Let's have FUN with Fruits & Veggies
Activity Booklet TWO

Transform with fruits and veggies!
Color all the letters with only two dots on them, then unscramble them to complete the sentence.

fruits and veggies are cool fuel for your body!

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What is red and goes up and down?

Give this fruit a face.

A tomato in an elevator.

Answer: colorful.
Supermarket Fun!

When you shop with your Mom or Dad, cross off these items as you find them in the store. See if you can cross off your whole card. If you play with a family member or friend, see who can cross off all the items first.

Use a photocopy of this page to play the game.

Give this veggie a face.

How do you tease fruit?
Avocados are nutritious. They are one of the most nutritious fruits. They are a good energy source.

Asparagus comes in green, white and purple. And the white ones are used mainly for canning. They grow on large, pyramid-shaped trees.

An olive tree only lives for 3 years. An olive tree can live for over 1,000 years.

Apples float when dropped into water. They do because they consist of 25% air. It just depends on their variety.

Cucumbers are a great food for travelers. Thirsty travelers need water. Cucumbers are 96% water.

Raisins are made from oranges. They are made by drying grapes.

Bananas come in green and red colors. It just depends on their variety.

What’s the smallest room in the world?

A mushroom.
Avocados are nutritious. They are one of the most nutritious fruits. They are a good energy source. They grow on large, pyramid-shaped trees.

Asparagus comes in green, white and purple. And the white ones are used mainly for canning.

Pears grow underground like potatoes. An olive tree only lives for 3 years. An olive tree can live for over 1,000 years.

What do you call two banana skins? Slippers.
Each item represents a number. Find the correct item to go in each empty square, so that the numbers in each row, column and diagonal line add up to the same number.

Give this fruit a face.

How did the farmer mend his pants?

With cabbage patches.
Can you guess which part of the fruit or vegetable plant is shown below? Circle the correct answer under each one.

**Puzzle Part:**

Circle the correct answer under each one.

1. **Asparagus**
   - root
   - stem
   - fruit
   - leaf
   - flower

2. **Dried Plums**
   - root
   - stem
   - fruit
   - leaf
   - flower

3. **Lettuce**
   - root
   - stem
   - fruit
   - leaf
   - flower

4. **Green Pepper**
   - root
   - stem
   - fruit
   - leaf
   - flower

5. **Spinach**
   - root
   - stem
   - fruit
   - leaf
   - flower

6. **Potatoes**
   - root
   - stem
   - fruit
   - leaf
   - flower

7. **Orange**
   - root
   - stem
   - fruit
   - leaf
   - flower

8. **Broccoli**
   - root
   - stem
   - fruit
   - leaf
   - flower

**Answers:**

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**Give this veggie a face.**

Why did the orange go to the doctor? Because it wasn’t feeling well.
What kind of bean doesn’t grow in a garden?

A human bean.

Fruits and veggies...

Mixed Up Mushrooms

Find the four mushrooms that are exactly the same. Then use their letters to complete the message.

S O C
E K T
R N A

There are over 250 edible mushrooms throughout the world!

Answers: rock.