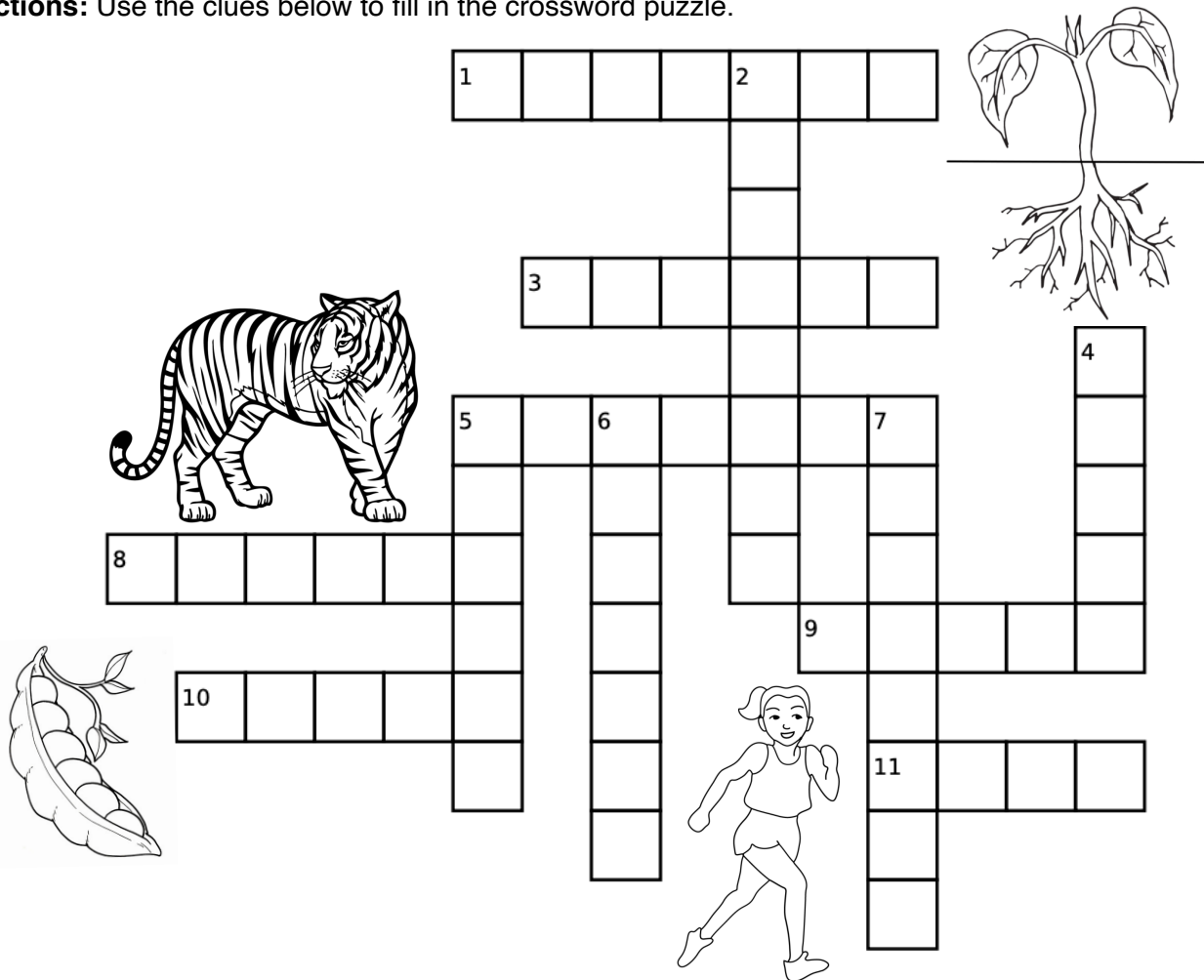


Plant Foods Nourish, So You Can Flourish!

Name _____

Grades
4-6
Page 1

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



Across

1. The nutrient that helps build your body's cells
3. Fruits, vegetables and grains are your body's main source of _____, from carbohydrates
5. This mineral is important for building strong bones and teeth
8. This bean is a popular protein source in India, and comes in 4 different colors
9. This earth-friendly protein is the "superfood of the future"
10. India's national animal, chosen for its intelligence and power
11. The country of India is located on this continent (Hint: China is also on this continent)

Down

2. Activity necessary for building strong muscles and bones
4. Minerals, like iron and calcium, come from the soil. Plants absorb them through their _____
5. One of India's most famous festivals is the Festival of _____, to celebrate *colorful* foods to be harvested in Spring
6. Vegetables that grow in a pod like beans and peas are called _____
7. Iron, potassium and calcium are micronutrients called _____

Brain FOOD Quest!



Grades
4-6
Page 2

Directions: Circle the correct answer.

1. Carbohydrates and protein come in large amounts in healthy food, so they are called **macronutrients**. Macro means
a. small b. large c. oddly shaped d. healthy
2. Which of the following is a **micronutrient**?
a. protein b. carbohydrates c. vitamins d. vegetables
3. Big, strong animals like elephants, giraffes and gorillas get most of their calcium from
a. grains b. cow's milk c. bugs d. plants and leaves

Food for Thought: Explain what your health goals are for today, and for your future.

Directions: Moving your body is important for building strong muscles and bones! Draw a picture of yourself doing your favorite sport or activity, and explain how healthy foods support success in this sport or activity.





Lucy Lentil

Curry Bowl with Lentils

Ingredients

1/2 cup each:

Cooked brown rice
Steamed veggies (like carrots, cauliflower, spinach)
Lentils & Peas combo
Favorite (ready made) curry sauce

Preparation

In a sauce pan, heat curry sauce. Layer rice, veggies and lentils. Top with sauce. Enjoy!