



Can you find the green veggie words hiding in this puzzle?

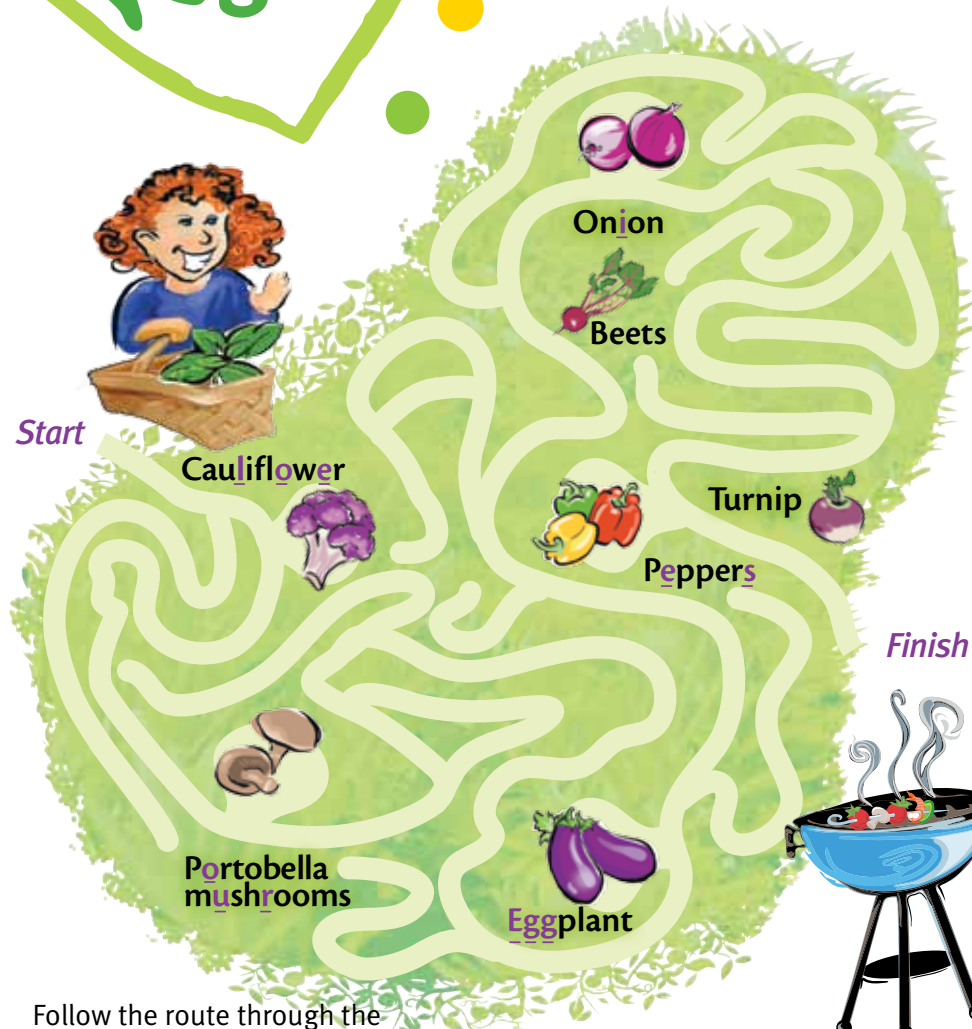
Words are up, down, forward, backwards and diagonal.

- ARTICHOKE
- BEANS
- CUCUMBERS
- LETTUCE
- ZUCCHINI
- ASPARAGUS
- BROCCOLI
- GREENS
- PEAS
- AVOCADOS
- CELERY
- KALE
- SPINACH

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



Start



Cauliflower

Onion

Beets

Turnip

Peppers

Finish

Portobella mushrooms

Eggplant



Follow the route through the garden to the grill, picking up the purple letters at each veggie you come to. Write the letters in order in these spaces to complete a sentence.

_____ v _____ y _____
v _____

Veggies 101

Get to know the plants you eat!

- Plants start out as **SEEDS**.
- To stay put in the ground, plants need **ROOTS**.
- To get food and water up from the roots, plants need a **STEM**.
- Food and water travel up the stem to **LEAVES** and **FLOWERS**.
- Plants grow **FRUIT** to protect the seeds and make more seeds!

When you eat these veggies, you're eating only part of the plant. Match the veggies to the plant part you eat!

- | | |
|-----------|-----------------------------|
| 1 Root | A Peas, Lima Beans |
| 2 Stems | B Tomatoes, Apples, Peppers |
| 3 Leaves | C Cauliflower, Broccoli |
| 4 Flowers | D Cabbage, Lettuce, Spinach |
| 5 Seeds | E Carrots, Beets, Radishes |
| 6 Fruits | F Celery, Asparagus |

Answers: 1(E), 2(F), 3(D), 4(C), 5(A), 6(B).



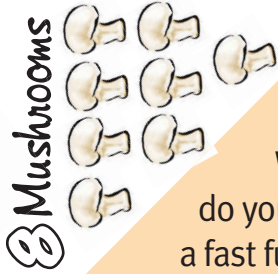
Outdoor Scavenger Hunt

Look for these things when you're outside and when you find one, draw a picture in its box!

Birds	Flowers	Squirrel
Tree	Clouds	Insect
Something rough	Something smooth	Something sticky
Something yellow	Something blue	Something purple
Something moving in the breeze	Something that's fallen from a tree	Something wet
Something tiny	Something huge	Something you really like

Make your own veggie catcher

Wegmans



1 Pepper

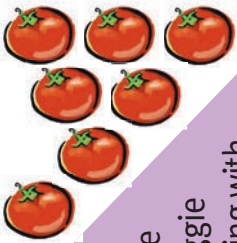
Q.

What do you call a fast fungi?

Q.

How many fists of fruits & veggies should you eat each day?

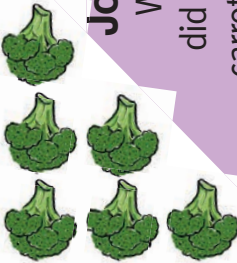
7 Tomatoes



Q.

Name a veggie starting with B?

Joke Why did the carrot go out with the prune?



6 Broccoli

A. A Mush-vroom

A. Brussels Sprouts, Beans, Bok Choy, Broccoli. Can you think of any more?



A. 3 Veggies
2 Fruits
5 Total

A. Because he saw the salad dressing!

2 Lettuces



Joke

Why did the beet blush?

Q.

Which of these veggies is really a fruit? Bean, Tomato, Radish



3 Beets

A. Because he couldn't find a date!



A. Strong healthy bodies



A. A Leek

A. Tomato



5 Carrots

Q. What do the vitamins in & minerals in colorful veggies help build?

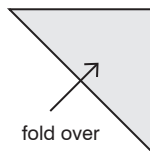
Joke Which veggie do you need a plumber for?



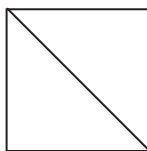
4 Radishes



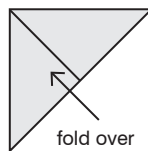
cut out



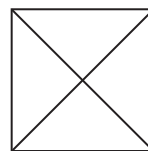
fold over



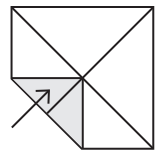
unfold



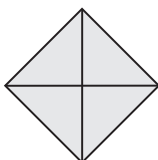
fold over



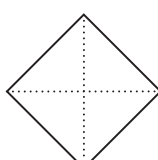
unfold



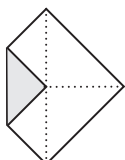
fold all 4 corners



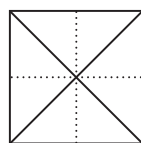
looks like this



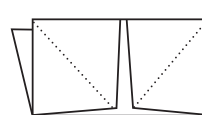
turn it over



fold corners over

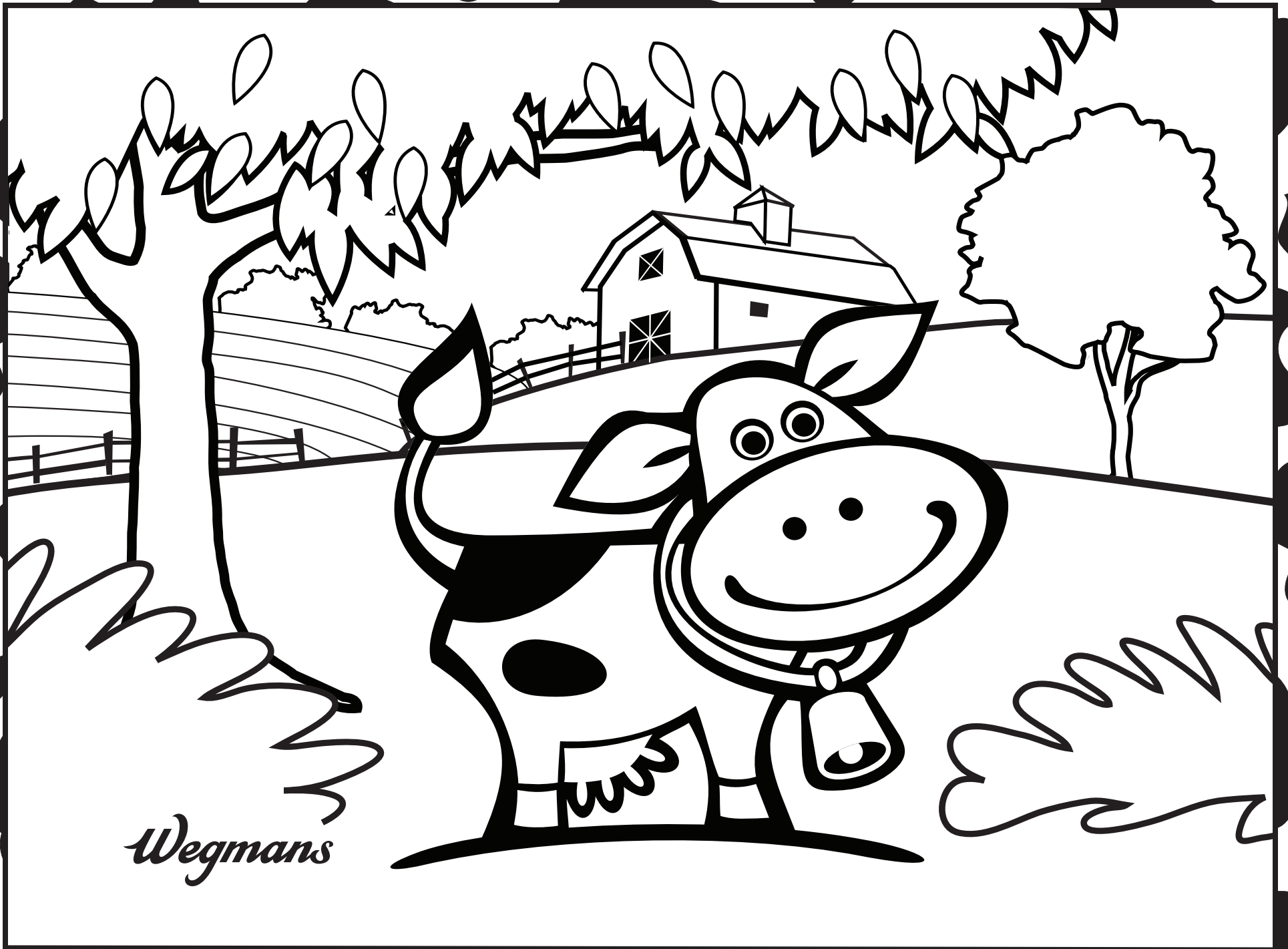


looks like this

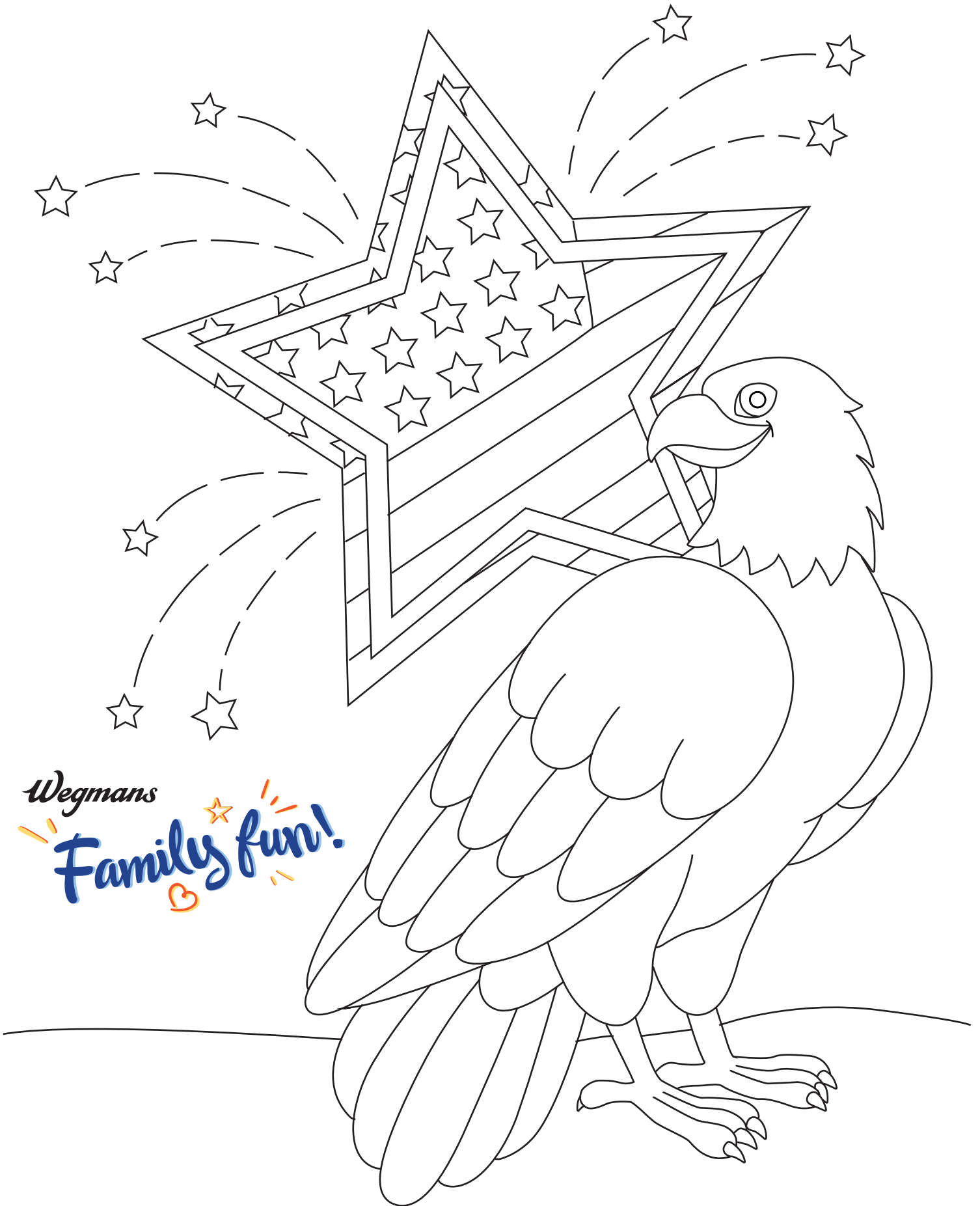


fold in half





Wegmans



Wegmans
Family fun!
♡