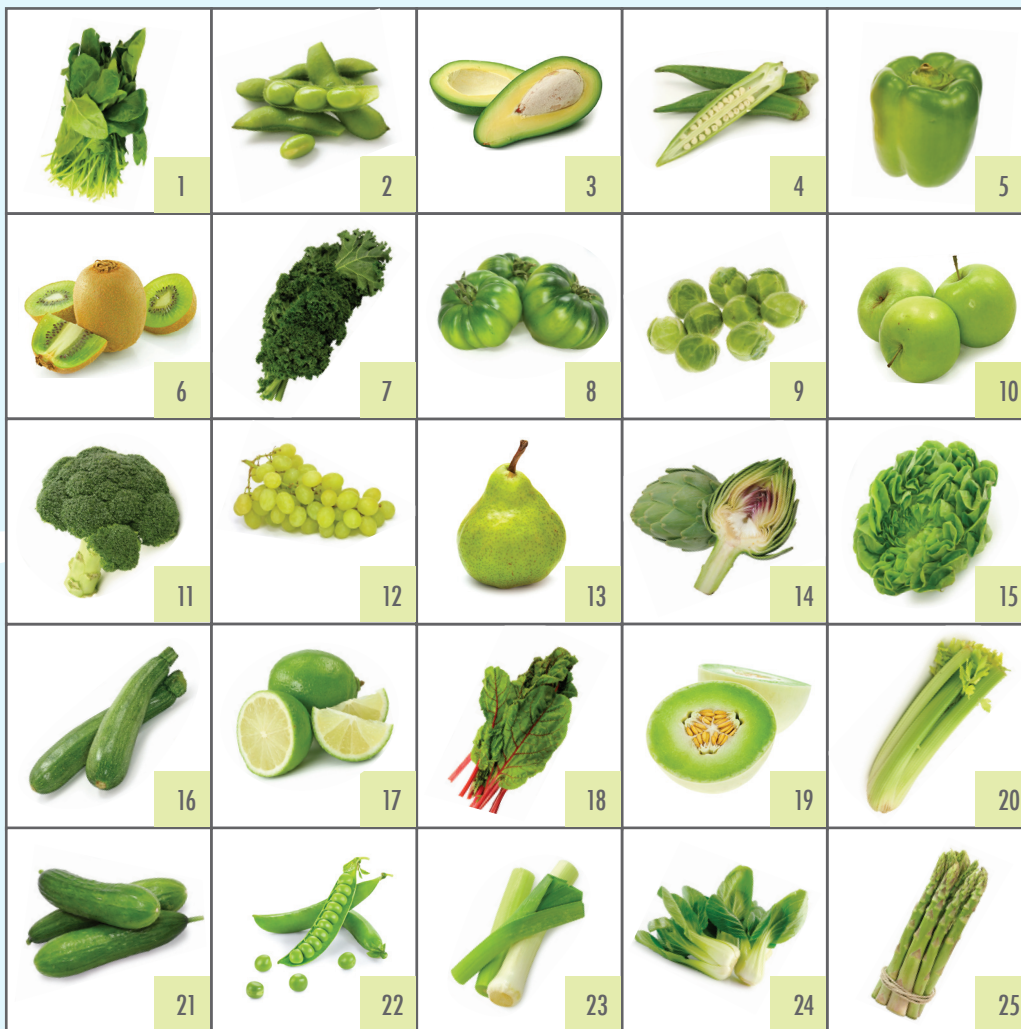
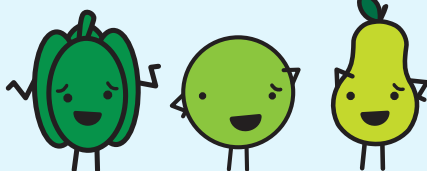


MEET THE GROOVY GREEN GROUP!

Green power comes from many tasty, fruits and veggies.
Can you match these fruits and veggies with their names?



- ___ Asparagus
- ___ Artichokes
- ___ Broccoli
- ___ Bok choy
- ___ Brussels sprouts
- ___ Celery
- ___ Cucumbers
- ___ Edamame (fresh soy beans)
- ___ Green peppers
- ___ Green tomatoes
- ___ Kale
- ___ Leeks
- ___ Lettuce
- ___ Okra
- ___ Peas (sweet or sugar snap)
- ___ Spinach
- ___ Swiss chard
- ___ Zucchini
- ___ Avocado
- ___ Green apples
- ___ Green grapes
- ___ Honeydew
- ___ Kiwi
- ___ Limes
- ___ Pears



Why are we green?

Our green color shows our special power! We can turn sunshine into energy because we are full of special green pigment called chlorophyll (klor-o-fill). We can do it through a process called photosynthesis (foe-toe-sin-thi-sis). Our green color helps us grow, and helps you grow and power up too!

Answers: Asparagus-25, Artichokes-14, Broccoli-11, Bok choy-24, Brussels sprouts-9, Celery-20, Cucumber-21, Edamame (fresh soy beans)-2, Green peppers-5, Green tomatoes-8, Kale-7, Leeks-23, Lettuce-15, Okra-4, Peas (sweet or sugar snap)-22, Spinach-1, Swiss chard-18, Zucchini-16, Avocado-3, Green apples-10, Green grapes-12, Honeydew-19, Kiwi-6, Limes-17, Pears-13.

GO GO GREENS

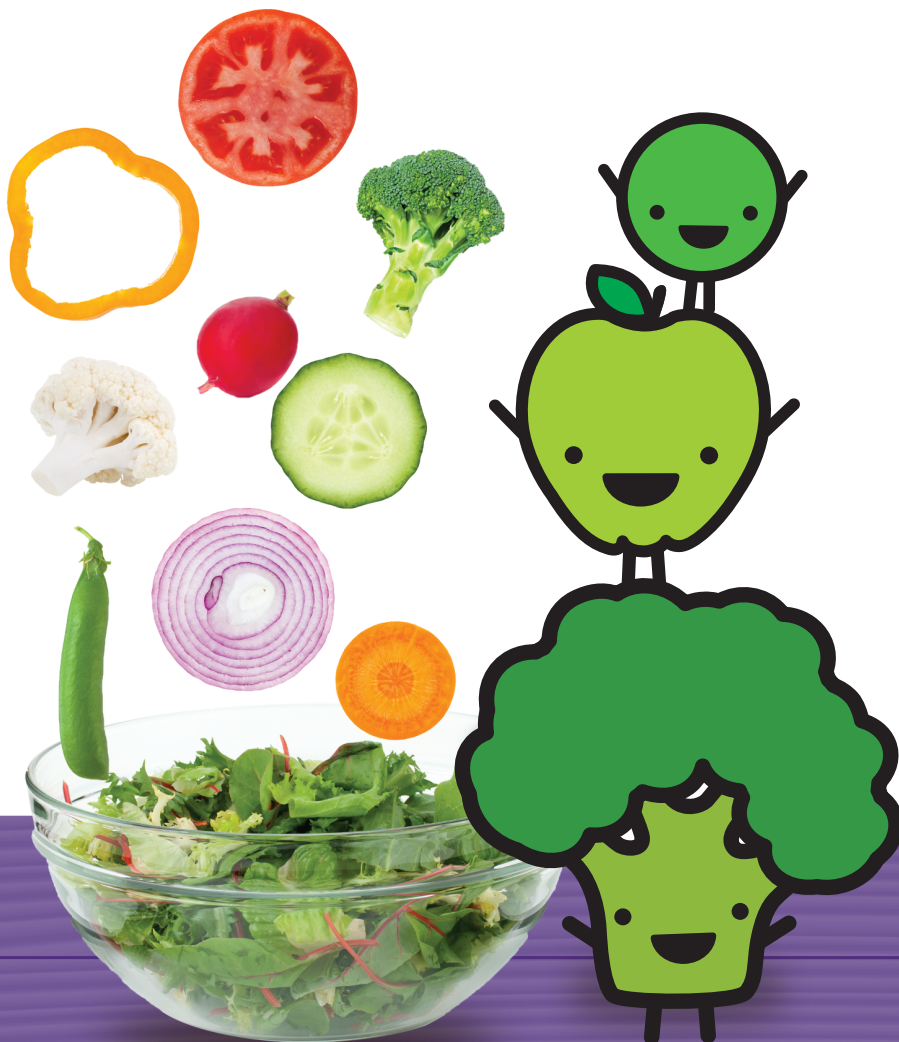
Everybody knows salads are super tasty and super good for you. Start with some fresh lettuce, then toss in as many colorful veggies as you like for a crunch-tastic treat that can be different every time!

Find some greens and discover your power!

If you were super strong, what would you want to do?

Look around you. How many green things can you see right now?

What else can you do to PowerUp?



Unscramble the names of the veggies going into the bowl!

1. OTAOTM _____
2. SAPN-EAP _____
3. IONNO _____
4. LICORCOB _____
5. SDIARH _____
6. EPERPP _____
7. MCBREUUC _____
8. TRACOR _____
9. WRILLOFECUA _____

Answers:
1. Tomato; 2. Snap-pea; 3. Onion; 4. Broccoli; 5. Radish; 6. Pepper; 7. Cucumber; 8. Carrot; 9. Cauliflower

LETTUCE ENTERTAIN YOU.... Lettuce and greens come in many varieties. Try a few and see what you like best: *Romaine, Kale, Turnip or Mustard Greens, Spinach, Green Leaf Lettuce*