carrots are different colors such as orange, yellow, white, and purple. Color each carrot to create a colorful garden.



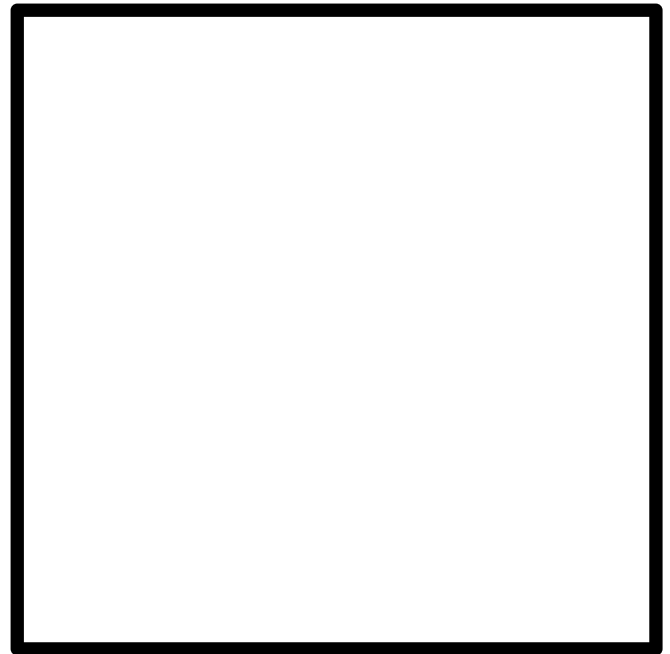
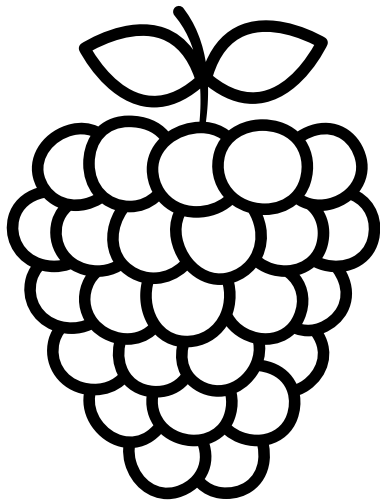


# RASPBERRY

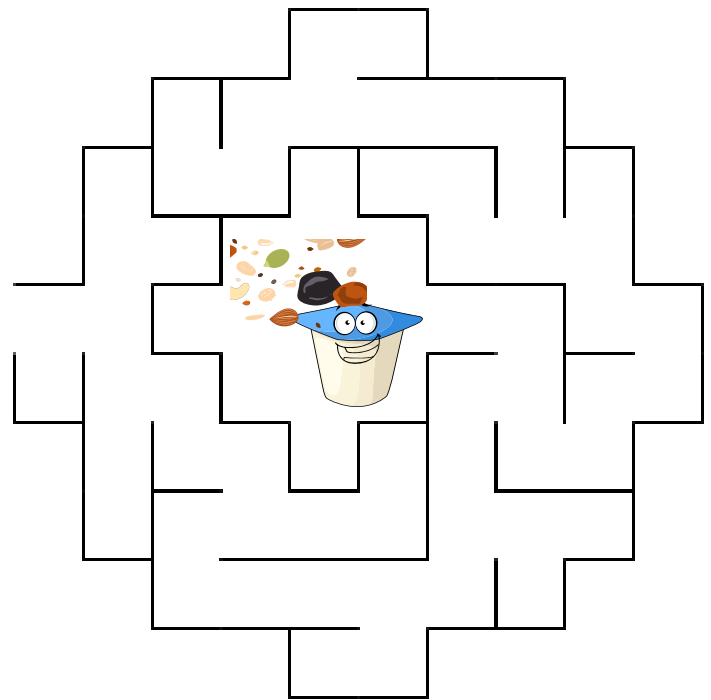
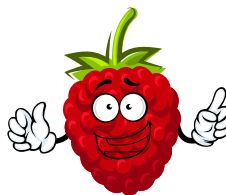
RASPBERRIES HAVE POTASSIUM WHICH HELPS KEEP YOUR HEART HEALTHY. THEY ALSO HAVE MANGANESE, AN IMPORTANT MINERAL FOR GROWING STRONG BONES!

## Test your drawing skills!

Draw the raspberry in the box to the right. Once you're finished, get creative and color them in!



Rex the raspberry is looking for his friends Gary the granola and Yolonda the yogurt. Can you help him find his way to his parfait friends by completing the maze to the right?



PUZZLE CREATED BY PUZZLEMAKER AT DISCOVERYEDUCATION.COM

This material was funded by the USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

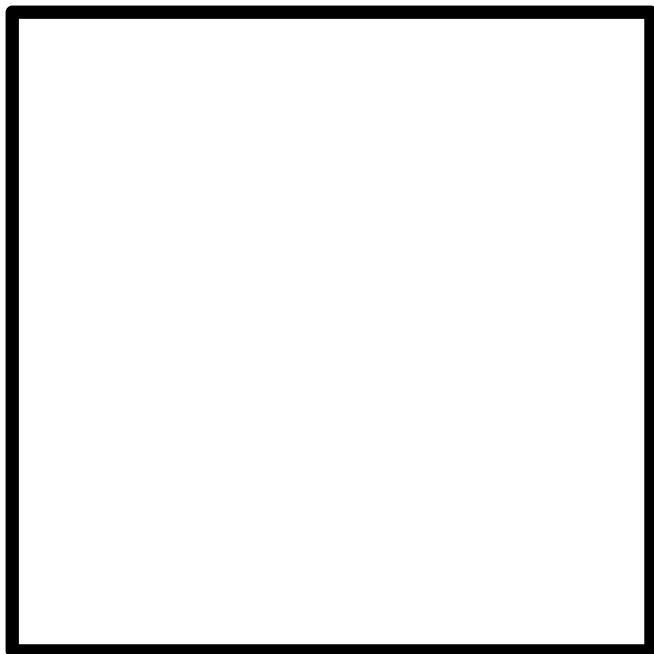
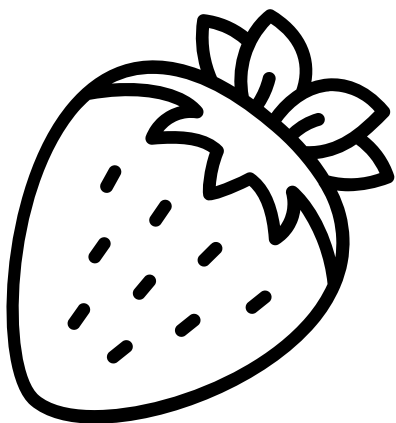


# STRAWBERRIES

VITAMIN C HELPS YOUR BODY HEAL CUTS AND WOUNDS, AND IT ALSO HELPS YOUR BODY FIGHT SICKNESS. OUR BODIES DON'T MAKE VITAMIN C, SO WE NEED TO GET IT FROM FOODS. STRAWBERRIES ARE AN AMAZING SOURCE!

## Test your drawing skills!

Draw the strawberry in the box to the right. Once you're finished, get creative and color them in!



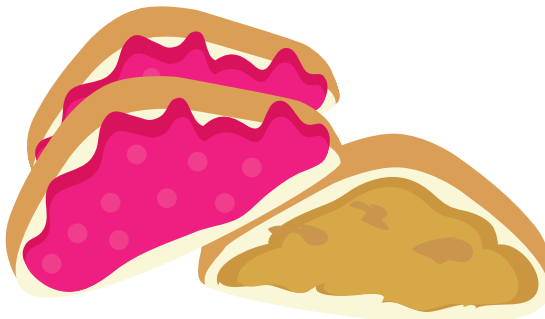
## Spot the differences!

Strawberries can be used to make strawberry jelly which pairs well with peanut butter to make a PB&J sandwich. There are 5 differences between picture 1 and picture 2 below. Can you spot all 5?

1



2



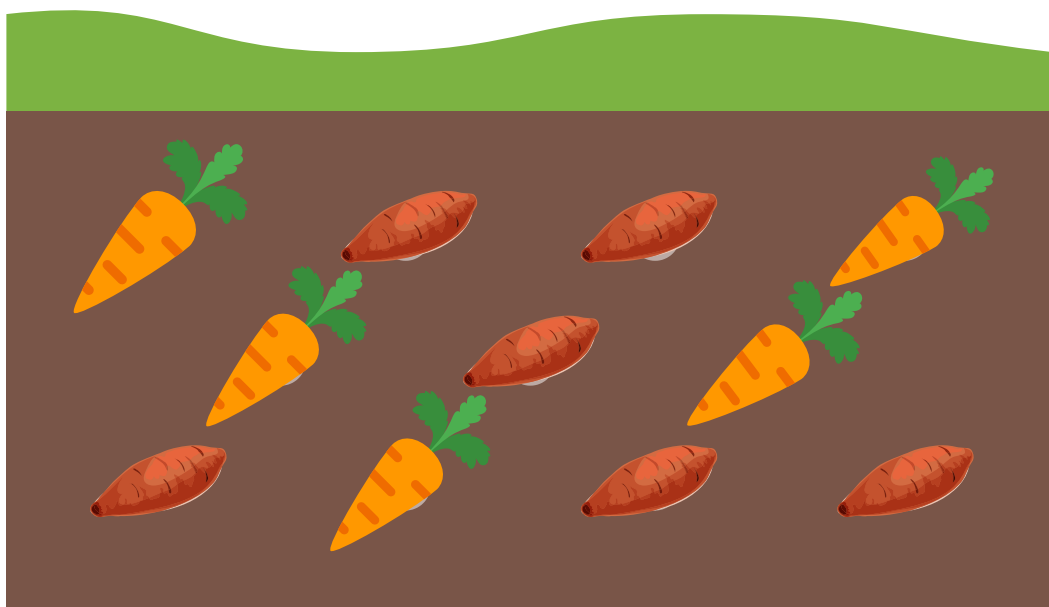
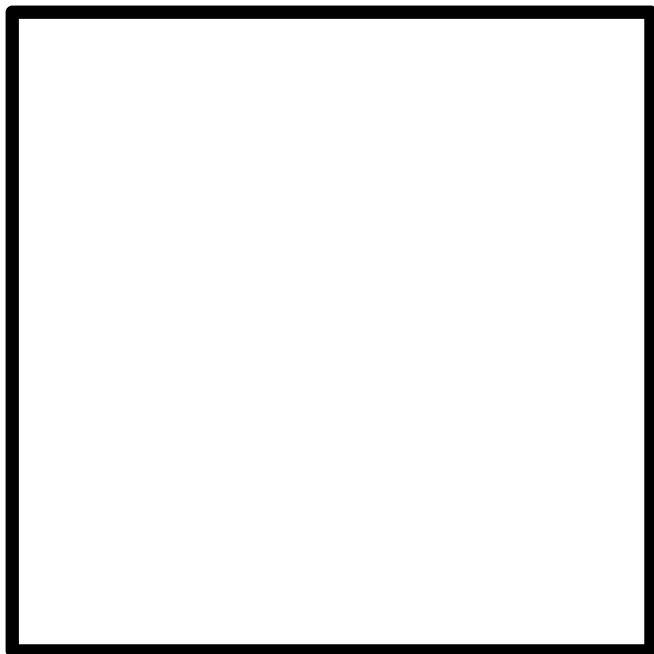
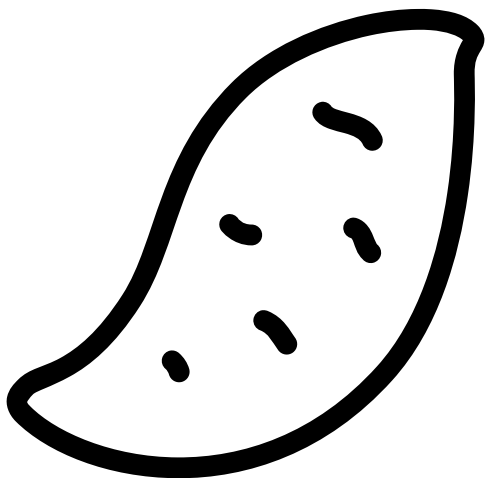


# SWEET POTATOES

SWEET POTATOES ARE AN EXCELLENT SOURCE OF VITAMIN A AND VITAMIN C. VITAMIN A HELPS KEEP YOUR VISION STRONG, FIGHT INFECTIONS, AND KEEP YOUR SKIN HEALTHY.

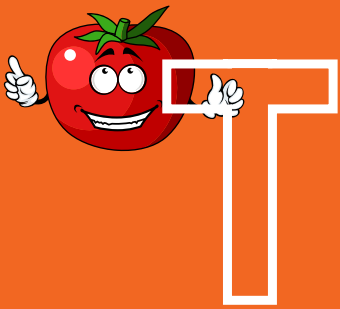
## Test your drawing skills!

Draw the sweet potato in the box to the right.  
Once you're finished, get creative and color them in!



Similar to carrots,  
sweet potatoes are  
also grown  
underground.

Circle the sweet  
potatoes in your  
garden! How many did  
you find?

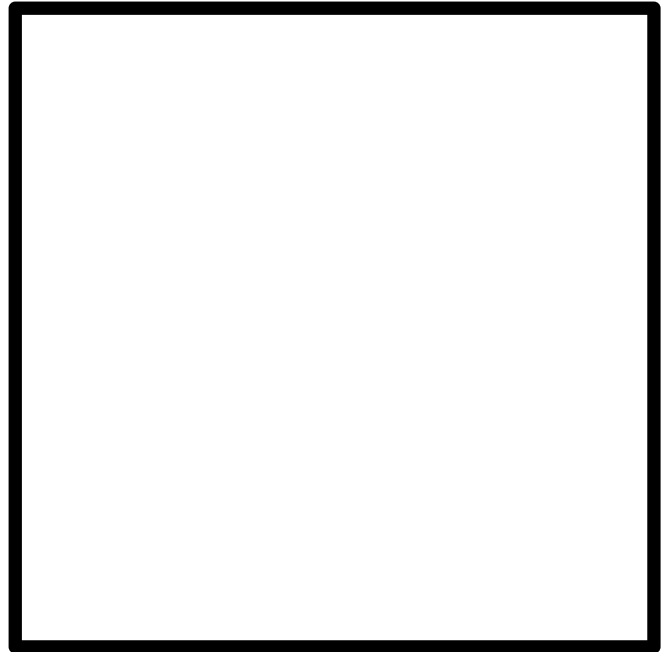
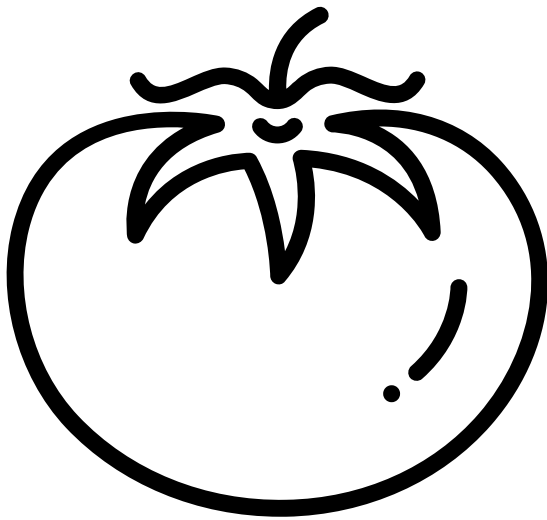


# TOMATO

TOMATOES ARE TECHNICALLY A FRUIT, EVEN  
THOUGH MOST OF US THINK OF THEM AS A  
VEGETABLE!

## Test your drawing skills!

Draw the tomato in the box to the right. Once  
you're finished, get creative and color them in!



## Word Search

Did you know there are over 3,000 types of  
tomatoes grown around the world? Find  
some of their names in this word search!

### Word Bank:

Cherry  
Early Girl  
Plum  
Roma

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

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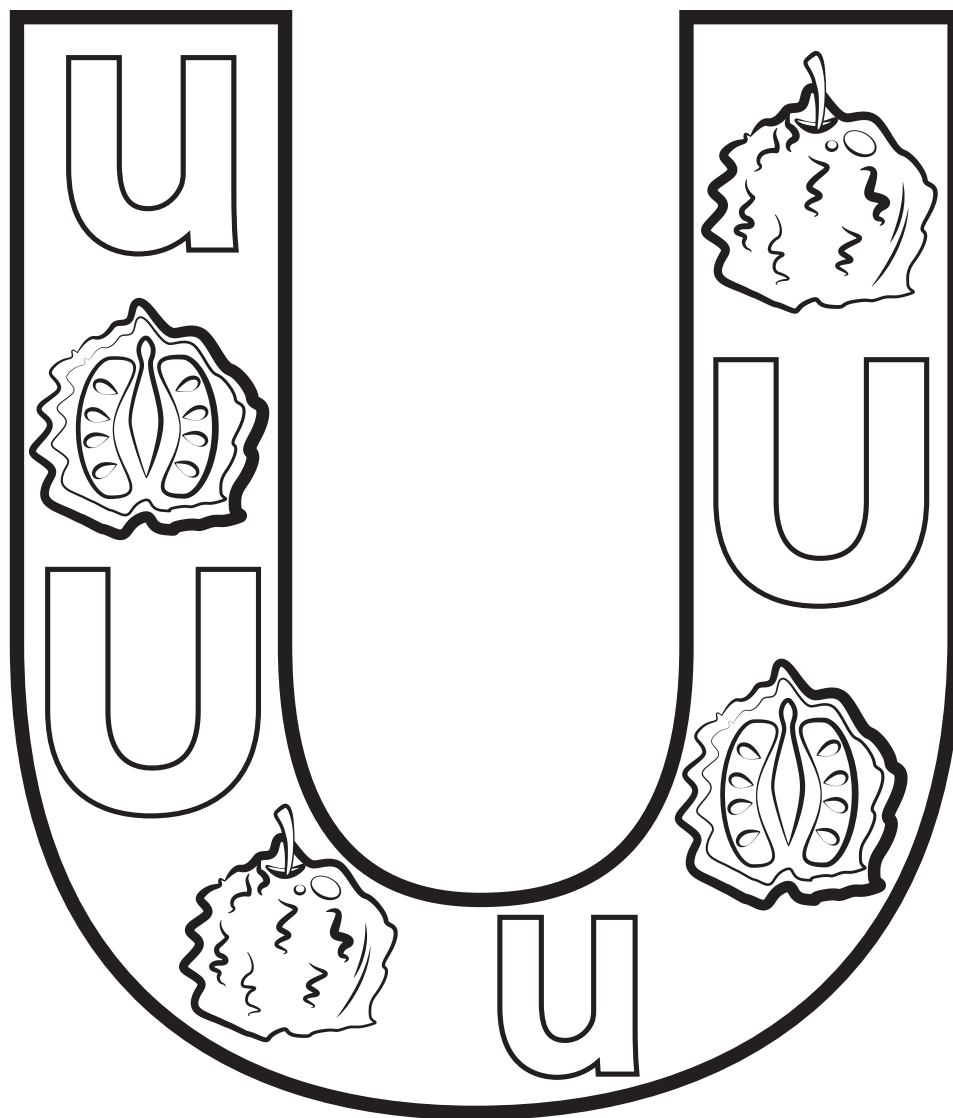


# UGLI FRUIT

UGLI FRUIT IS LOW IN CALORIES AND HIGH IN FIBER WHICH HELPS KEEP YOUR DIGESTIVE SYSTEM RUNNING SMOOTHLY. IT ALSO HAS LOTS OF ANTIOXIDANTS WHICH HELP TO KEEP YOUR IMMUNE SYSTEM HEALTHY!

## Creative Coloring!

Color in the picture below.



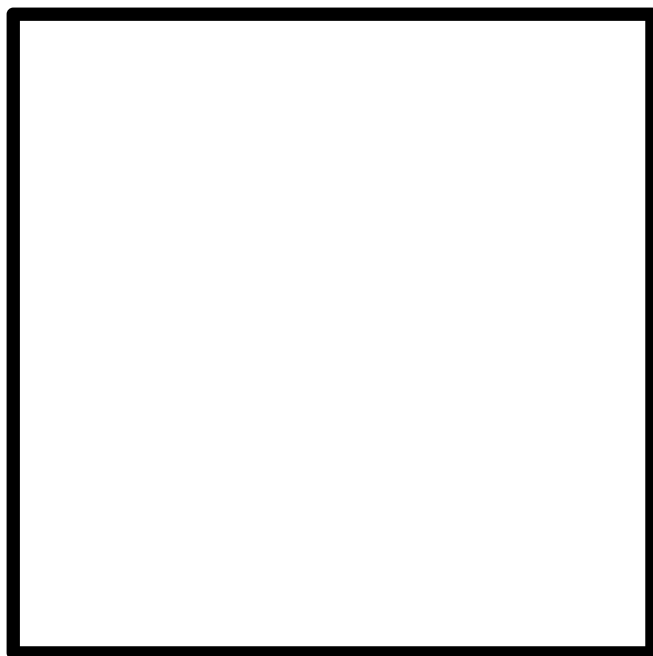
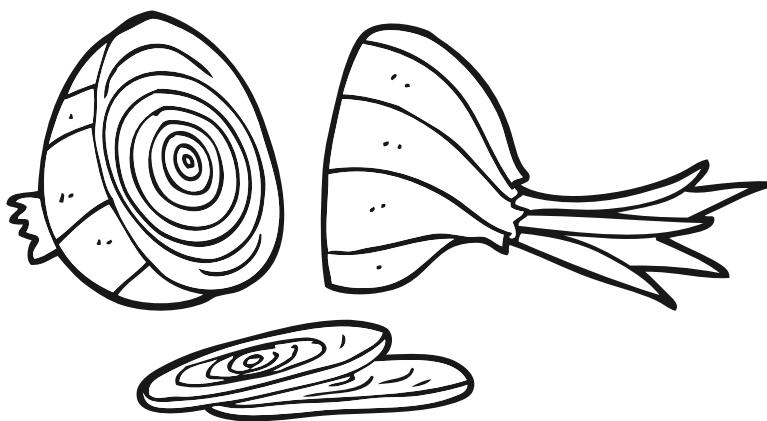


# VIDALIA ONION

VIDALIAN ONIONS ARE A TYPE OF SWEET ONION. ONIONS ARE A GOOD SOURCE OF CHROMIUM WHICH HELPS CONTROL YOUR BLOOD SUGAR.

## Test your drawing skills!

Draw the onion in the box to the right. Once you're finished, get creative and color it in!



## Word Search

Did you know there several types of onions? Find some of their names in this word search!

### Word Bank:

Sweet

Red

White

Yellow

Green

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

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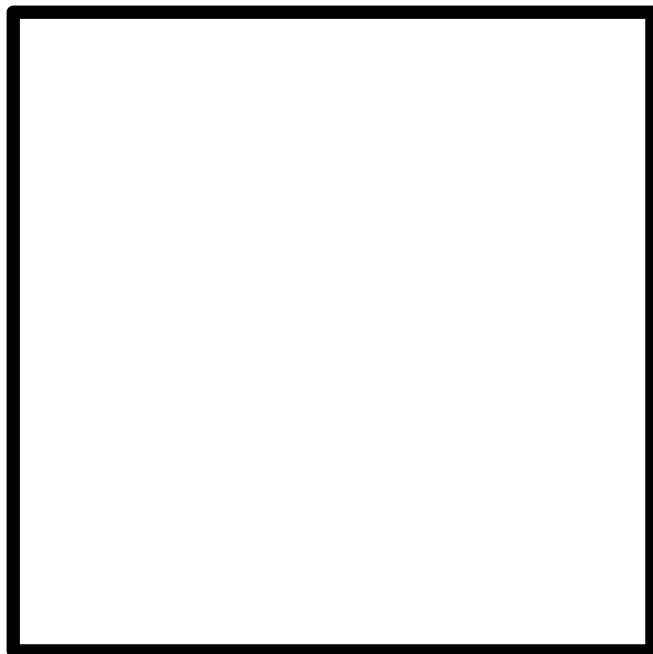


# WATERMELON

WATERMELONS ARE 92% WATER! WITH EACH DELICIOUS BITE, YOU'RE STAYING HYDRATED, TOO! EACH BITE OF WATERMELON HAS LOTS OF VITAMINS A, B6, AND C, PLUS OTHER ANTIOXIDANTS AND NUTRIENTS TO KEEP YOUR BODY HEALTHY!

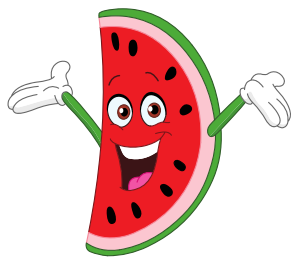
## Test your drawing skills!

Draw the watermelon slice in the box to the right. Once you're finished, get creative and color it in!

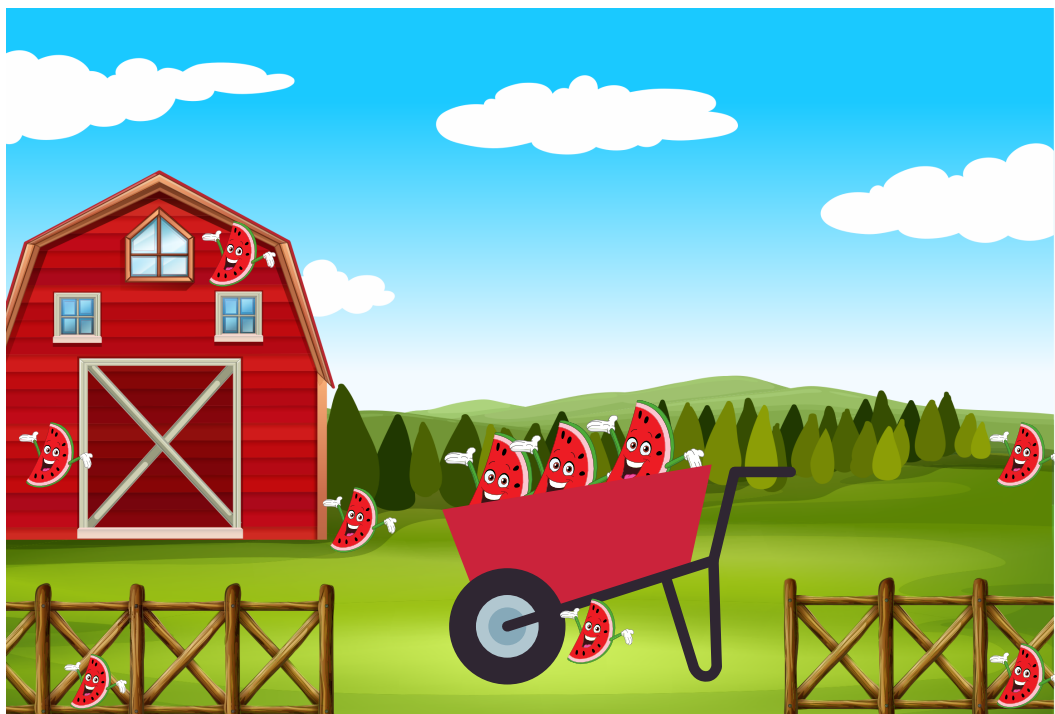


## Find Wally!

There are 10 Wally the Watermelons in the picture to the right. Can you find them all?



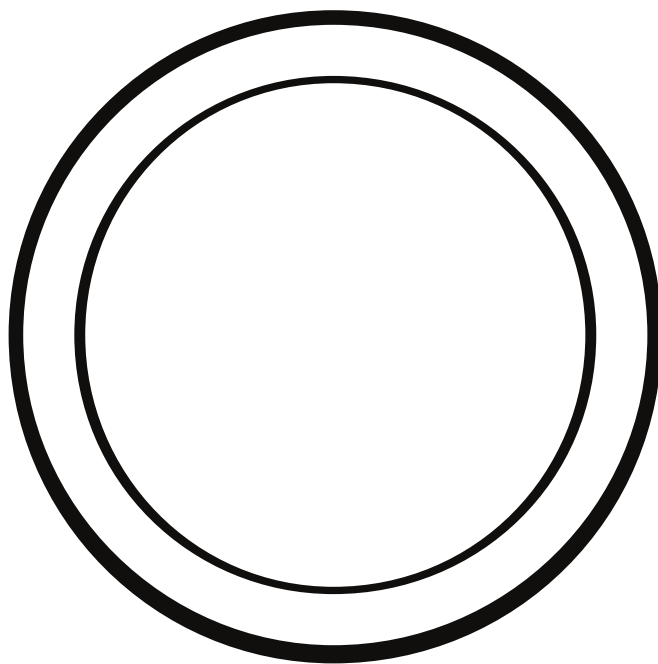
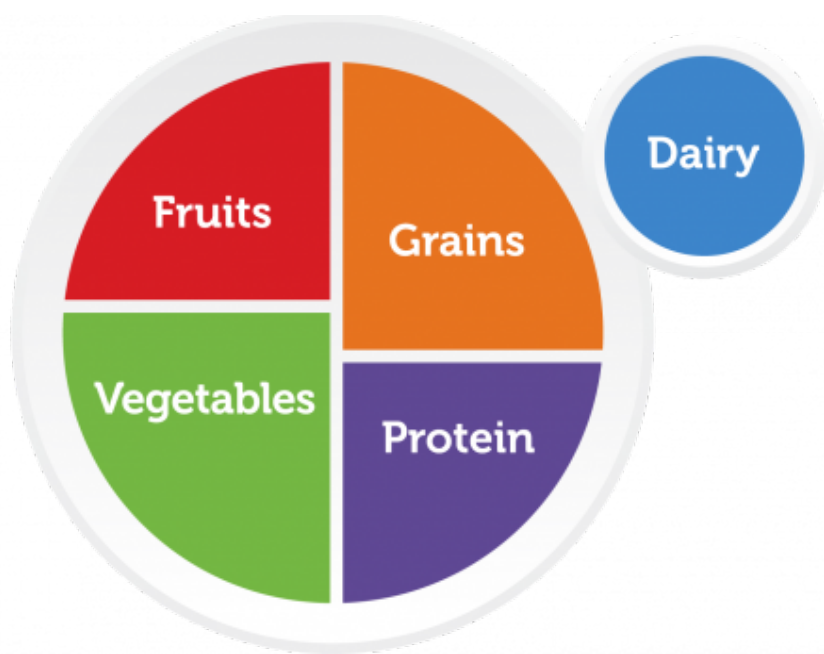
WALLY THE WATERMELON



# XTRA DELICIOUS

## Create Your Plate!

Pick your favorite foods that we have discussed in the activity book as well as foods you like to eat at home. Use them to create an "xtra delicious" meal! Draw your meal on the plate below using the MyPlate as an example. Compare meals with your friends.



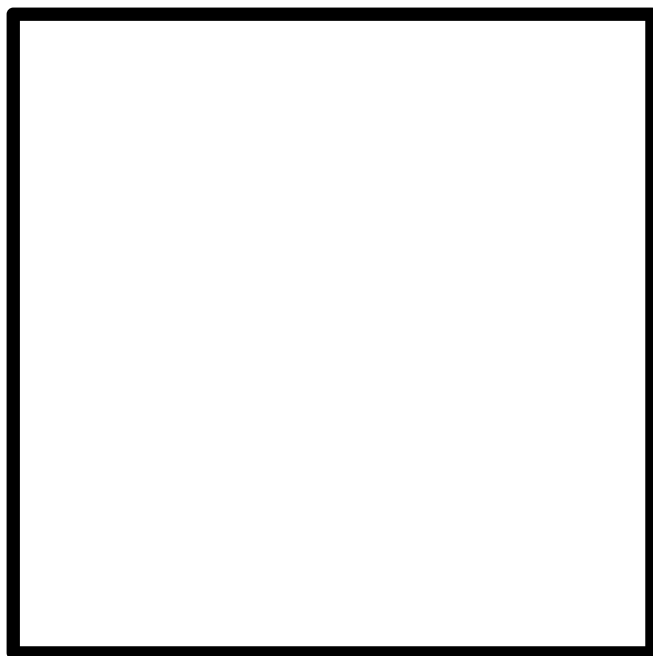
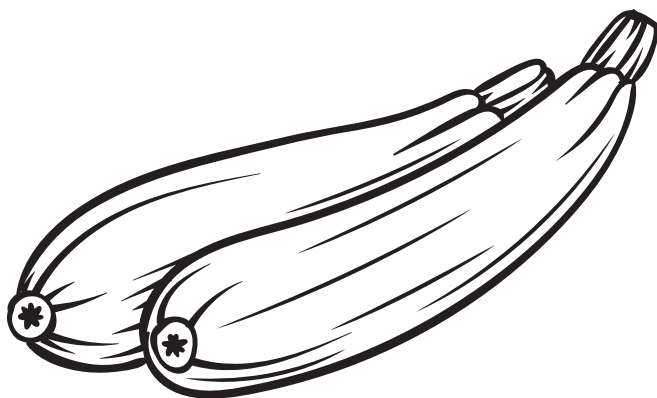


# YELLOW SQUASH

THE COLOR OF YELLOW SQUASH GIVES IT EXTRA  
VITAMIN C WHICH IS GREAT FOR YOUR  
IMMUNITY!

## Test your drawing skills!

Draw the yellow squash in the box to the right.  
Once you're finished, get creative and color  
them in!



## Decode the message

Each letter in the phrase has been replaced with a random letter or number. Try to  
decode the message.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1				16				8										7						9	

Y E S A S I S I S E A S A Y  
9 16 17 17 10 6 7 14 26 1 7 20 8 7 8 4 7 16 1 7 10 4 12 1 9  
S E E E  
7 16 24 2 16 12 18 16 5

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## Crossword Puzzle

## Use the clues to fill in the words

## Words can go across or down

## ACROSS

2. Zucchini is grown in a \_\_\_\_\_
3. Zucchini is a type of \_\_\_\_\_
4. Zucchini is this color \_\_\_\_\_

## DOWN

1. Zucchini is this shape
3. Squash grows in this season



**What new fruits and vegetables from the book do you want to try? Use the shopping basket to draw some of your favorite fruits and vegetables and new ones you would like to eat.**

