

# Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

**Find:**

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

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

## Fruit and Vegetable Goals

Name a fruit you would like to try:

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How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

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Name a vegetable you would like to try:

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How will you eat this vegetable? (As a snack, with dip, or for lunch.)

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Adapted from

Team Up At Home Team Nutrition Activity Book

