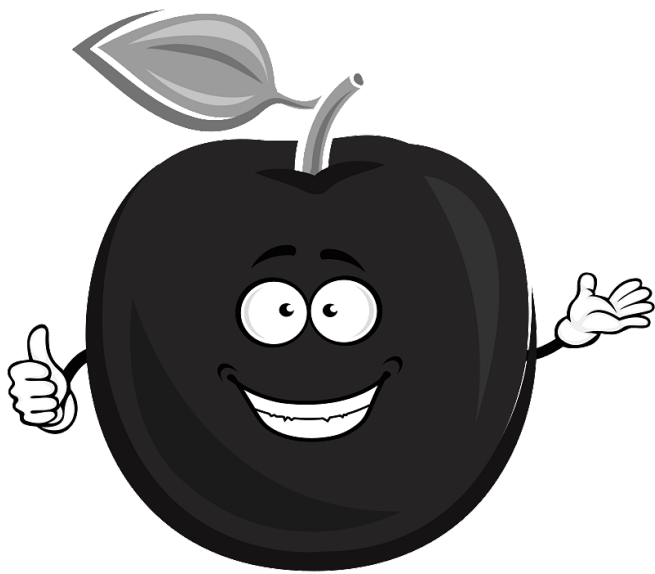


A FUN-FILLED ACTIVITY BOOK OF EXPLORING FRUITS & VEGETABLES FROM

Apple to Zucchini



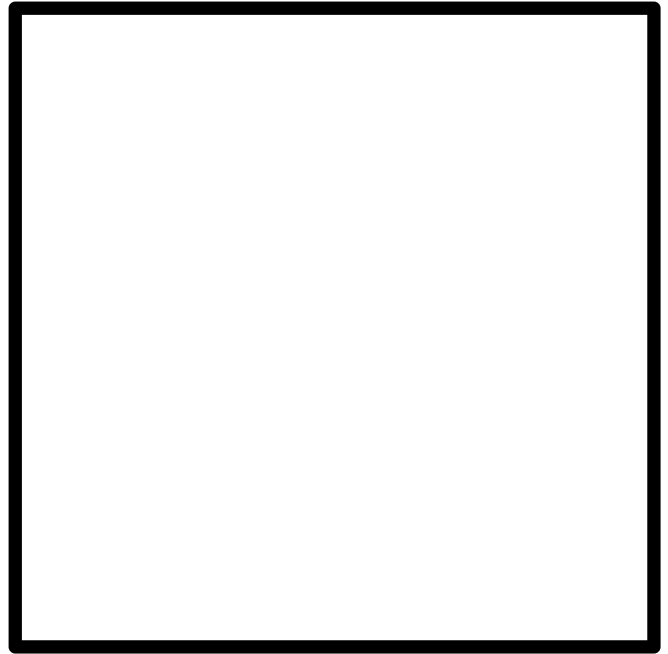
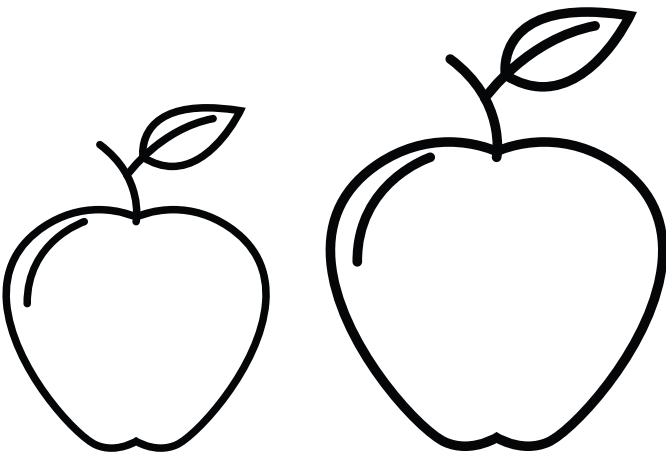
A

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

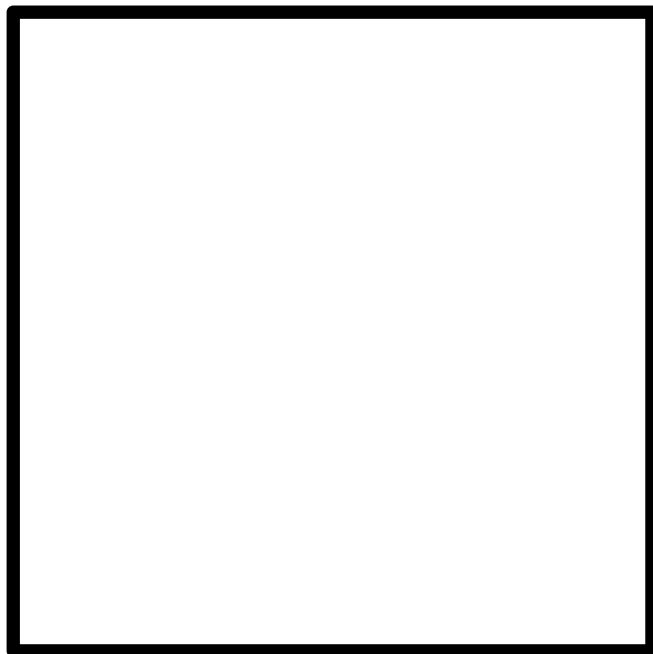
B

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.

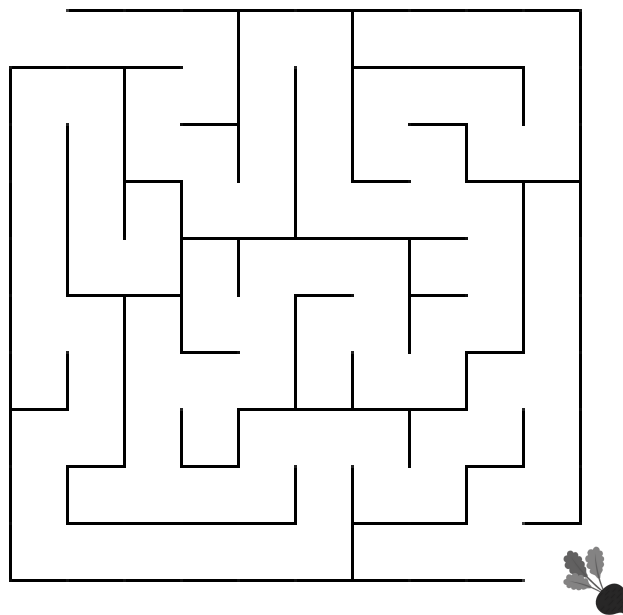
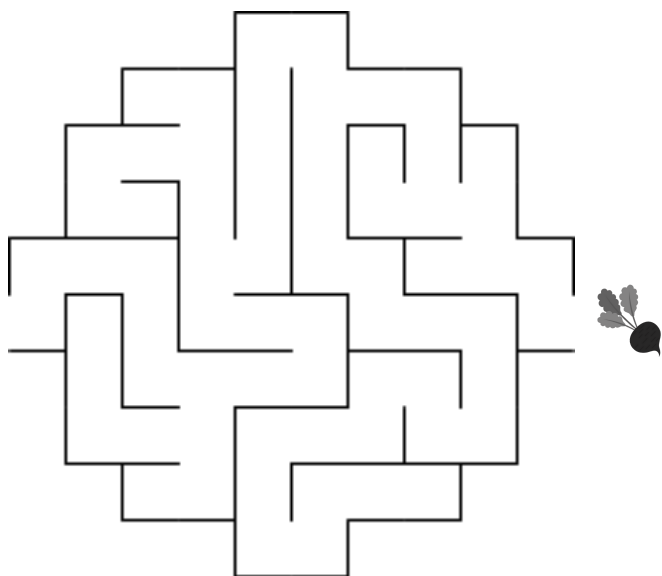
Test your drawing skills!

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!



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.

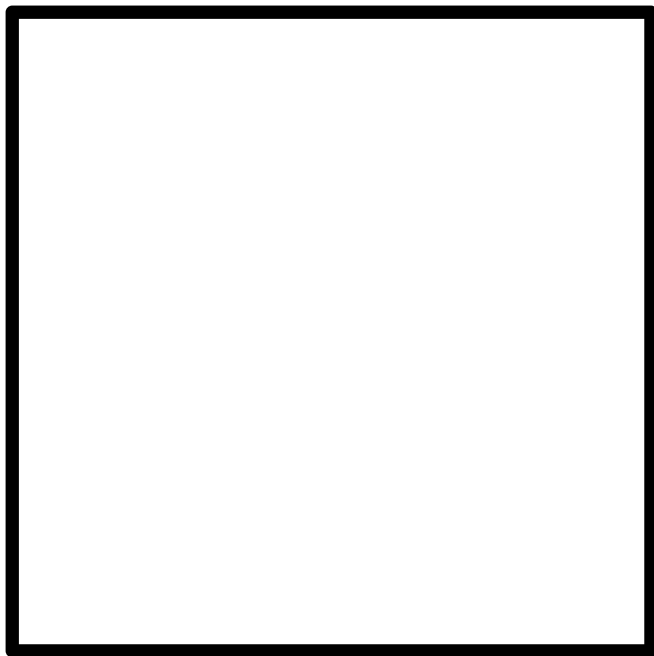
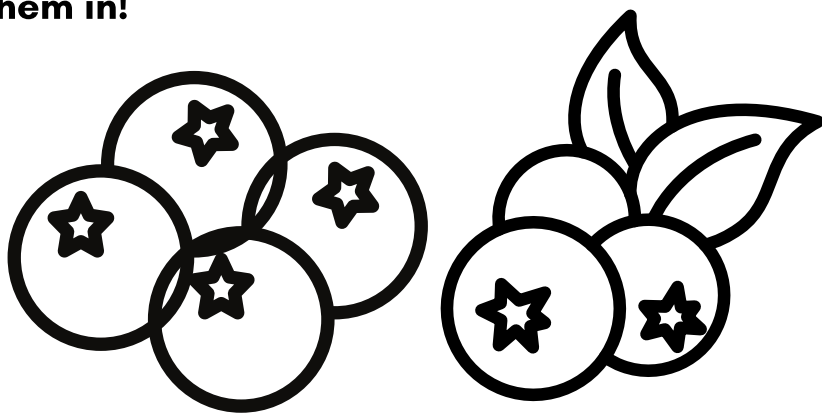
B

BLUEBERRIES

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

Test your drawing skills!

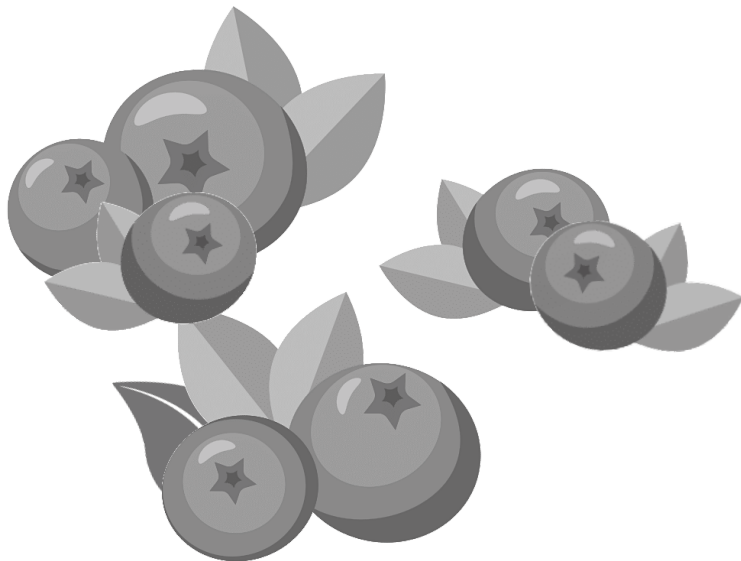
Draw the blueberries in the box to the right. Once you're finished, get creative and color them in!



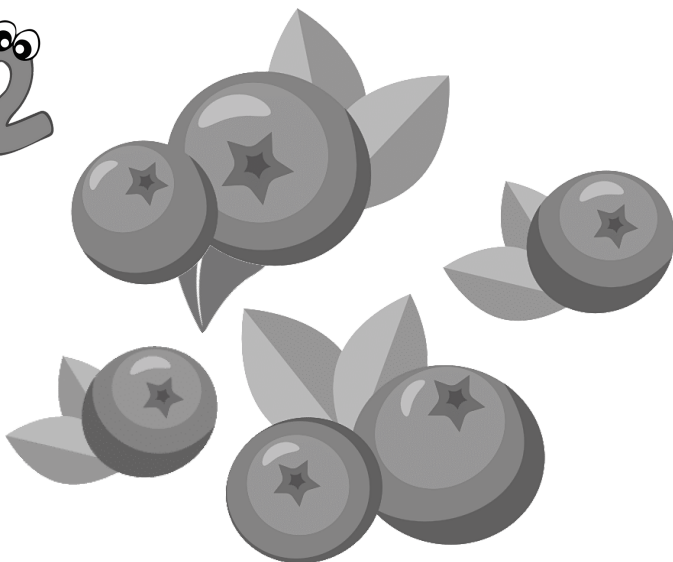
Spot the differences!

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

1



2

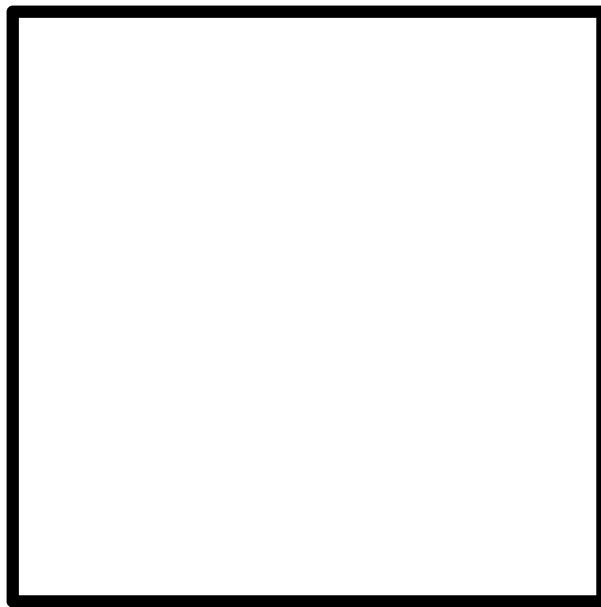


BROCCOLI

COOKED BROCCOLI IS AN EXCELLENT SOURCE OF VITAMIN A, VITAMIN C, VITAMIN K, AND FOLATE. RAW BROCCOLI AND COOKED BROCCOLI ARE EACH BETTER SOURCES OF DIFFERENT NUTRIENTS, SO TRY TO EAT BOTH FOR A GREAT VARIETY OF NUTRITION!

Test your drawing skills!

Draw the broccoli 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

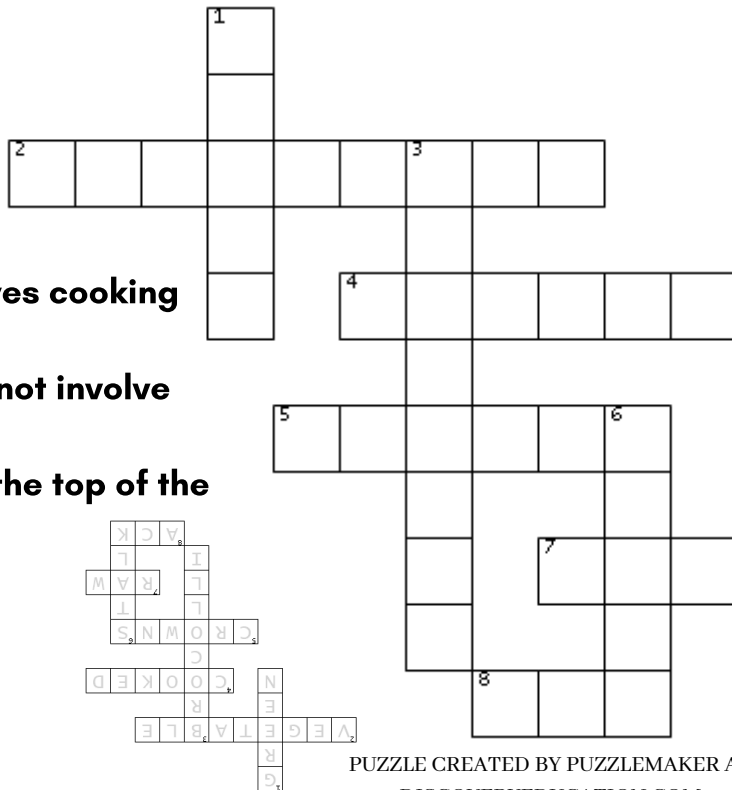
Words can go across or down

ACROSS

2. Broccoli is a type of _____
4. A type of way to eat this vegetable that involves cooking
5. Top part of the broccoli
7. A type of way to eat this vegetable that does not involve cooking
8. The types of vitamins in broccoli (hint look at the top of the page)

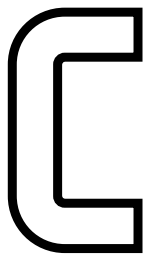
DOWN

1. Broccoli is this color
3. Type of leafy green vegetable
6. Bottom part of the broccoli



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.**



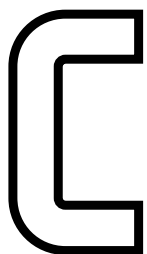
CABBAGE

CABBAGE IS AN EXCELLENT SOURCE OF VITAMIN C AND VITAMIN K. CABBAGE ALSO PROVIDES FIBER AND FOLATE. THESE HELP TO 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!

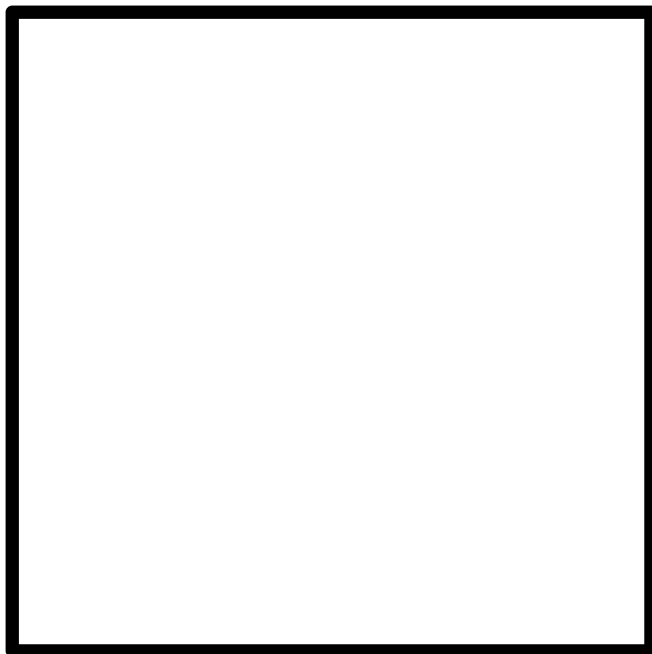
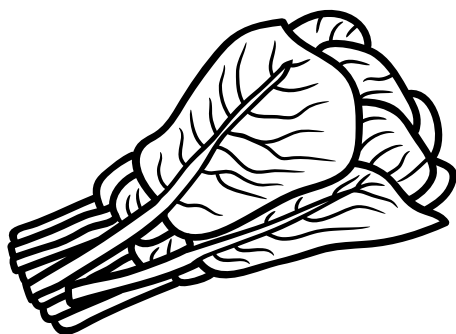


COLLARD GREENS

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.

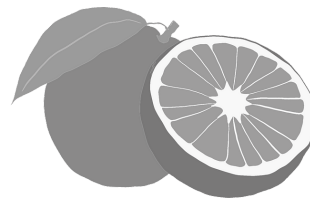
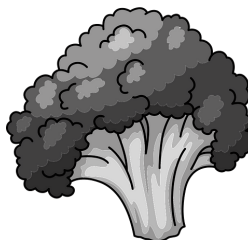
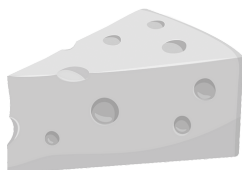
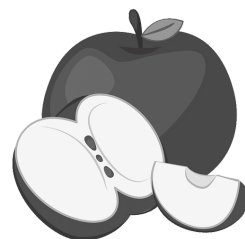
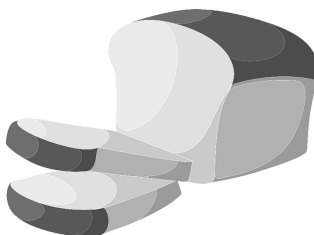
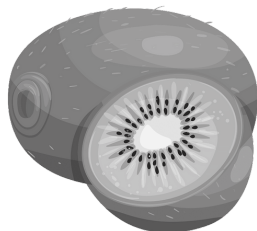
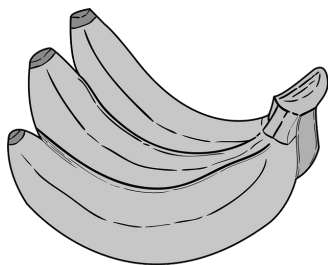
Test your drawing skills!

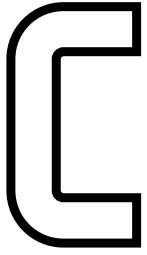
Draw the bunch of collard greens in the box to the right. Once you're finished, get creative and color them in!



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.





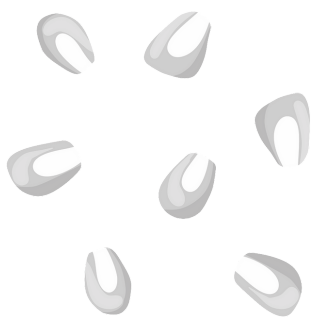
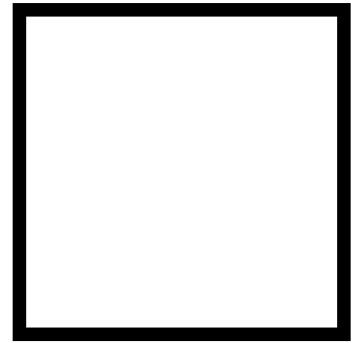
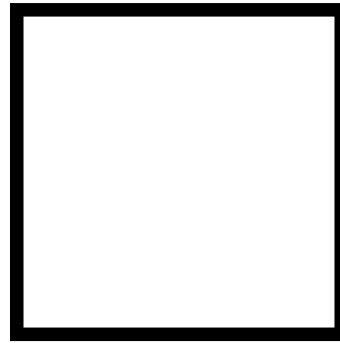
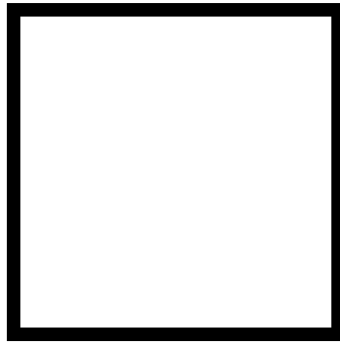
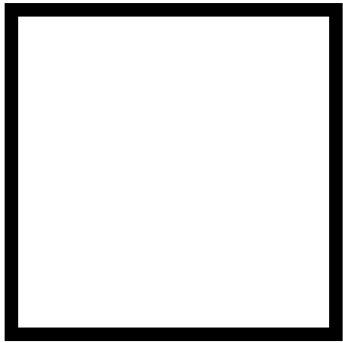
CORN

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.

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

How Does Corn Grow?

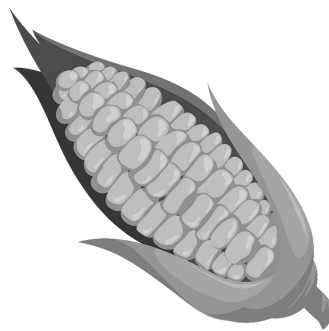
Draw a line from the boxes to match each stage of growing corn



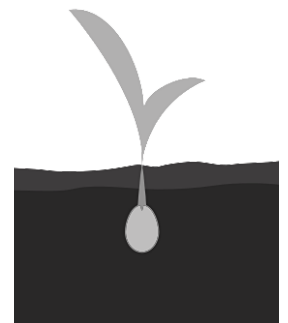
**Corn
kernels**



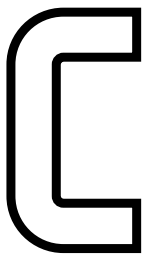
**Corn
stalk**



Corn



**Corn
sprout**

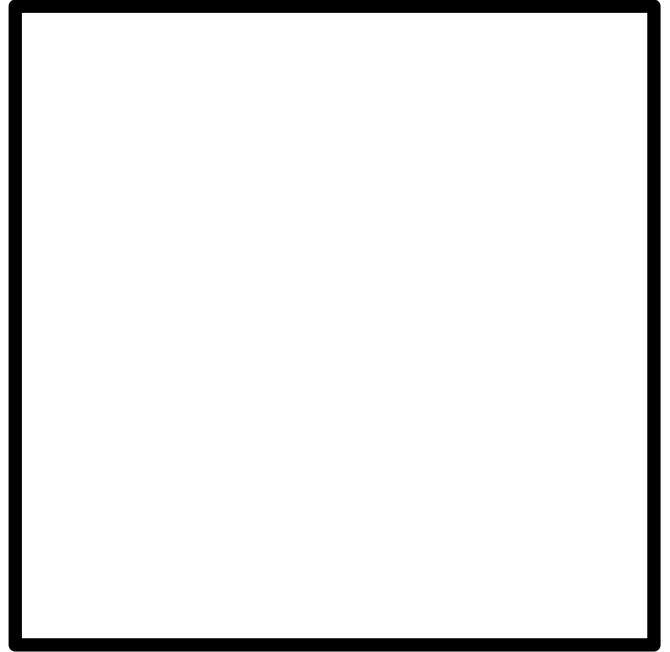
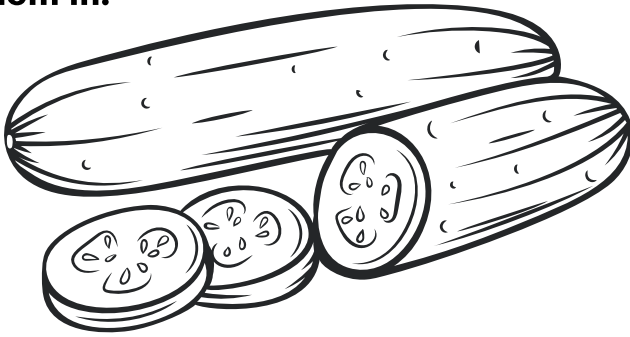


CUCUMBER

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!

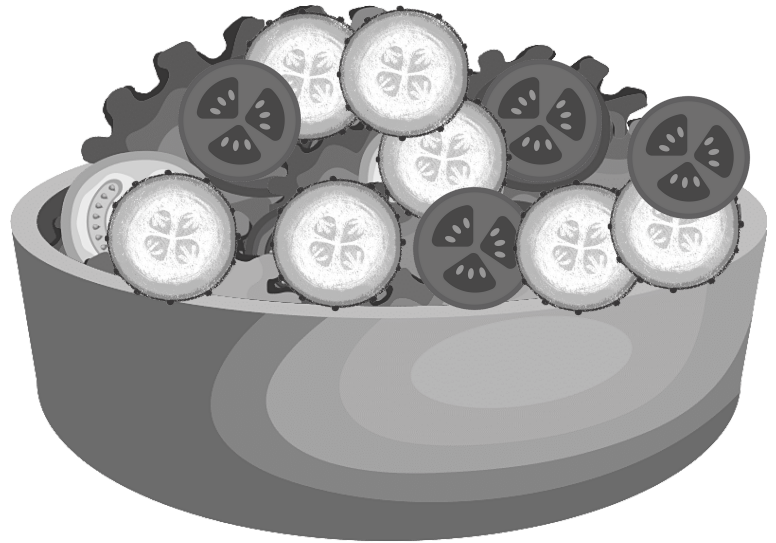
Test your drawing skills!

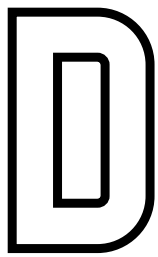
Draw the bunch of cucumber in the box to the right. Once you're finished, get creative and color them in!



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.

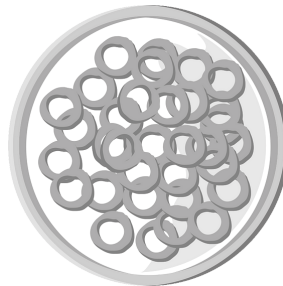
Create your own trail mix

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.

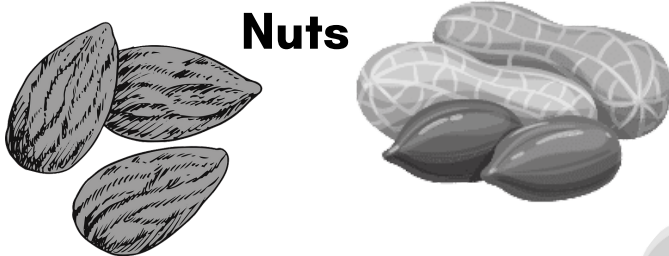
Raisins



Round oat cereal



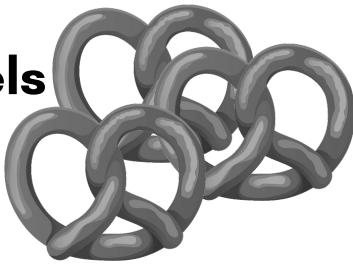
Nuts



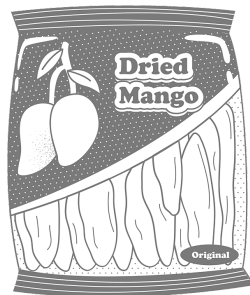
Dried banana



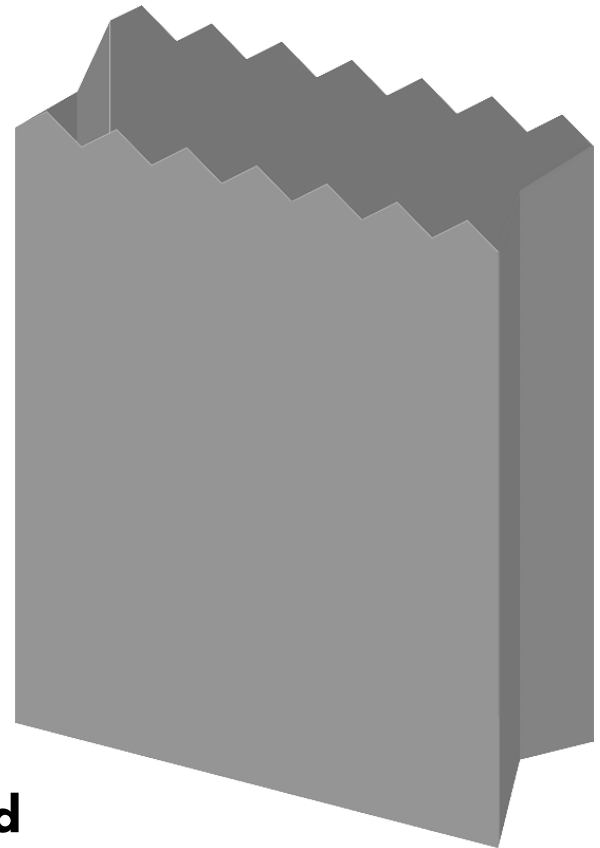
Pretzels



Popcorn



Dried mango



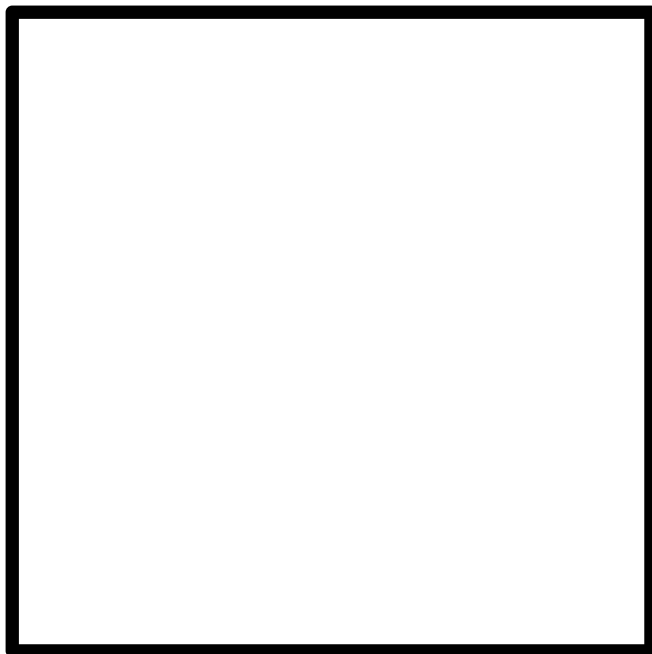
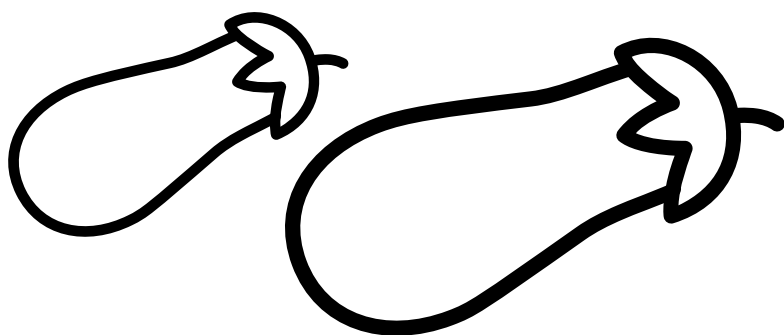
E

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!

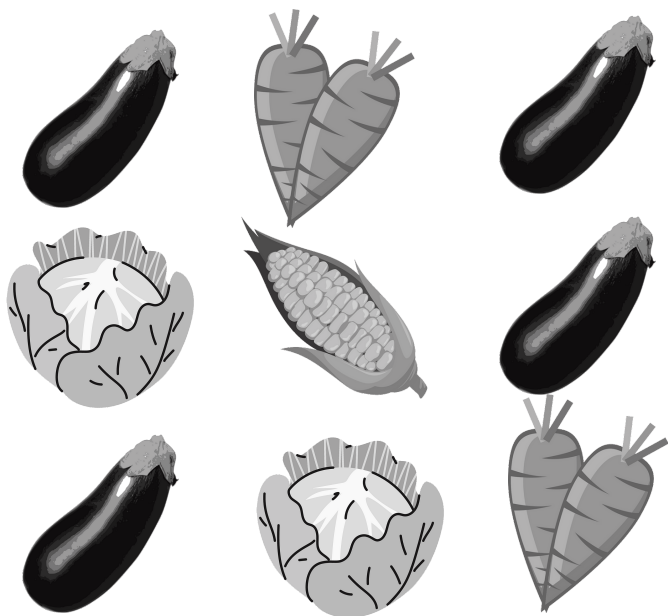
Test your drawing skills!

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

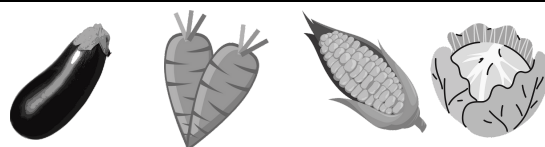


How many vegetables are in the garden?

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				



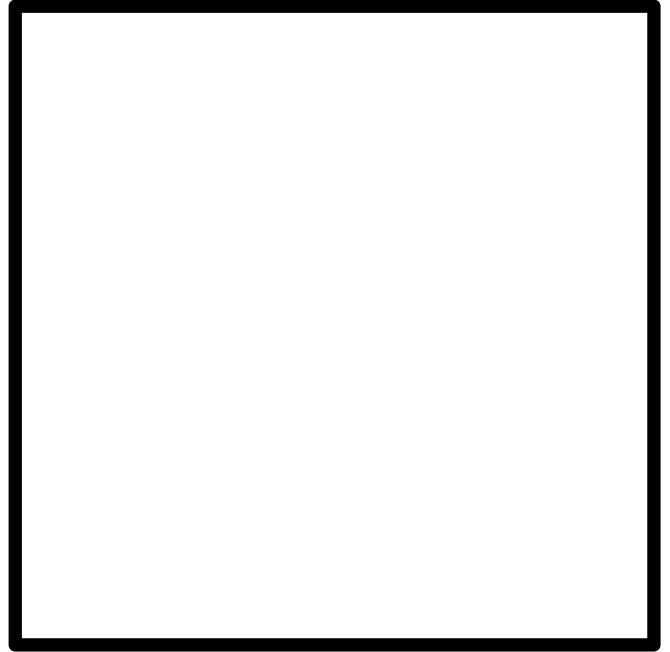
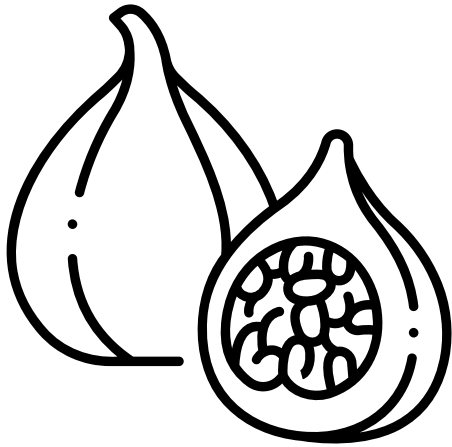
F

FIGS

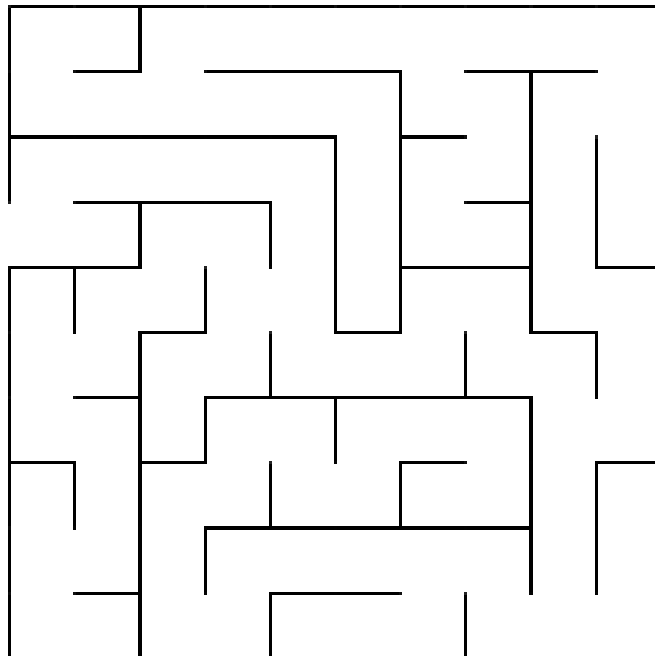
**FIGS ARE A GOOD SOURCE OF POTASSIUM AND
CALCIUM, WHICH HELP KEEP YOUR BONES
STRONG AND HEALTHY.**

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.**



PUZZLE CREATED BY PUZZLEMAKER AT DISCOVERYEDUCATION.COM



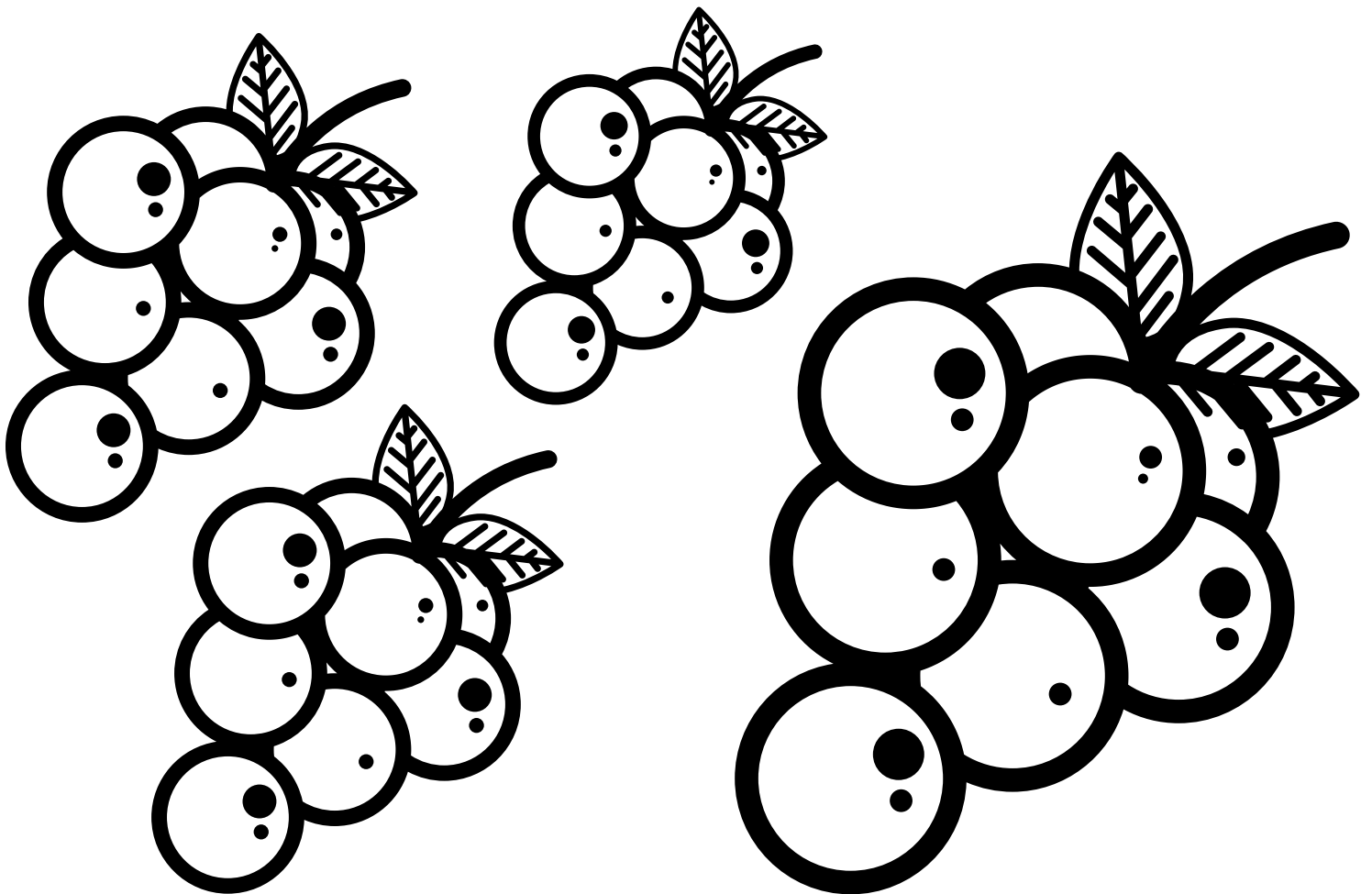
GRAPES

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 BEANS

GREEN BEANS ARE A GOOD SOURCE OF VITAMIN C AND VITAMIN K. GREEN BEANS ALSO HAVE LOTS OF FIBER. FIBER HELPS YOU FEEL FULL, CONTROLS BLOOD SUGAR LEVELS, AND KEEPS YOUR DIGESTIVE SYSTEM RUNNING SMOOTHLY.

Green Bean Scramble

Green beans are a fun, crunchy summer vegetable that tastes great with lots of different foods! Can you solve the puzzles below to find the hidden messages about green beans?

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 - Green beans are not a fruit but a _____.)

							E	A	N			A		E			V	E		E		A	B			.	
--	--	--	--	--	--	--	---	---	---	--	--	---	--	---	--	--	---	---	--	---	--	---	---	--	--	---	--

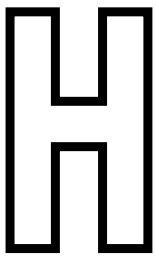
G R E E N B S R A G T L E

Puzzle 2 (Hint - Green beans can grown on _____.)

B	U		H	E			R			N						S	.
---	---	--	---	---	--	--	---	--	--	---	--	--	--	--	--	---	---

S S O L O G V I N E

PUZZLE CREATED BY PUZZLEMAKER AT DISCOVERYEDUCATION.COM

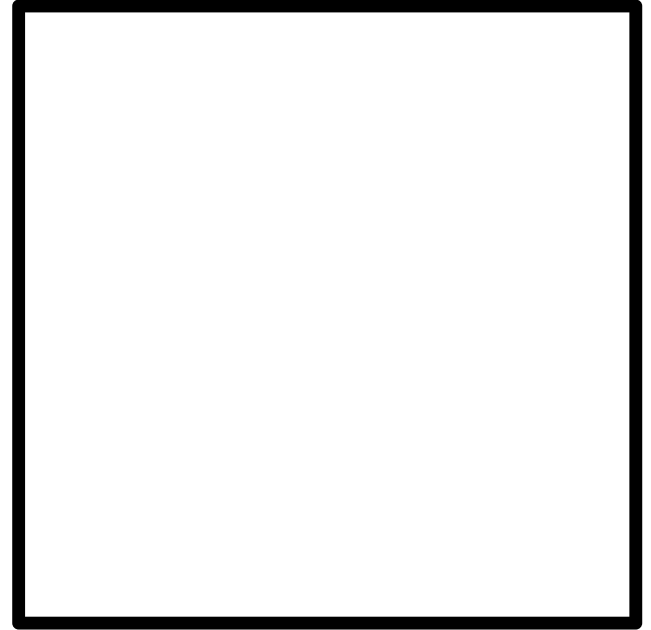
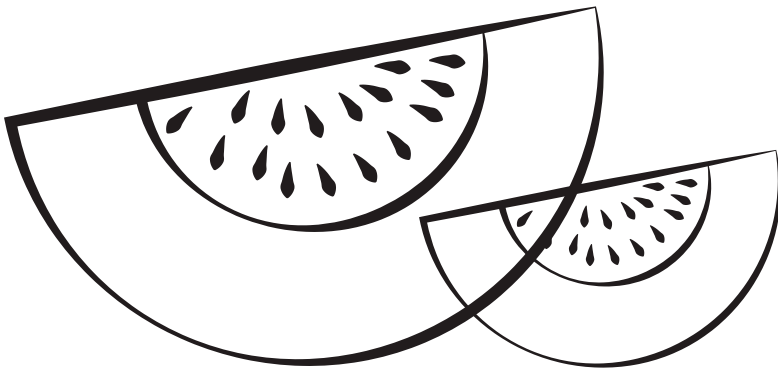


HONEYDEW MELON

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

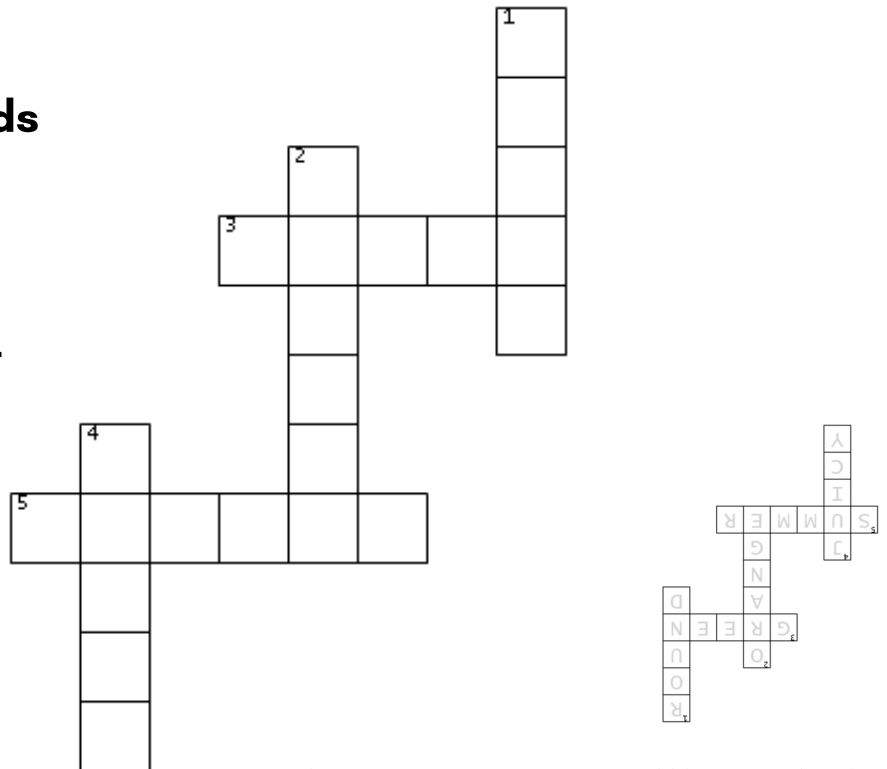
Use the clues to fill in the words
Words can go across or down

ACROSS

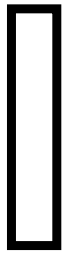
- 3. Honeydew melons are this color
- 5. Melons grow in this season

DOWN

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



PUZZLE CREATED BY PUZZLEMAKER AT DISCOVERYEDUCATION.COM

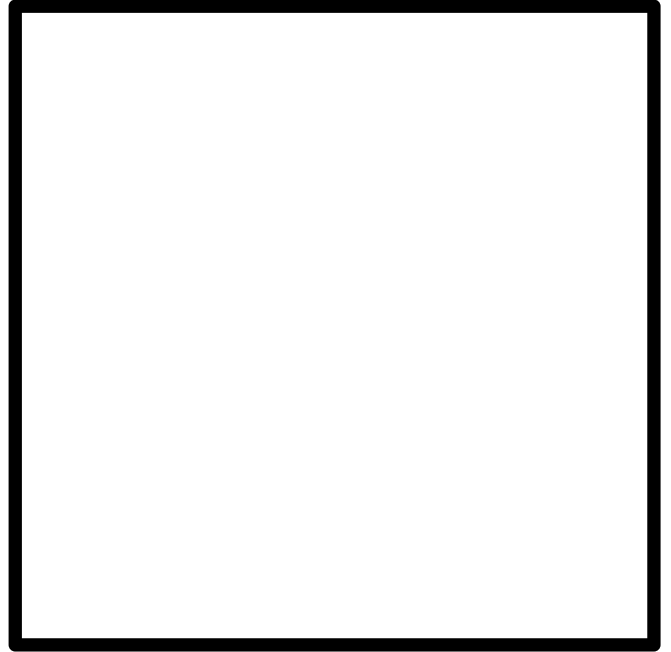
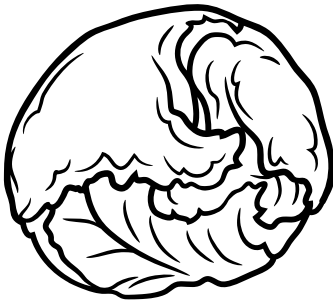


ICEBERG LETTUCE

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



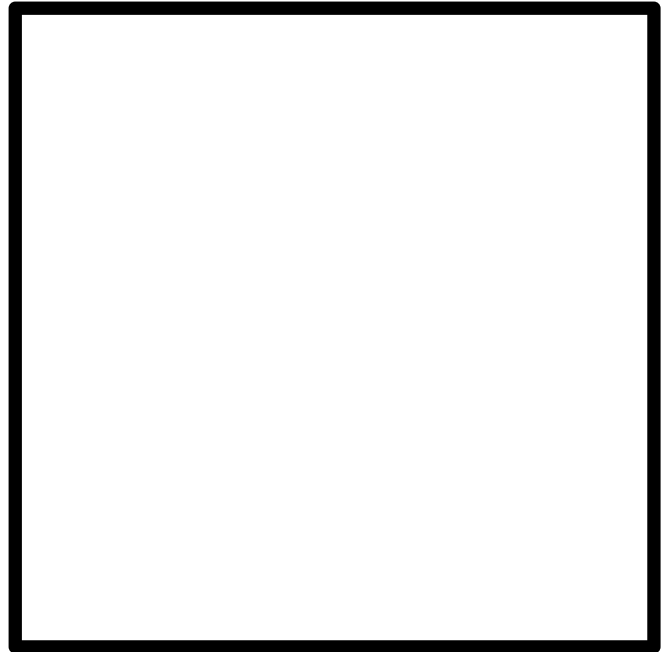
J

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.

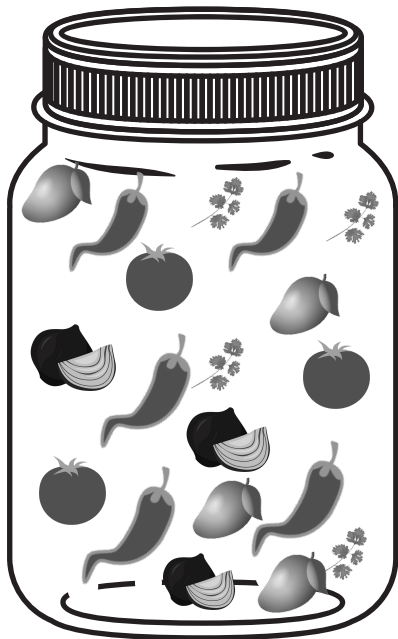
Test your drawing skills!

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!



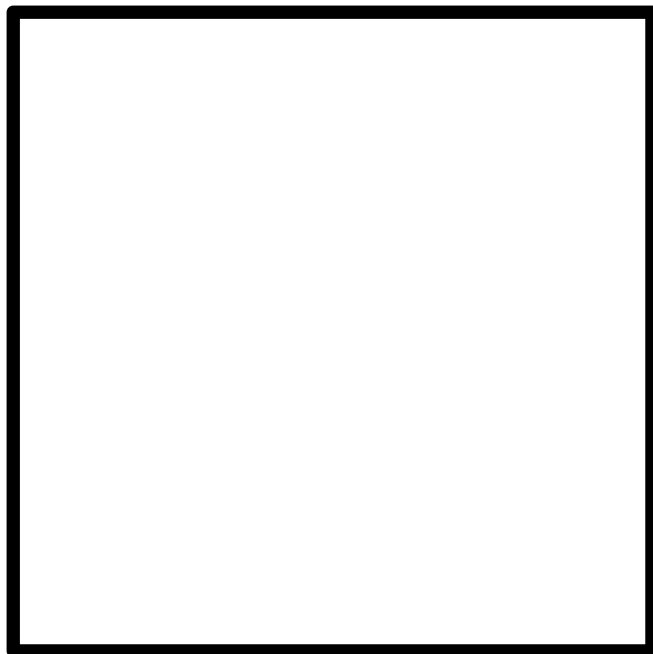
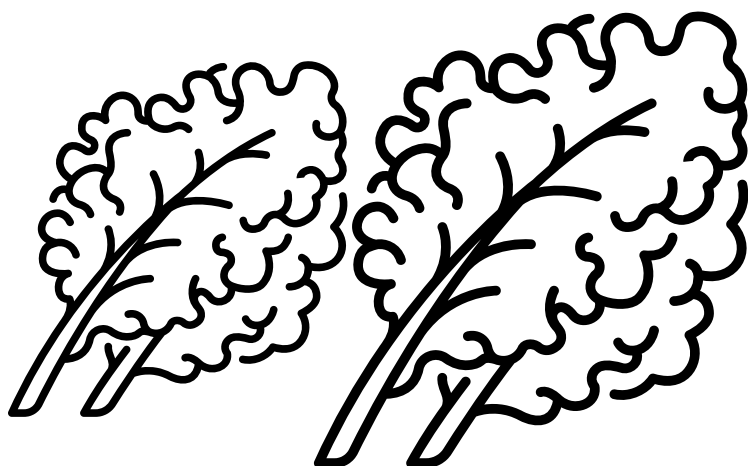
K

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

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.

K

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.



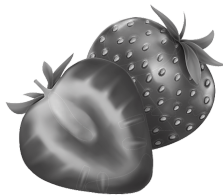
Go mad with toppings!

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



Blueberries

Strawberries



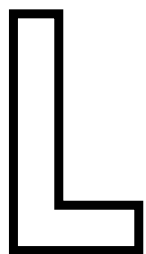
Bananas

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



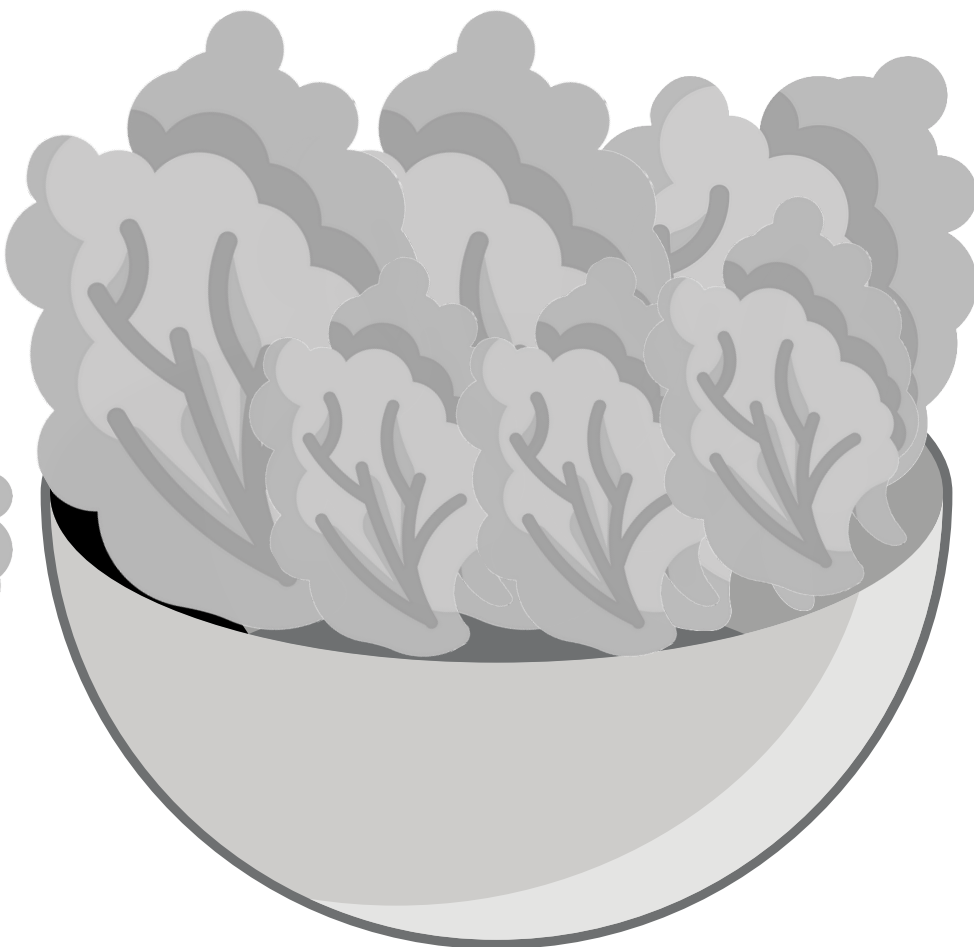
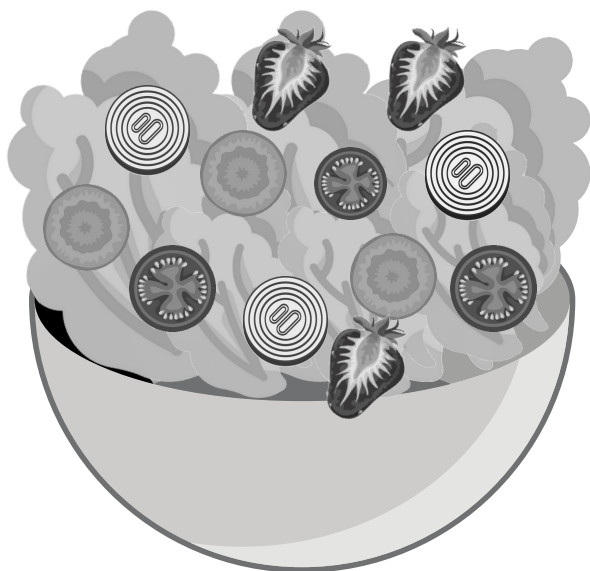
Red onions

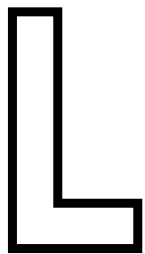


Tomatoes



Carrots



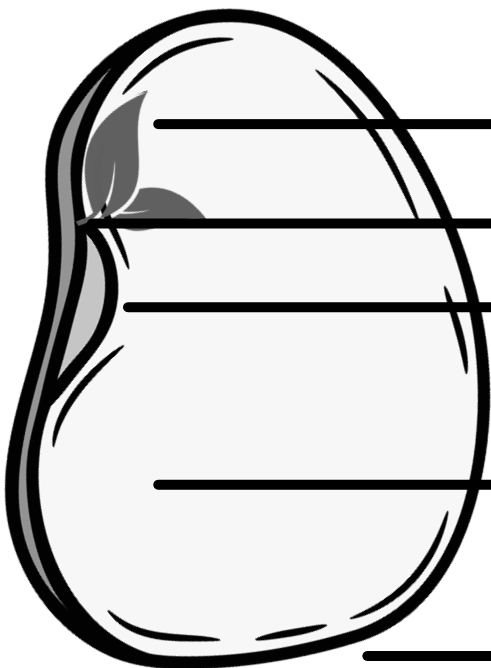


LIMA BEANS

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

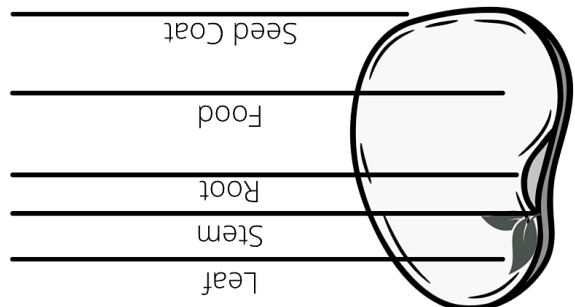
Stem

Leaf

Root

Food

ANSWER KEY:



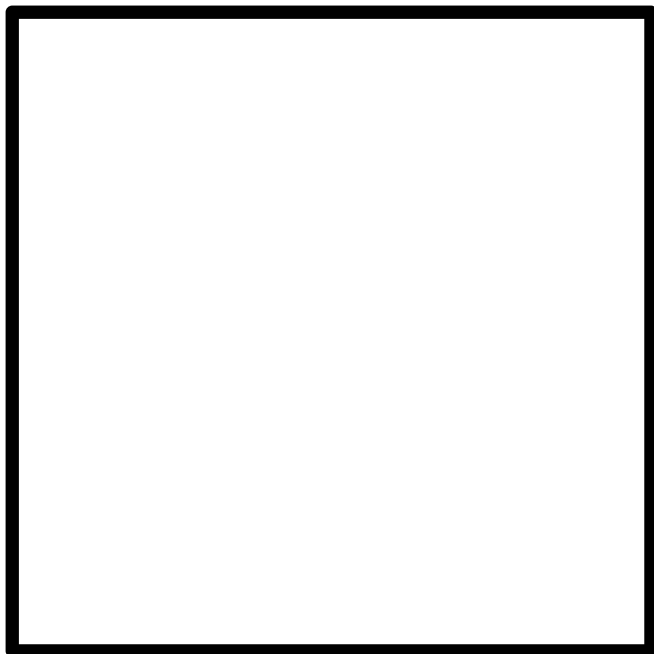
M

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.

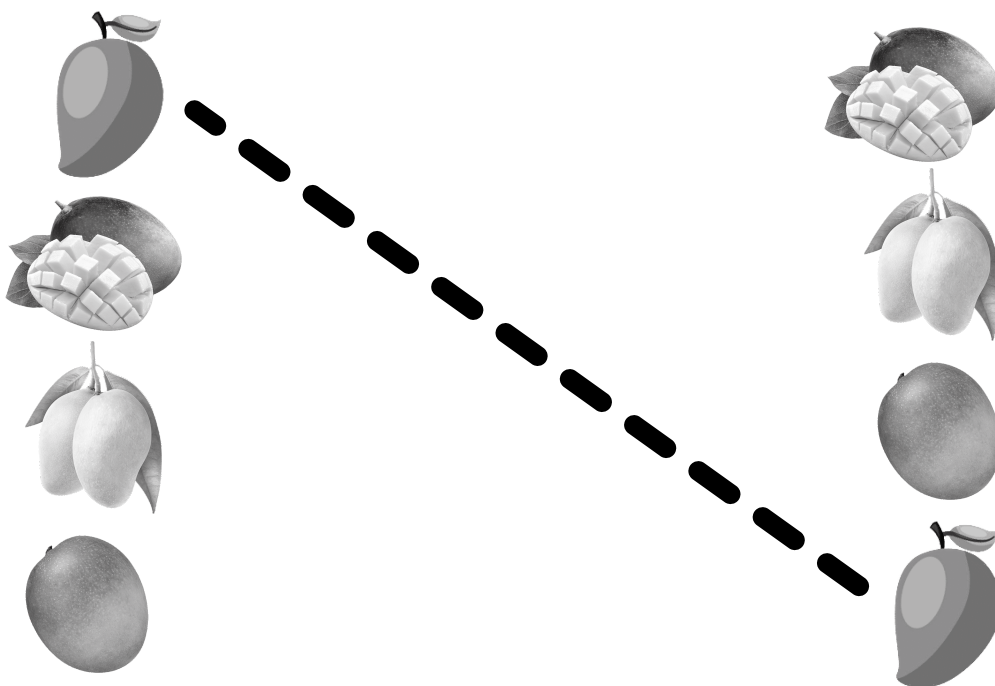
Test your drawing skills!

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.



M

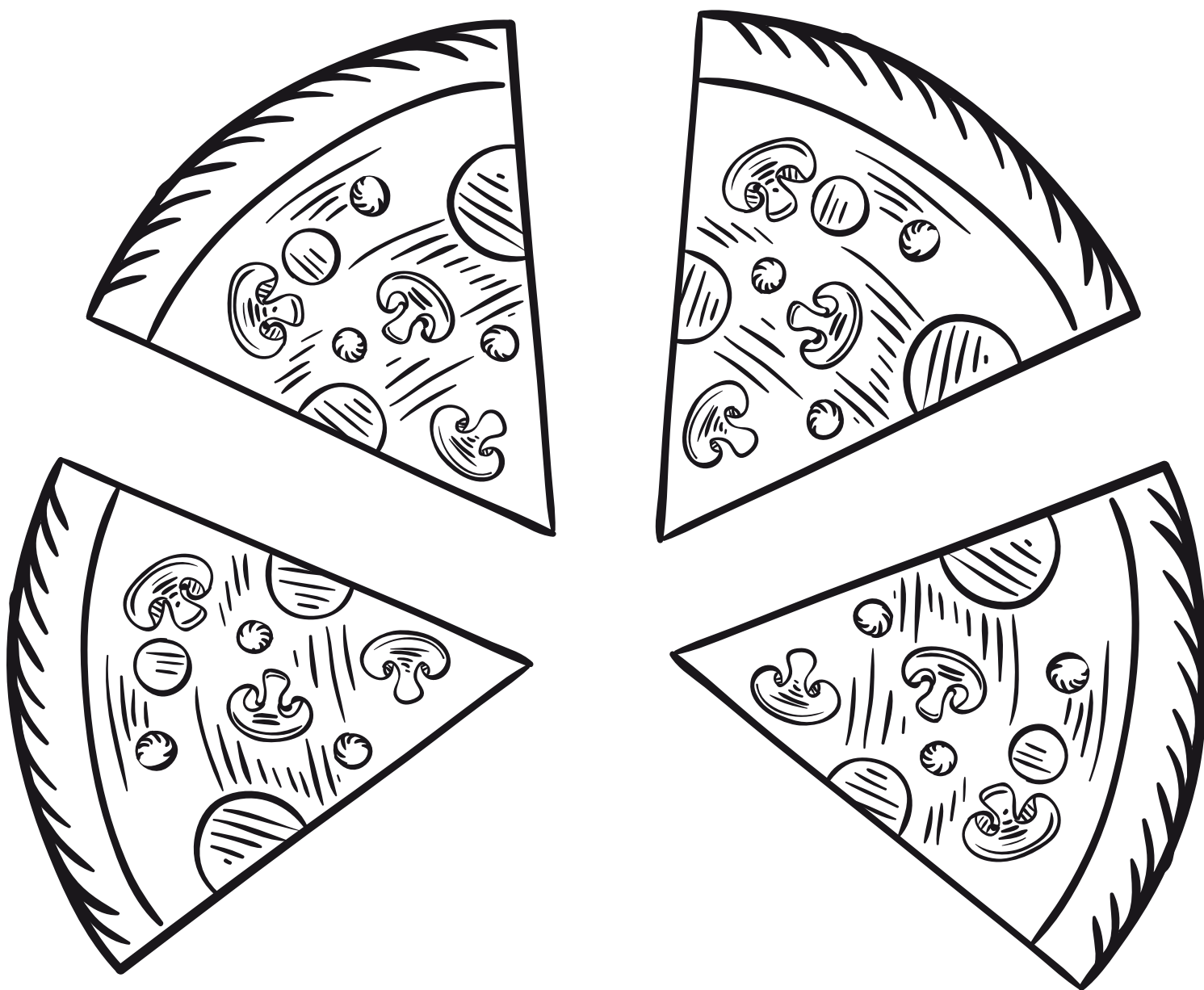
MUSHROOMS

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.

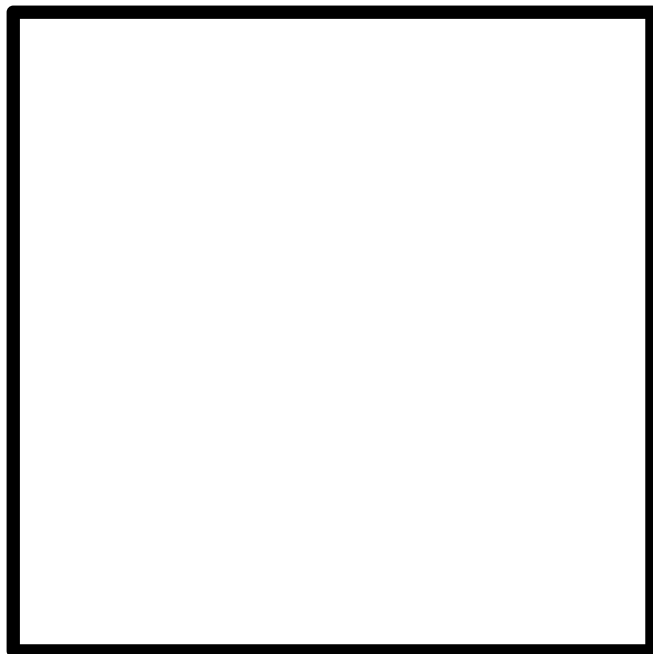
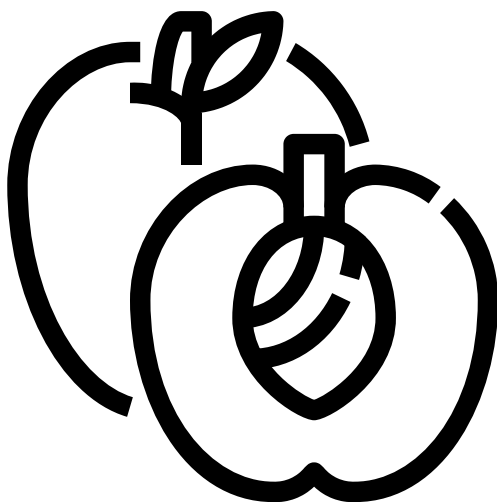
N

NECTARINES

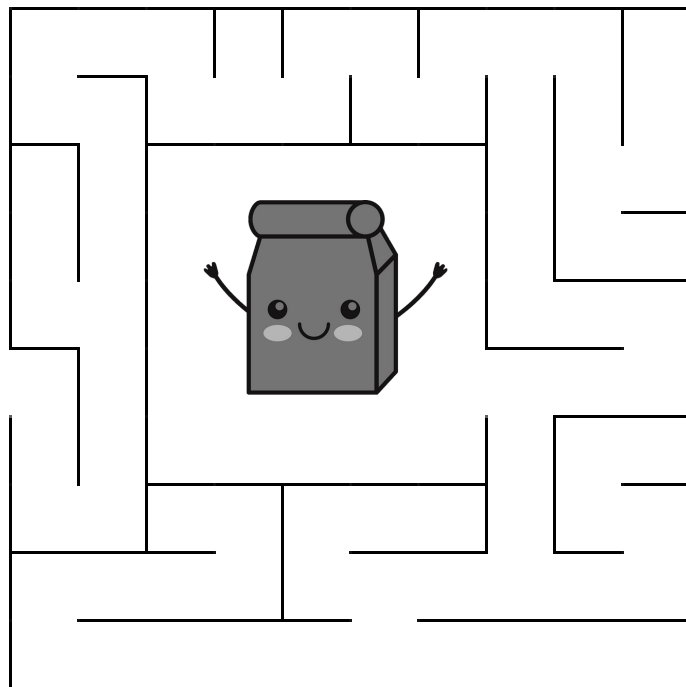
FUN FACT: NECTARINES ARE A TYPE OF PEACH! THEY ARE PACKED WITH VITAMIN C, VITAMIN A, AND FIBER. THESE HELP TO KEEP YOUR IMMUNE SYSTEM STRONG AND YOUR DIGESTIVE SYSTEM HEALTHY.

Test your drawing skills!

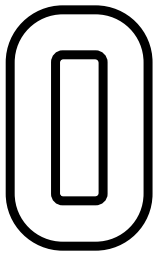
Draw the nectarines in the box to the right. Once you're finished, get creative and color them in!



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



PUZZLE CREATED BY PUZZLEMAKER AT DISCOVERYEDUCATION.COM

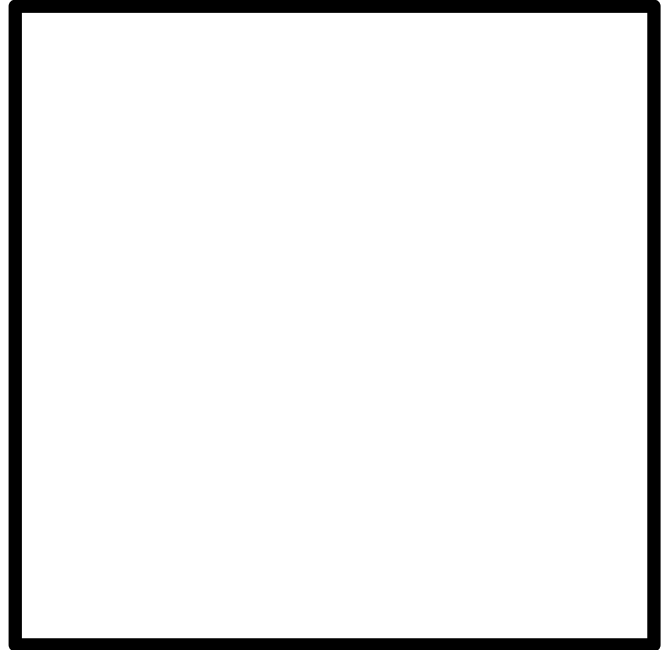
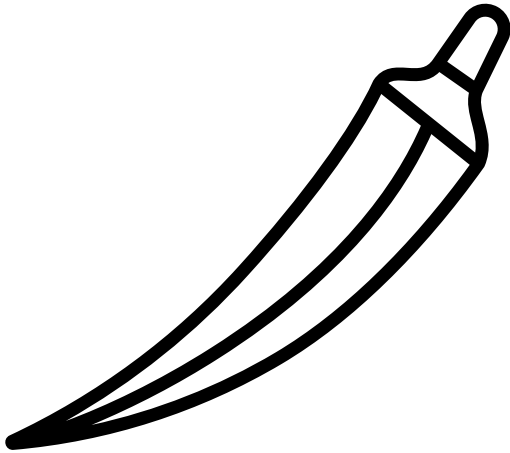


OKRA

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

Test your drawing skills!

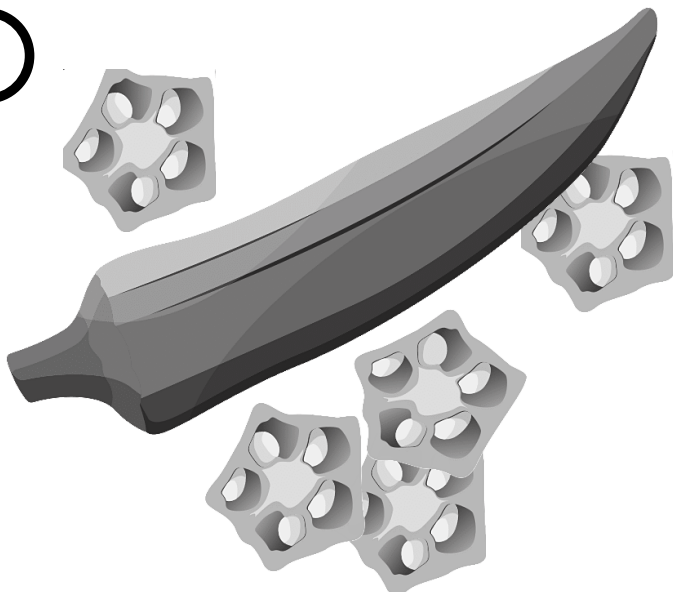
Draw the okra the box to the right. Once you're finished, get creative and color them in!



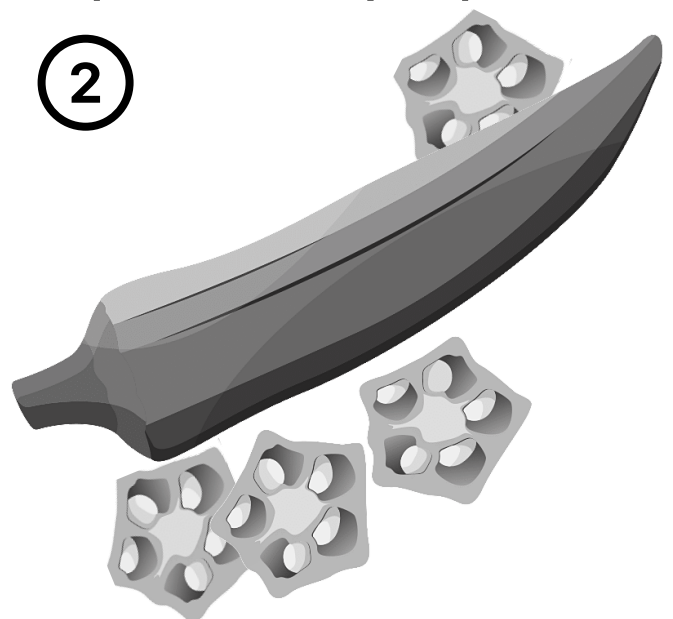
Spot the differences!

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

①



②





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

Puzzle 1 (Hint - Peaches are not a vegetable but a _____.)

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 _____.)

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 _____.)

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

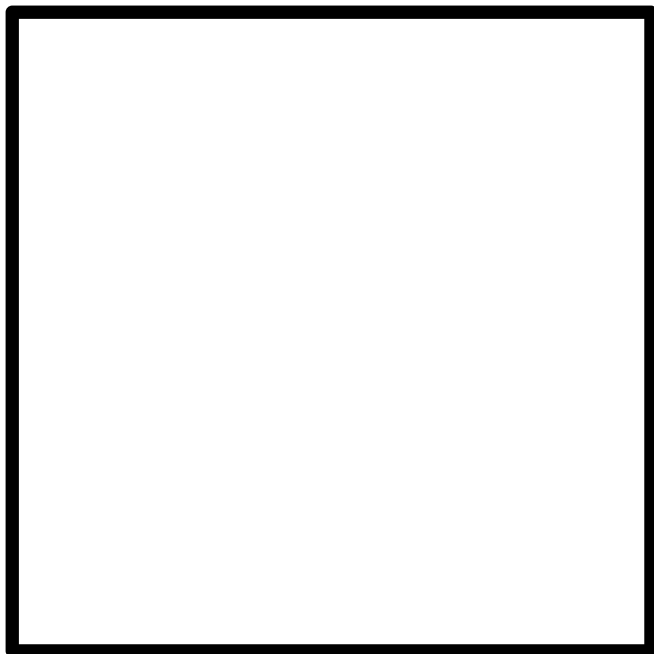
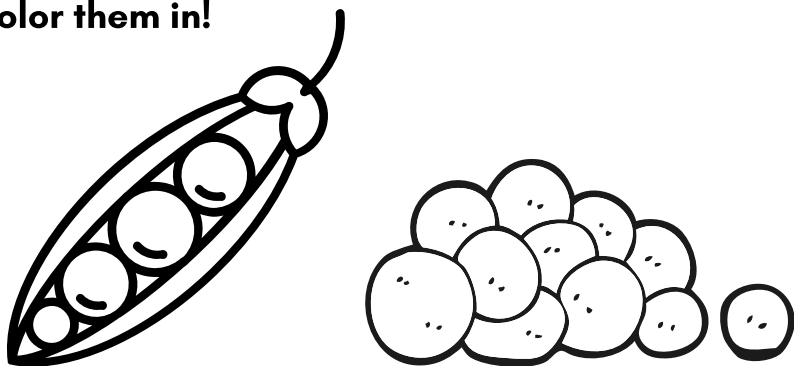
P

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.

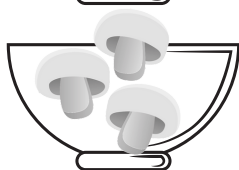
Test your drawing skills!

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

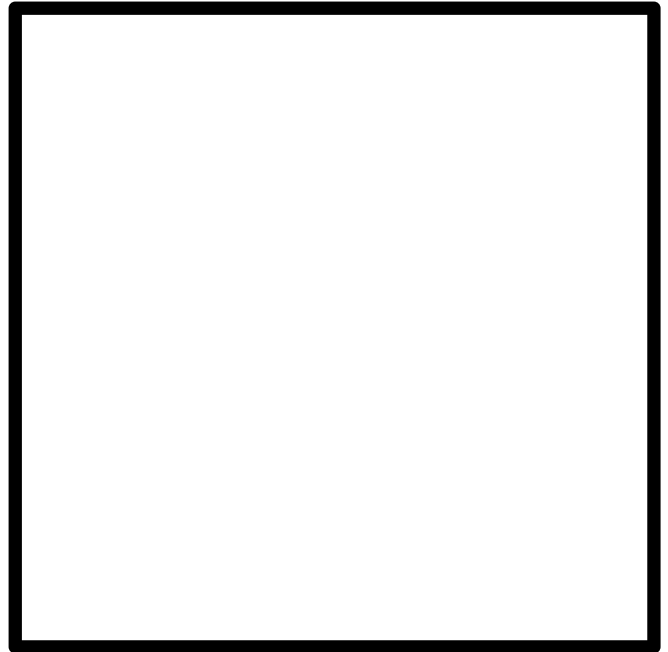
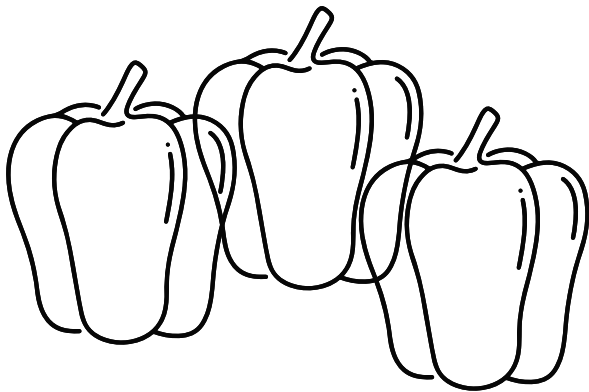
P

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? _____

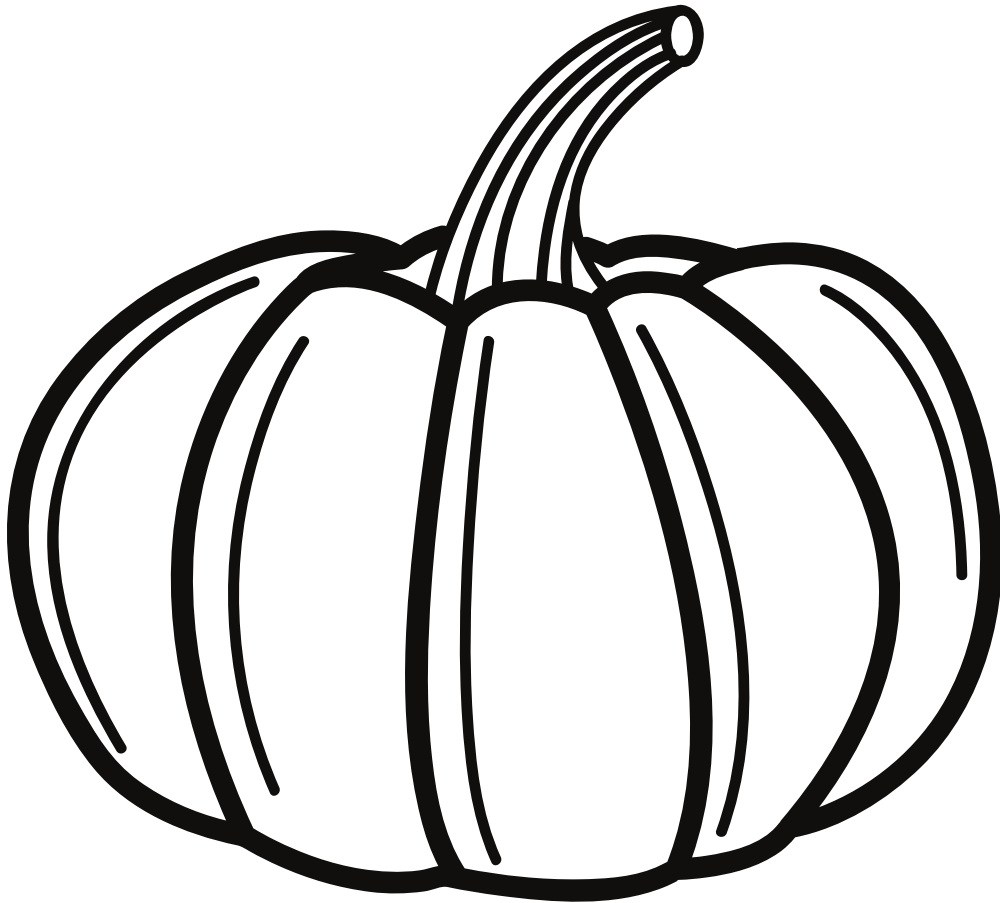
P

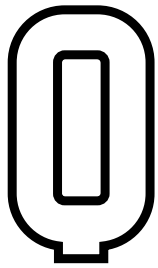
PUMPKINS

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!



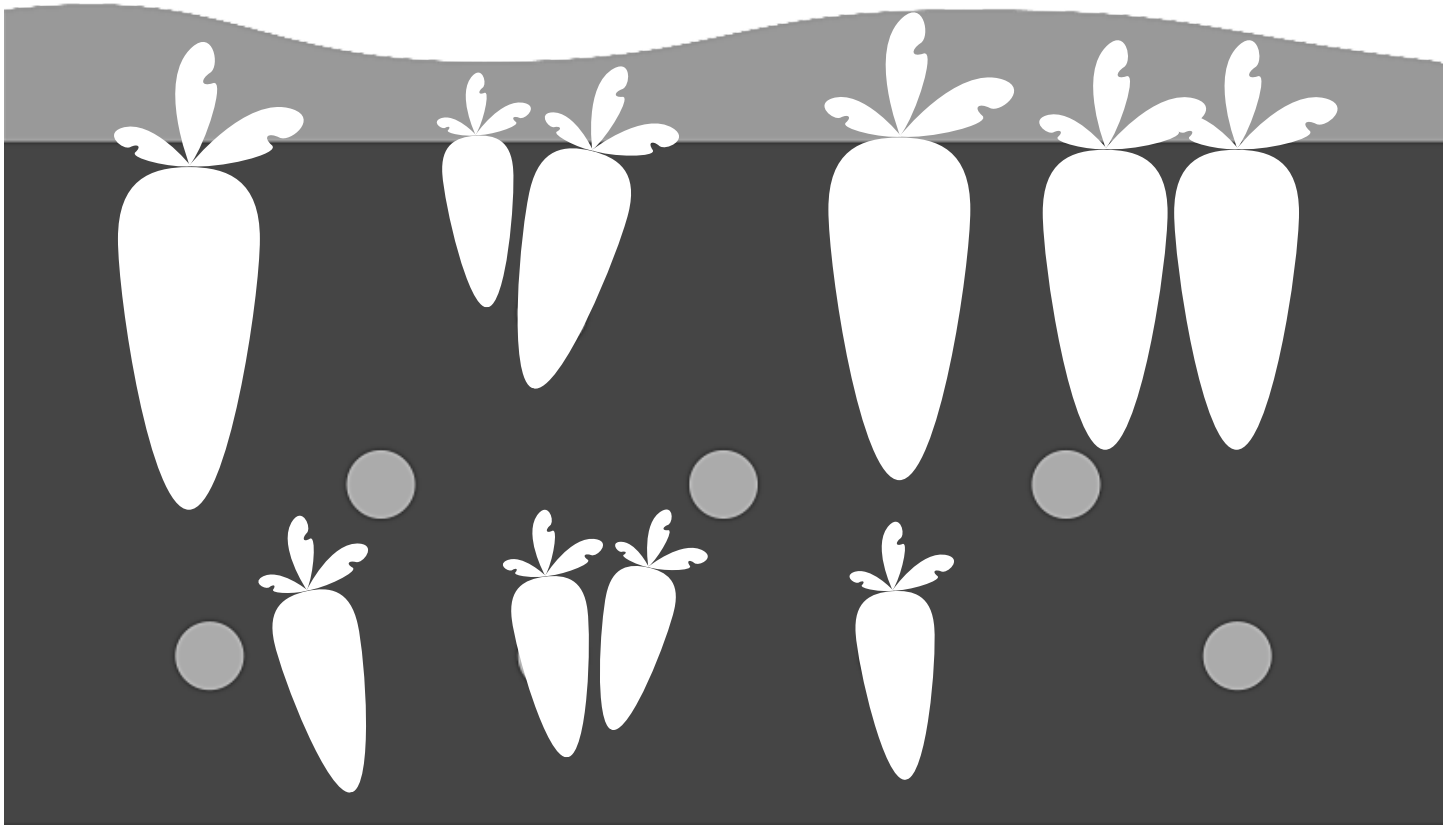


QUIRKY CARROTS

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.



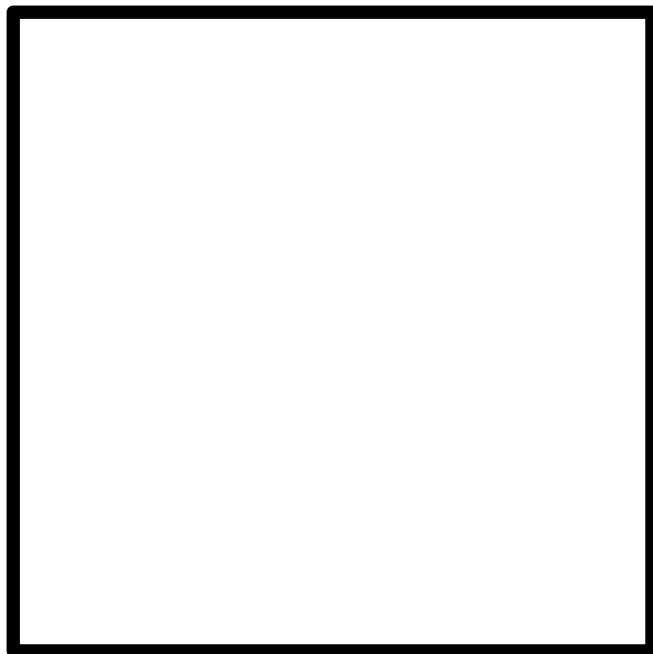
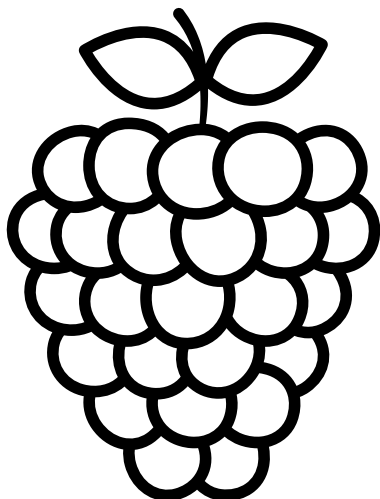
R

RASPBERRY

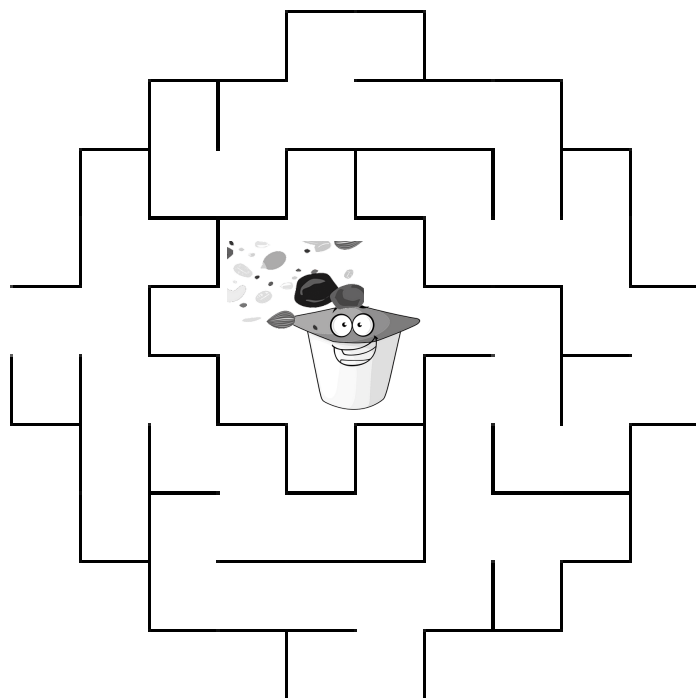
RASPBERRIES HAVE POTASSIUM WHICH HELPS KEEP YOUR HEART HEALTHY. THEY ALSO HAVE MANGANESE, AN IMPORTANT MINERAL FOR GROWING STRONG BONES!

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

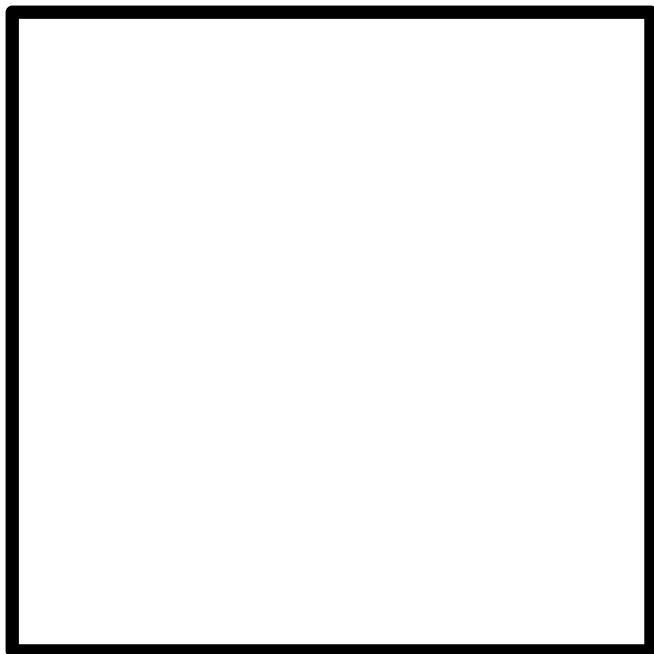
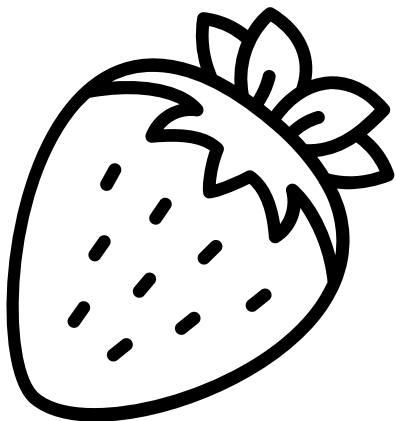
S

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!

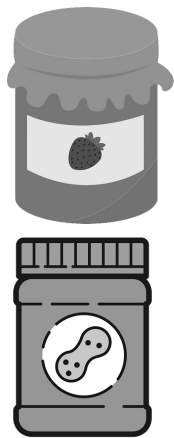
Draw the strawberry in the box to the right. Once you're finished, get creative and color them in!



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



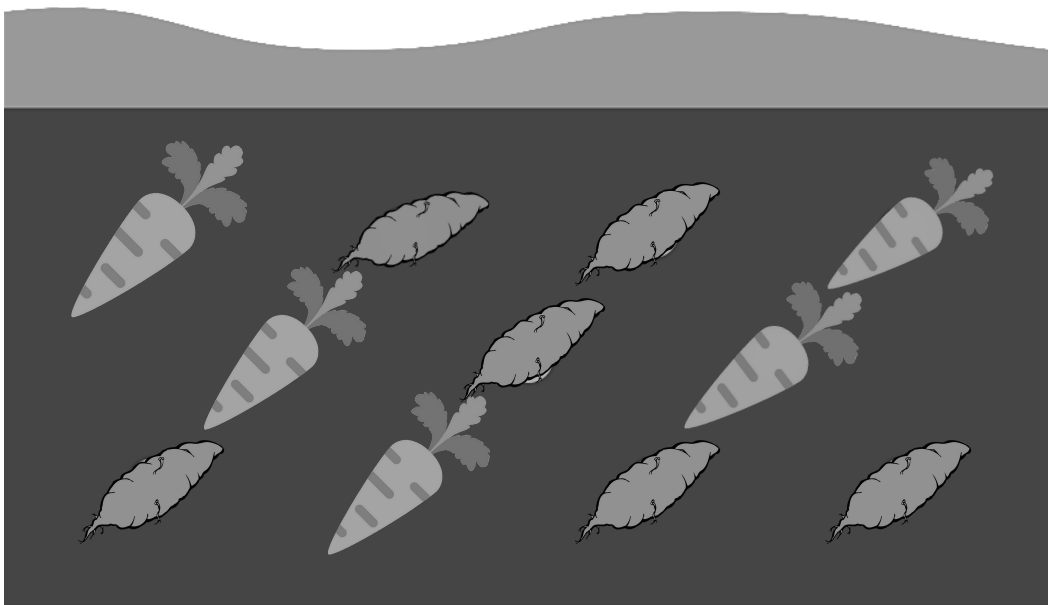
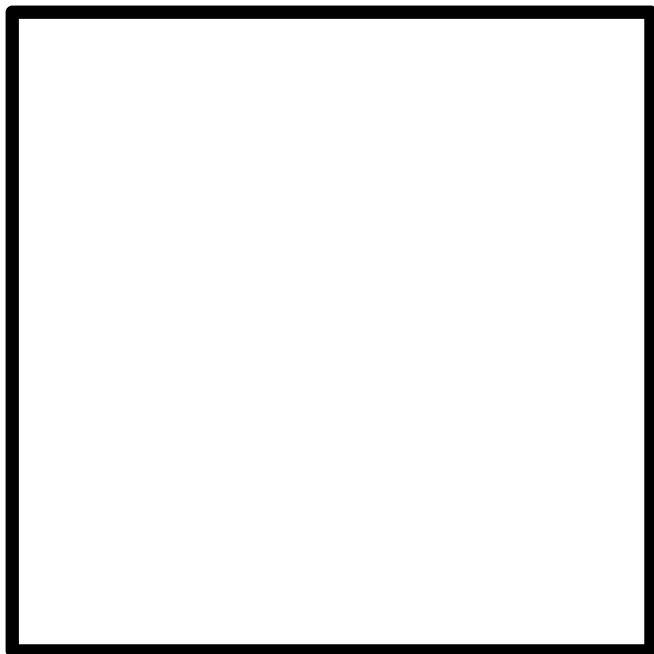
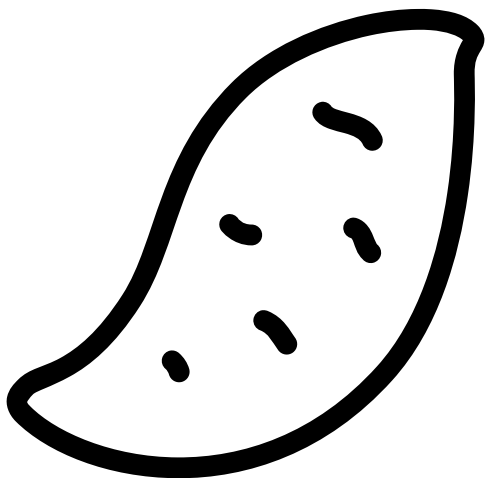
S

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?

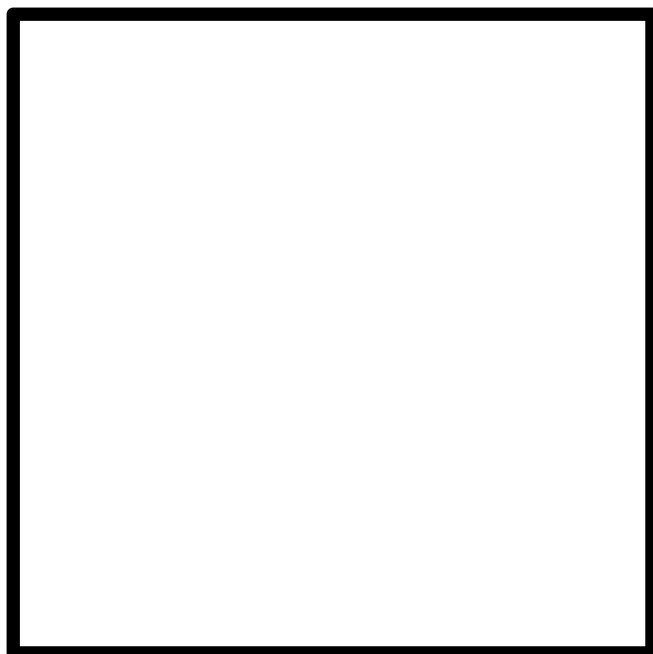
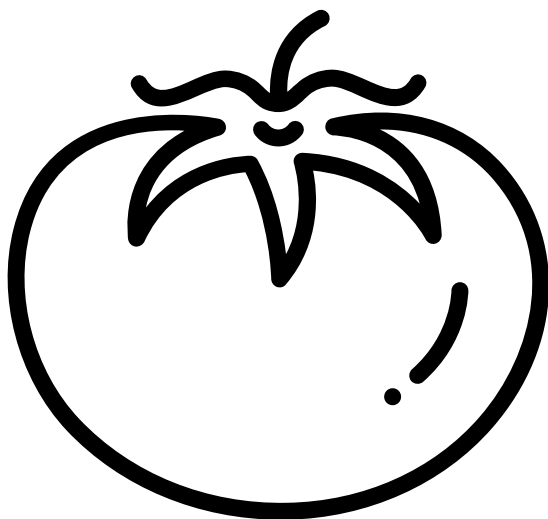
T

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

PUZZLE CREATED BY PUZZLEMAKER AT DISCOVERYEDUCATION.COM

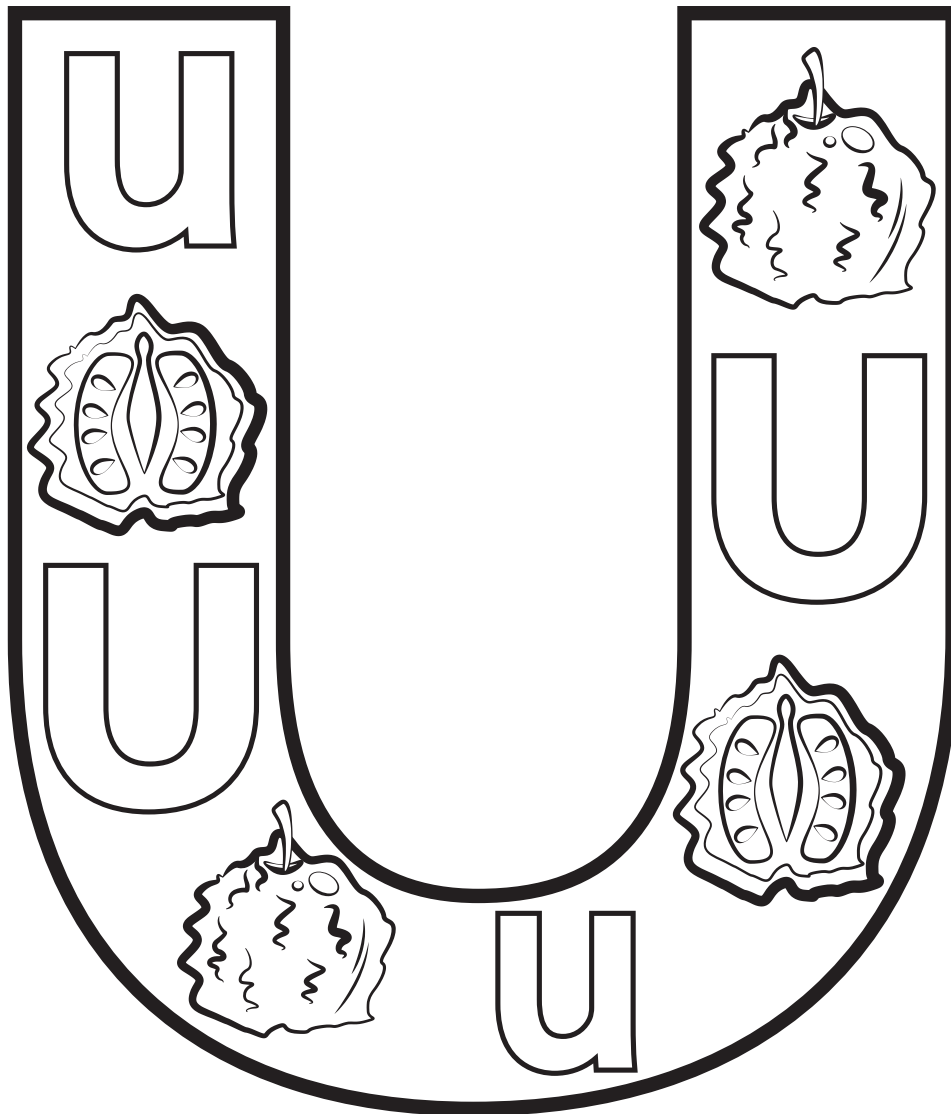
U

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.

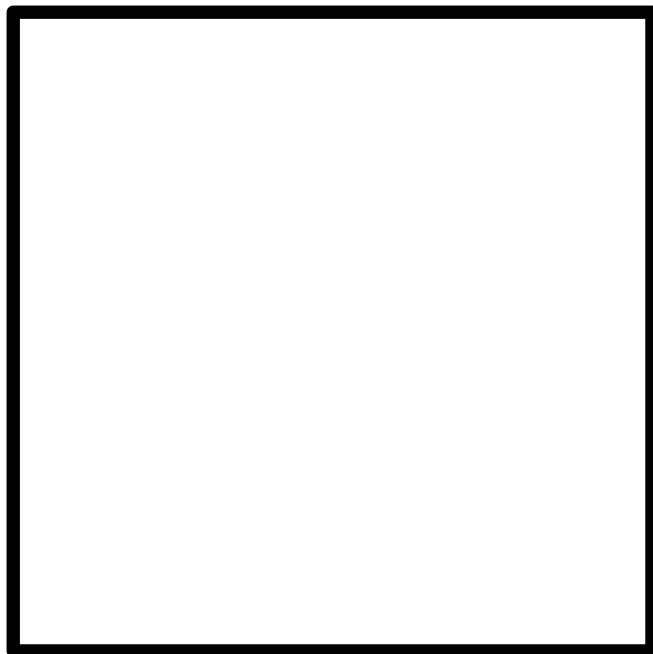
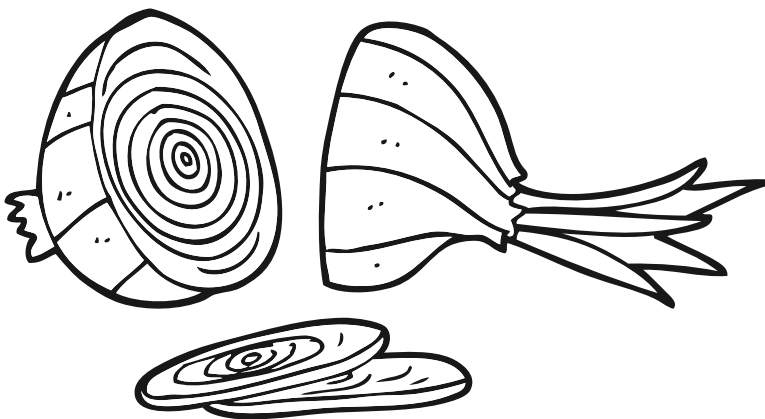


V VIDALIA ONION

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

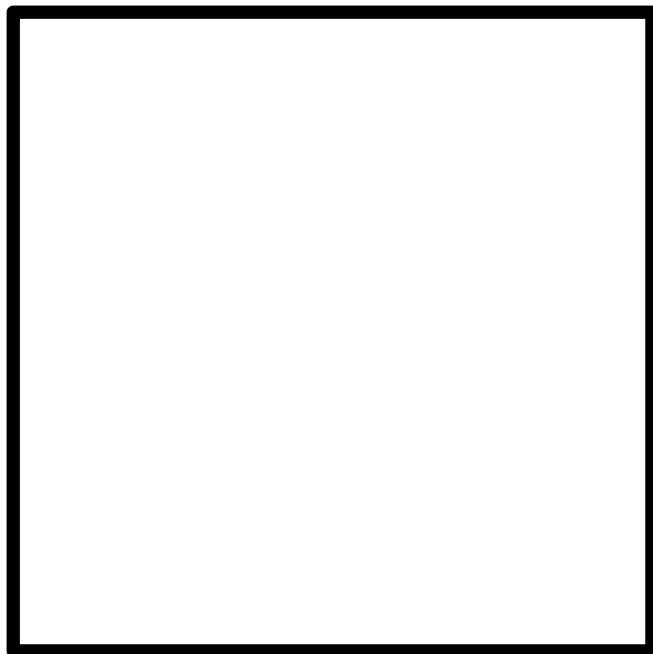
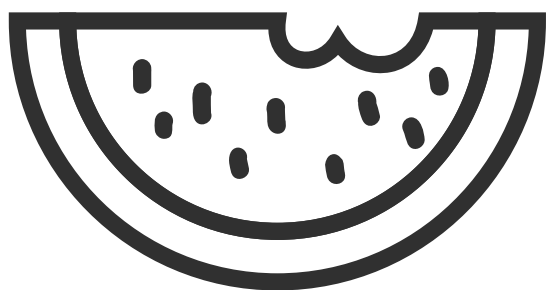
PUZZLE CREATED BY PUZZLEMAKER AT DISCOVERYEDUCATION.COM

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!

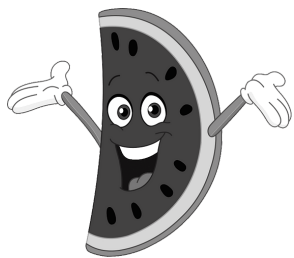
Test your drawing skills!

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

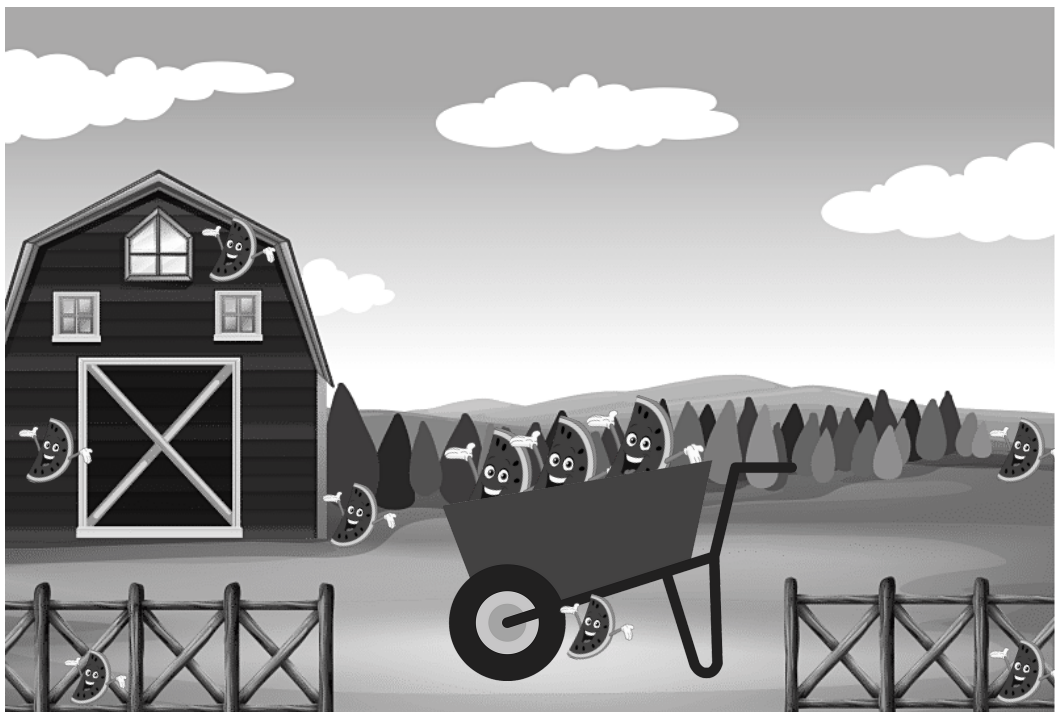


Find Wally!

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



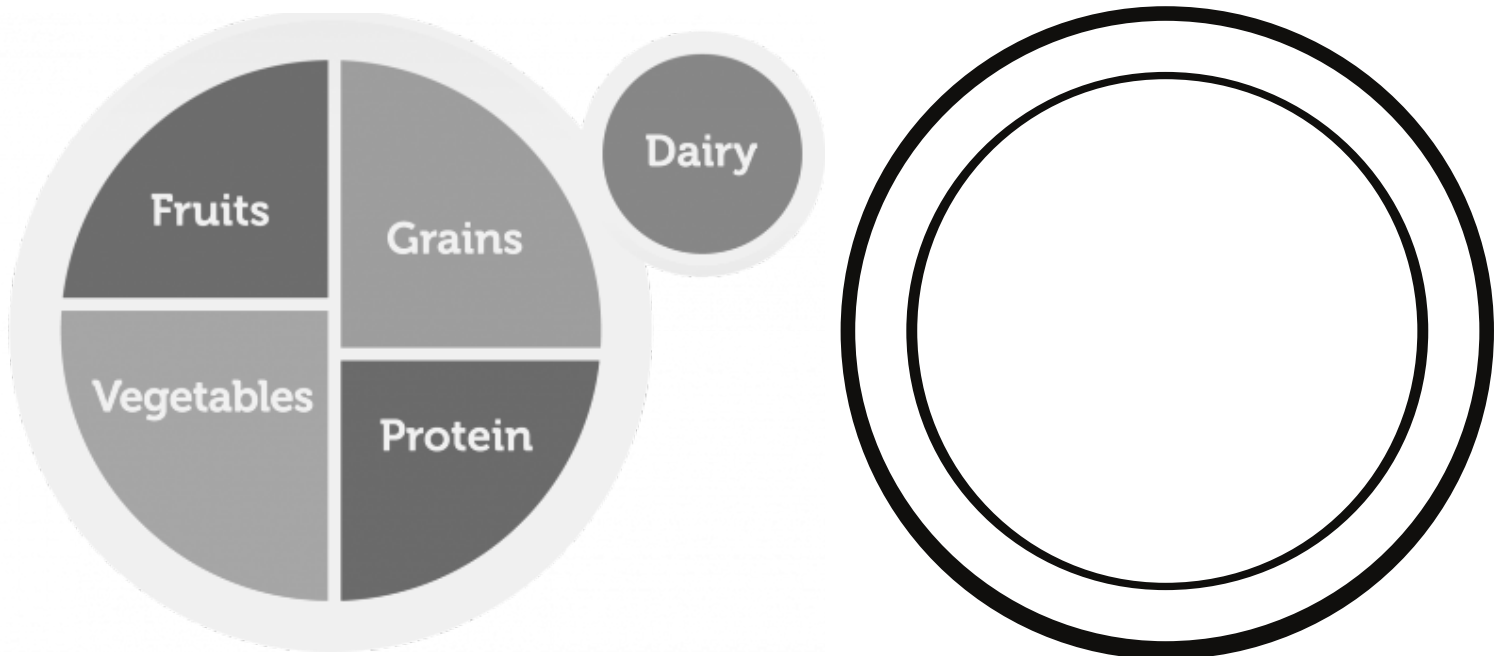
WALLY THE WATERMELON



XTRA DELICIOUS

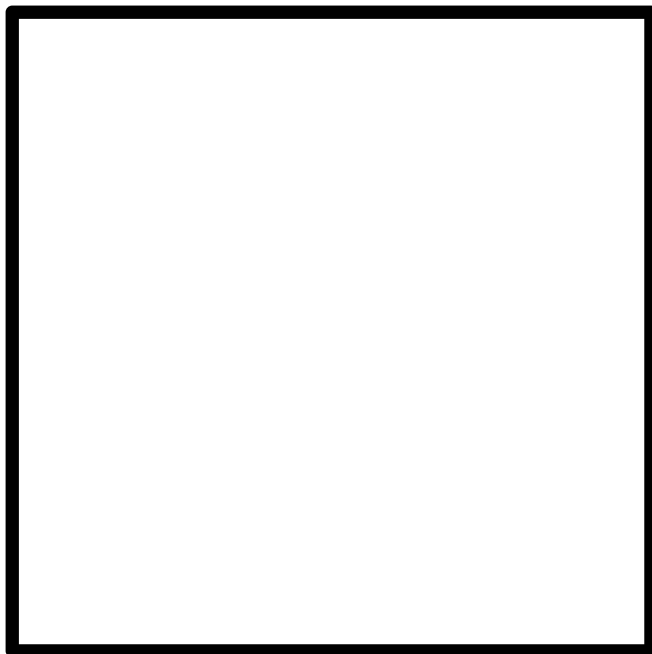
Create Your Plate!

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.



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

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



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

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.**

Z

ZUCCHINI

LIKE YELLOW SQUASH, ZUCCHINI IS HIGH IN VITAMIN C AS WELL AS MANGANESE, WHICH IS A MINERAL THAT HELPS FORM BONE AND OTHER TISSUES.

Crossword Puzzle

Use the clues to fill in the words

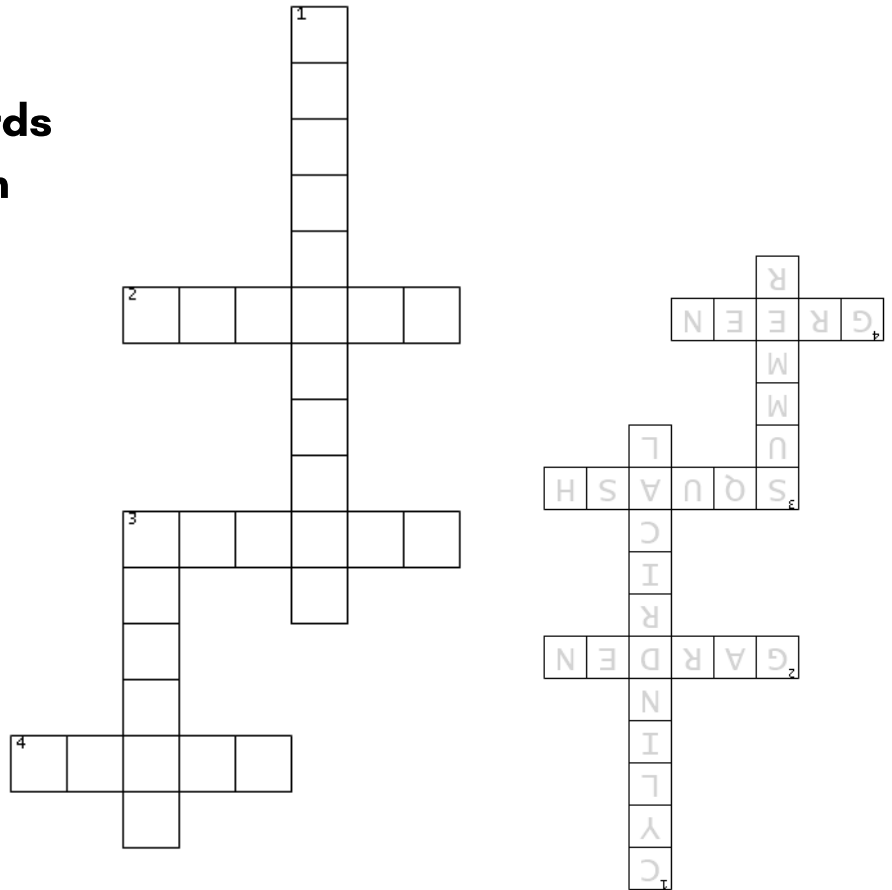
Words can go across or down

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



Fill your basket!

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.

