

Red Fruit Word Search

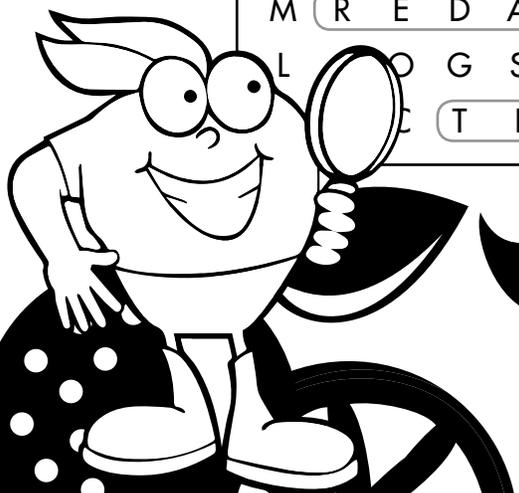
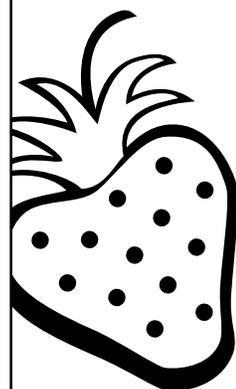
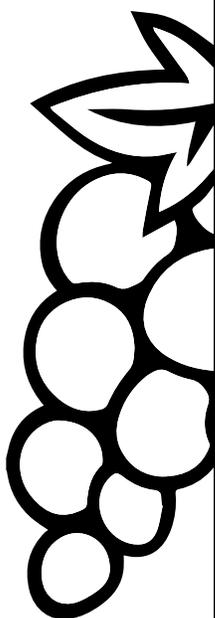
Can you find the names of the ten red fruit hidden in this word search puzzle?

Search up, down, left right, and diagonally to find the names of the ten hidden red fruit listed below:

BLOOD ORANGES
CHERRIES
CRANBERRIES
PINK GRAPEFRUIT

POMEGRANATES
RASPBERRIES
RED APPLES
RED GRAPES

STRAWBERRIES
WATERMELON



Red Vegetables Word Jumbles

Raoul needs your help to unscramble the names of these red vegetables.

DRE LBEL EPRPSEP should be R E D B E L L P E P P E R S

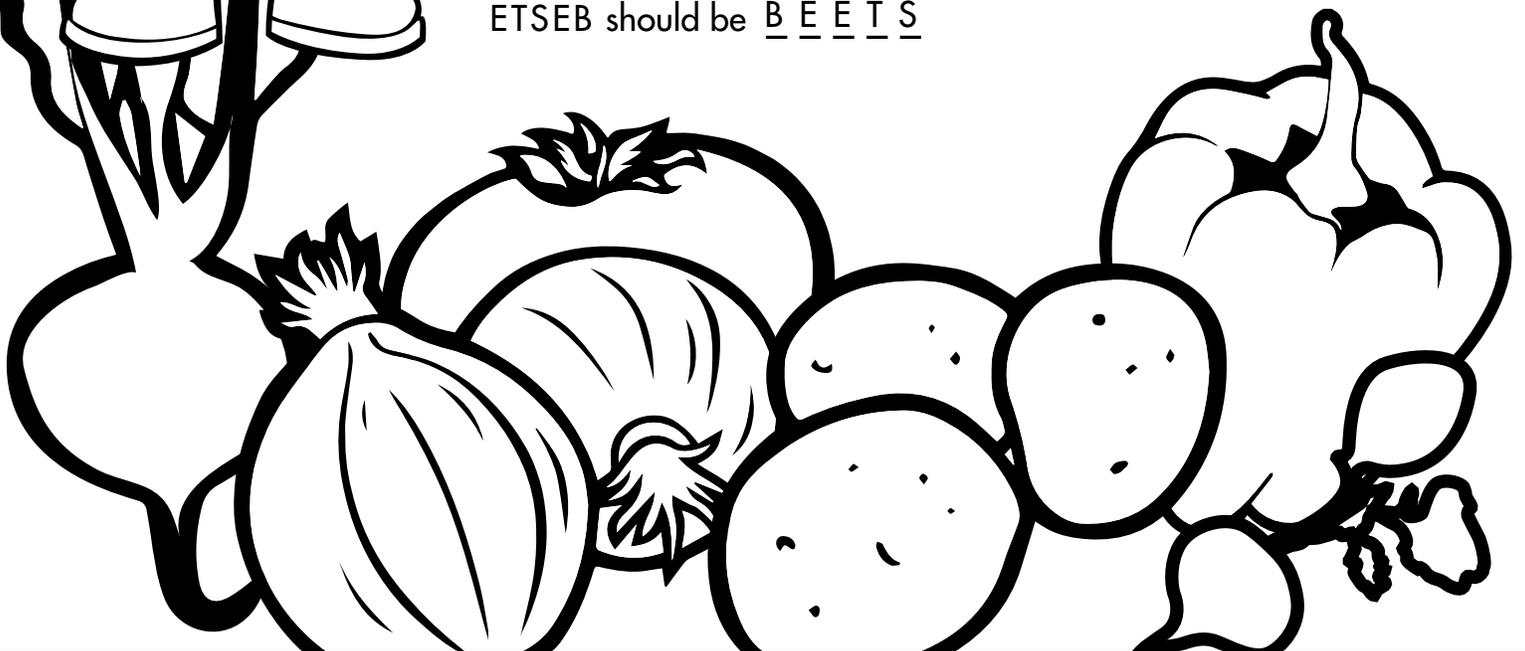
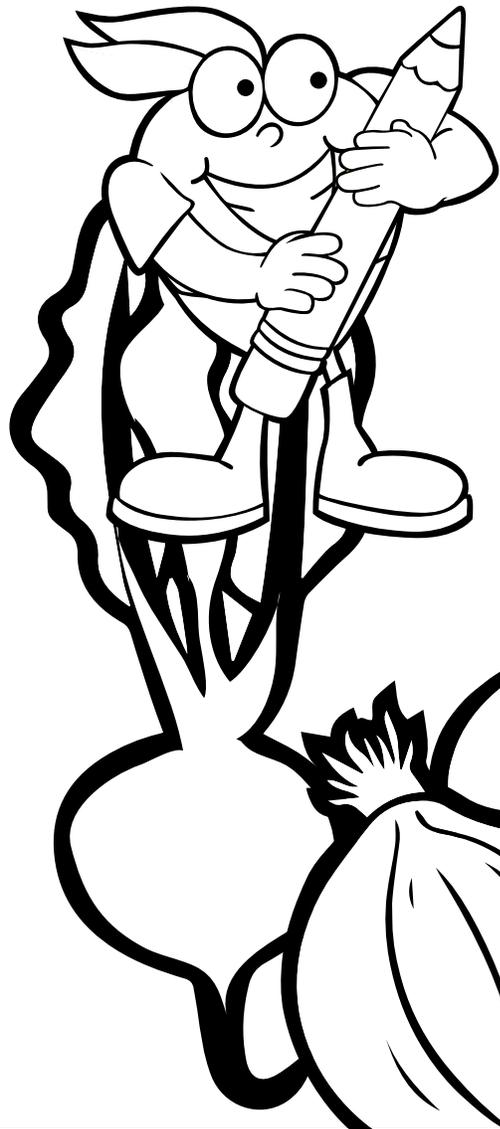
DER NNOISO should be R E D O N I O N S

MTESOOAT should be T O M A T O E S

ERD ASOTEOPT should be R E D P O I A I O E S

ISRHAEDS should be R A D I S H E S

ETSEB should be B E E T S

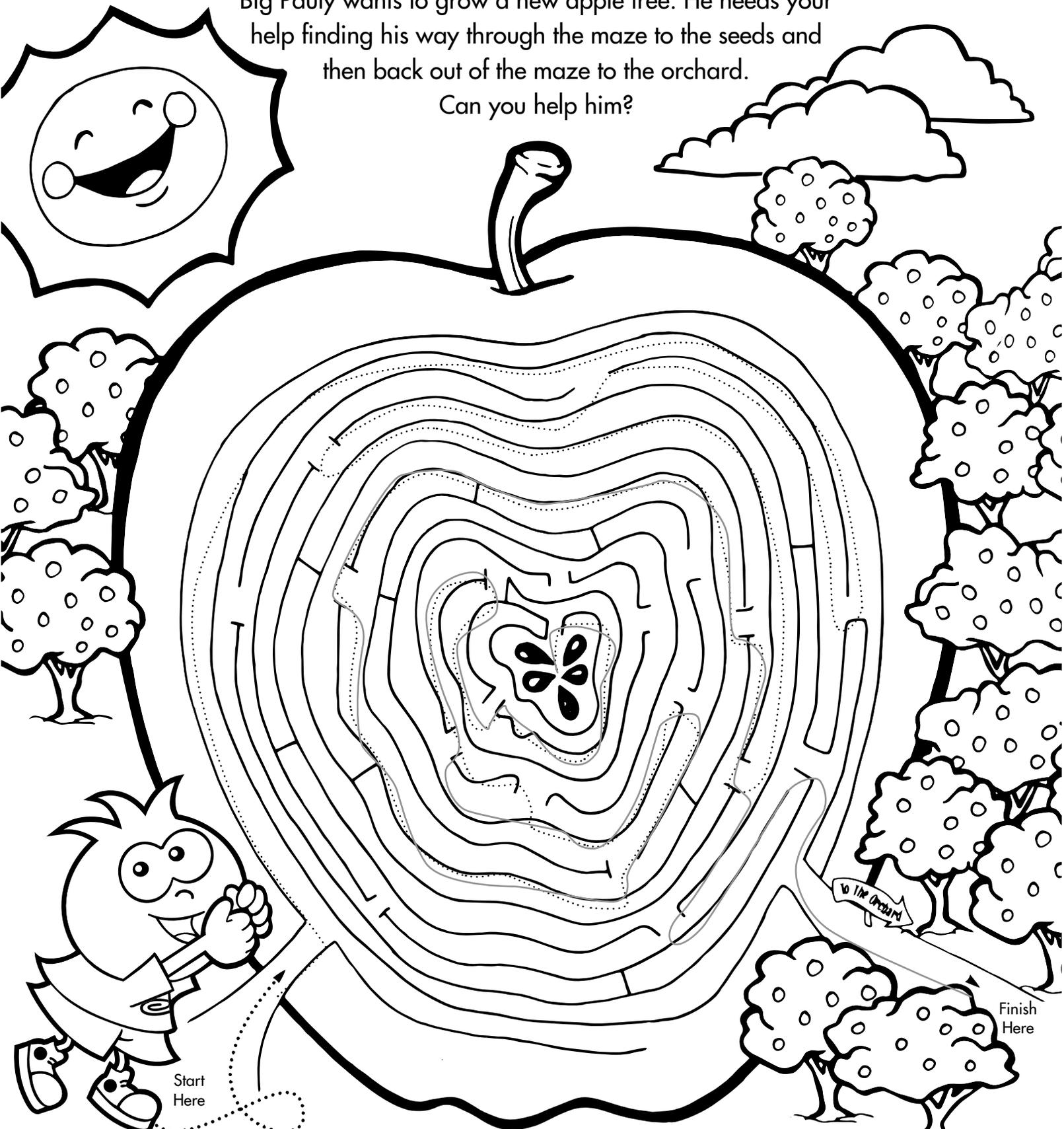


Did you know . . . Some red vegetables, like red-skinned potatoes, are only red on the outside while other red vegetables, like tomatoes, are red all the way through.

Apple Maze

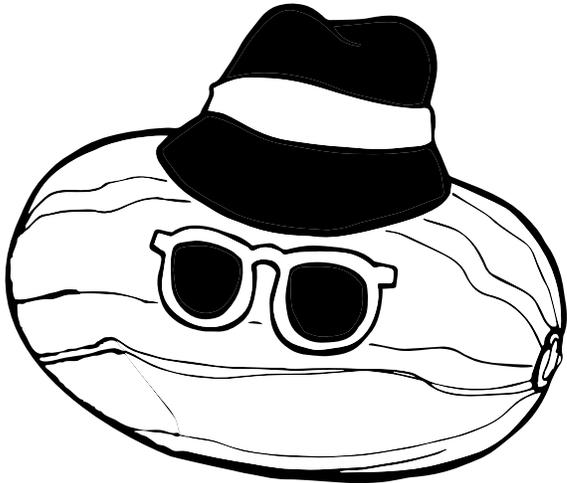
Big Pauly wants to grow a new apple tree. He needs your help finding his way through the maze to the seeds and then back out of the maze to the orchard.

Can you help him?

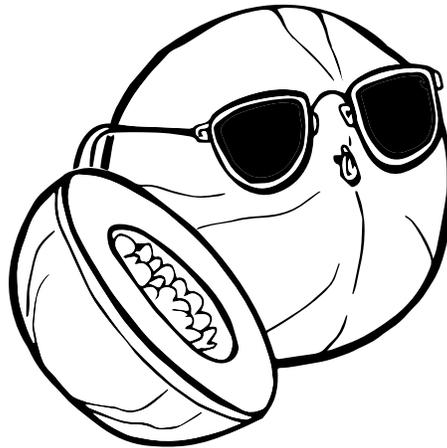


Melon Mysteries

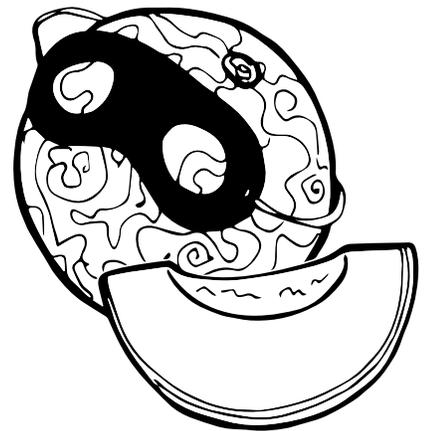
Use the clues below each picture to match each melon to its name.



"I'm red inside and sometimes I have lots of flat black seeds. My vitamins A & C are very good for you, and rain 'WATER' is very good for me."



"I'm very sweet and green all over. I'm full of vitamin C. People really 'DO' love me!"



"Inside, I'm orange. Outside I have rough skin. Vitamins A & C are in me! You CAN'T beat my flavor!"

HONEYDEW

CANTALOUPE

WATERMELON

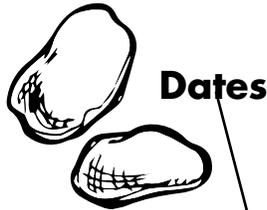
Did you know . . .

Melons are in the same family as squashes, pumpkins, and cucumbers.

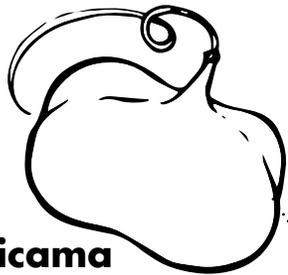
Matching Game



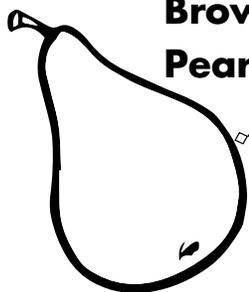
Help Winonna match the pictures with their descriptions.



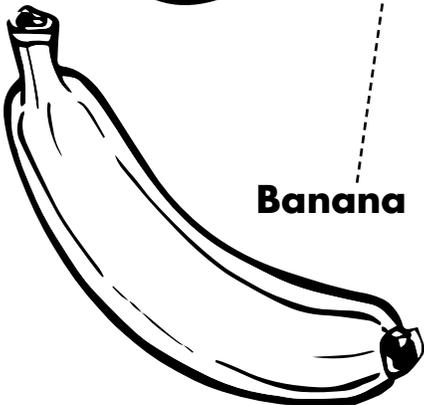
Dates



Jicama



Brown Pear



Banana

This sweet white fruit with a yellow peel is the most popular fruit in the United States.

This white vegetable is related to broccoli, kale, cabbage, and Brussels sprouts.

This white fruit has an orange cousin. Both varieties grow on trees.

This white root vegetable is great, baked or mashed.

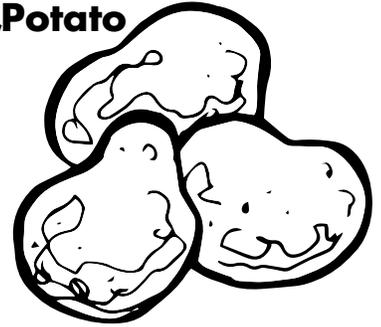
This white fruit has a very thin brown peel and crunchy, sweet white flesh.

This crunchy white vegetable can be eaten raw or cooked. It is sometimes called the "Mexican potato."

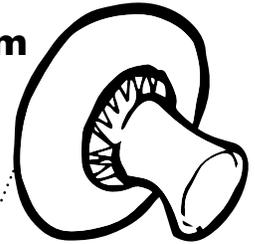
These small brown fruit have smooth, edible skin and are very sweet. Each fruit has a single pit.

There are many varieties of this white vegetable including button, shitake, and portobello.

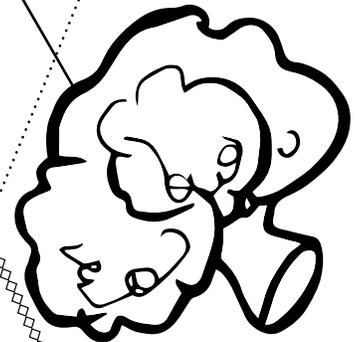
Potato



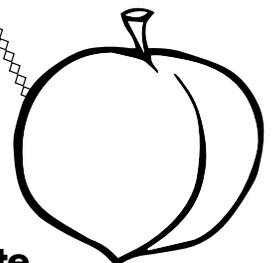
Mushroom



Cauliflower



White Peach



"Berried" Treasure

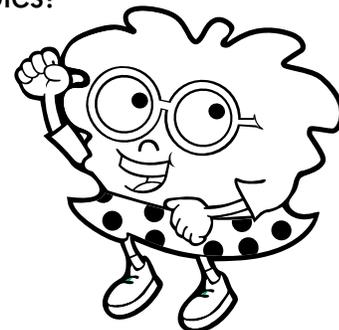
Berries are bursting with color and nutrients. How many berries can you find in this picture?
Look for blueberries, cranberries, raspberries, and strawberries.



Greta's Trivia Challenge

Greta wants to test your knowledge of fruit and vegetables!

See how many of the following answers you know.



- How many seeds are on the outside of a strawberry?
a) 100
b) 200
c) 300
d) 400
- When you eat spinach, what part of the plant are you eating?
a) roots
b) stem
c) leaves
d) seed pod
- What is the green, leafy top of a pineapple called?
a) crown
b) tiara
c) hat
d) cap
- How many plums does it take to make one serving of fruit?
a) one
b) two
c) three
d) four
- What is the most popular fruit in the United States?
a) apple
b) orange
c) banana
d) grapes
- How long does it take to grow a pineapple?
a) 6 months
b) 12 months
c) 18 months
d) 24 months
- What is the most popular vegetable in the United States?
a) broccoli
b) potato
c) carrots
d) Brussels sprouts
- Which U.S. state produces the most apples each year?
a) New York
b) California
c) Florida
d) Washington
- When you eat celery, what part of the plant are you eating?
a) roots
b) stem
c) leaves
d) seed pod
- Are tomatoes a fruit or a vegetable?
a) fruit
b) vegetable
- Which U.S. state produces the most grapes?
a) California
b) North Dakota
c) Oregon
d) Texas
- How many kernels are on the average ear of sweet corn?
a) 200
b) 400
c) 600
d) 800
- What's another name for prunes?
a) plums
b) pods
c) peeps
d) dried plums
- What's the most popular fruit in the world?
a) banana
b) papaya
c) mango
d) pineapple
- Which contains more fiber per serving?
a) raspberries
b) apples
- Which contains more water per serving?
a) watermelon
b) iceberg lettuce
- Which are the most popular berries in the United States?
a) raspberries
b) blueberries
c) strawberries
d) blackberries
- Which contains the most vitamin A per serving?
a) oranges
b) cantaloupe
- How many different kinds of apples are grown in the United States?
a) 50
b) 2,500
c) 150
d) 600
- Which contains more vitamin C per serving?
a) potatoes
b) broccoli

Answers to Greta's Trivia Challenge

1. How many seeds are on the outside of a strawberry?

There are 200 seeds on the outside of the average strawberry. Strawberries are the ONLY fruit that have seeds on the outside! Eight whole strawberries (about 1 cup) count as one serving of fruit.

2. When you eat spinach, what part of the plant are you eating?

When you eat spinach, you are eating the leaves of the spinach plant. One cup of raw spinach equals one serving of vegetables.

3. What is the green, leafy top of a pineapple called?

The top of a pineapple is called the crown. New pineapple plants are started by planting the crowns from fully-grown pineapples. One-half cup of fresh, canned, or frozen pineapple counts as one serving of fruit.

4. How many plums does it take to make one serving of fruit?

Two medium plums count as one serving of fruit. Plums are an excellent source of vitamin C.

5. What is the most popular fruit in the United States?

Bananas are the most popular fruit in the United States. The average American eats 28 pounds of bananas each year. Bananas are a good source on vitamin C, fiber, and potassium.

6. How long does it take to grow a pineapple?

It takes 18 months to grow a pineapple. Pineapples are grown from the crowns, or tops, of other pineapples. When the plants are about one year old they begin the flower. From this flower a new pineapple will emerge in about another six months.

7. What is the most popular vegetable in the United States?

Potatoes are the most popular vegetable in the United States. Most potatoes are eaten fried. One medium potato counts as one serving of vegetables.

8. Which U.S. state produces the most apples each year?

More than half of all apples grown in the United States come from Washington state. One medium apple weighs about 138 grams and counts as one serving of fruit. The average American eats about 20 pounds of apples each year. That's about 66 apples per person per year!

9. When you eat celery, what part of the plant are you eating?

When we eat celery, we are eating the stems of the celery plant. Two medium stems count as one serving of vegetables.

10. Are tomatoes a fruit or a vegetable?

Any edible plant part that contains seeds is considered a fruit, so that means tomatoes are a fruit.

11. Which U.S. state produces the most grapes?

California produces over 90 percent of the table grapes grown in the United States. Just one-half cup (about 17 grapes) equals one serving of fruit. Grapes are an excellent source of vitamin C.

12. How many kernels are on the average ear of sweet corn?

The average cob of sweet corn contains about 800 kernels arranged in 16 rows. One-half cup of kernels, or one medium cob, counts as one serving of vegetables. Sweet corn is a good source of vitamin C.

13. What's another name for prunes?

Prunes are also called dried plums because that's what they are! Five dried plums counts as one serving of fruit. Dried plums are a good source of fiber.

14. What's the most popular fruit in the world?

Around the world, people eat more mangoes than any other fruit. One half of a medium mango counts as one serving of fruit. Mangoes are an excellent source of vitamins A and C.

15. Which contains more fiber per serving? Raspberries or an apple?

Both fruits are good sources of fiber, but, per serving, raspberries contain more fiber than apples. One cup of raspberries equals one serving of fruit and contains 8 grams of fiber while a medium apple contains 3.3 grams of fiber.

16. Which contains more water per serving? Watermelon or iceberg lettuce?

Most people would guess watermelon, but iceberg lettuce is the correct answer. Iceberg lettuce is 96 percent water while watermelon is 91 percent water.

17. Which are the most popular berries in the United States?

Strawberries are the most popular berry in the United States. Eight whole strawberries (about 1 cup) counts as one serving of fruit. Strawberries are a good source of fiber and vitamin C.

18. Which contains the most vitamin A per serving? Oranges or cantaloupe?

An orange contains more vitamin C, but cantaloupe contains more vitamin A. One serving of cantaloupe (about 1 cup chopped) contains over 80% of your daily vitamin A and vitamin C!

19. How many different kinds of apples are grown in the United States?

There are 2,500 different kinds of apples grown in the United States. Apples are grown in all 50 states. Some apple trees live over 100 years and grow over 40 feet high.

20. Which contains more vitamin C per serving? Potatoes or Broccoli?

Both are good sources of vitamin C, but broccoli contains 10 times more vitamin C per serving! One stalk of raw broccoli contains 200 percent of your daily vitamin C.