Give Thanks to Mother Earth
for Delicious and Nutritious Plants!

Name ______________________

Directions: Use the clues below to fill in the crossword puzzle.

Down
2. Food group, seeds of tall grasses (hint: they are rich in healthy carbohydrates for energy)
3. _________ squash is harvested in the Fall, but has a thick, hard skin to help it last through the next season
5. Tribes that explored America first and made it their home are ___________ Americans
8. This cool bean has the shape and color of an organ in your body
9. The first Thanksgiving brought together Pilgrims and Native Americans in a celebration of friendship in this season

Across
1. America’s first president was George ___________ (hint: also the name of a US state)
4. Superfood of the future, and an earth-friendly plant protein
6. America’s national mammal, chosen as a symbol of strength and resilience
7. Native Americans grew corn, beans, and squash together, and called it the Three __________
10. Found in fruits, vegetables, grains and beans, this nutrient is your body’s main source of energy

Brain FOOD Quest!

Directions: Circle the correct answer.

1. Which of the following foods is **not** rich in energizing carbohydrates?
   a. fruits       b. grains       c. vegetables       d. chicken

2. Nutrition and exercise are key for a strong body and sharp mind.
   Which of the following sports did Native Americans invent?
   a. ping pong     b. soccer       c. lacrosse       d. basketball

3. Which of the following is **not** a prize for eating healthy and delicious plant foods?
   a. strong body   b. playful puppy   c. sharp mind   d. happy spirit

Food for Thought: Eating mostly plant foods is good for you and the planet too! Describe three actions you can take on a daily basis to be a good citizen and help conserve natural resources (water & land).

_______________________________________________________________________________________
_______________________________________________________________________________________

Directions: Mother Earth takes care of us. One way to care for Mother Earth and give back, is by honoring nature and treating it with respect. Draw a picture of your favorite place in nature.

Three Sisters Salad

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup - Kidney beans, rinsed</td>
</tr>
<tr>
<td>1/2 cup - Cooked butternut squash (cubed)</td>
</tr>
<tr>
<td>1/4 cup - Corn kernels</td>
</tr>
<tr>
<td>1 cup - Romaine lettuce (chopped thin)</td>
</tr>
</tbody>
</table>

**Dressing:** Combine 2 Tbsp of Mayo (Vegenaise recommended) with 1 Tbsp of maple syrup & 1 Tbsp of balsamic vinegar

**Preparation**

Combine ingredients in a bowl and drizzle the dressing on top. Make it wrap style by adding the ingredients and dressing into a whole grain flour tortilla!