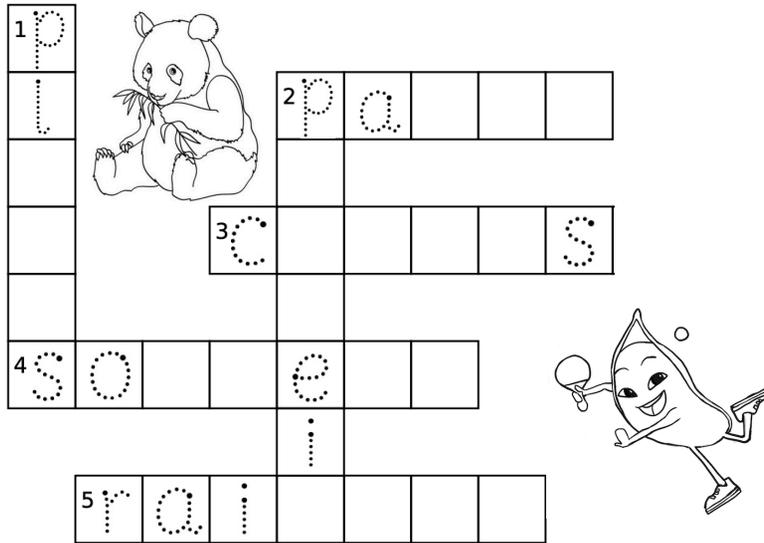


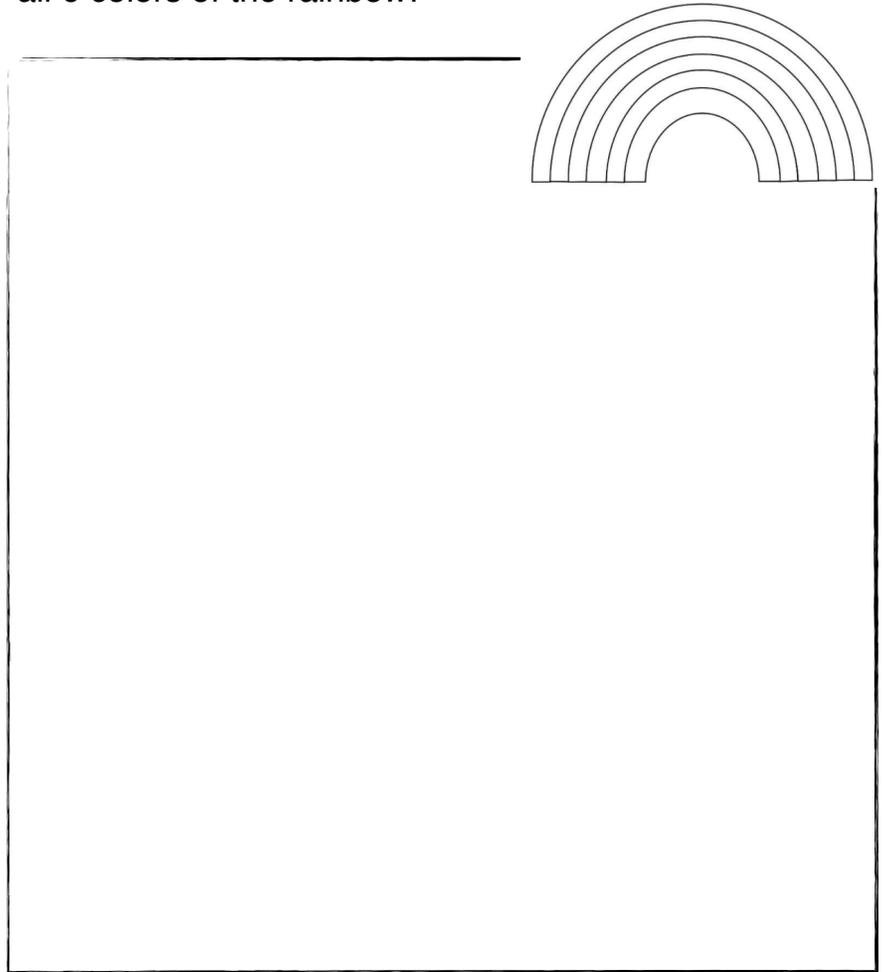
Beautiful Food, Brought to You by Plants!

Name _____

1. Use the clues below to fill in the crossword puzzle.



2. It is important to eat a rainbow of fruits and vegetables each day because each color has different nutrients your body needs. Draw and label 6 fruits or vegetables using all 6 colors of the rainbow!



Down

1. Phytonutrients are special nutrients that help fight disease, and are only found in _____
2. The nutrient that helps build the trillions of cells that make up your body

Across

2. China's national animal
3. Fruits and vegetables have pretty _____ to signal to your brain they are full of nutrients
4. This bean is a favorite in the Chinese culture
5. Make it your goal to eat a _____ of colorful fruits and vegetables everyday

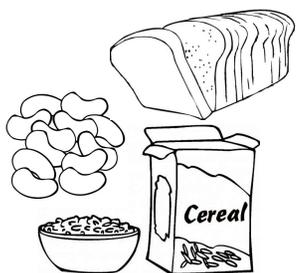
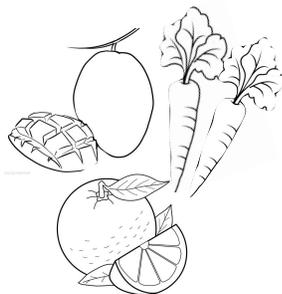
My favorite fruit is a/an _____.

3. Fill in the blanks using the word bank.

Plant foods have **vitamins** for a strong body and sharp mind!

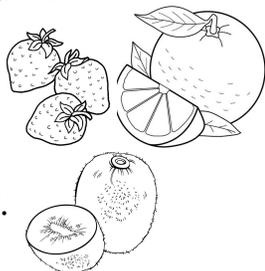
immune eyes bones skin cells

Orange plants are high in Vitamin A for healthy _____ and healthy _____.



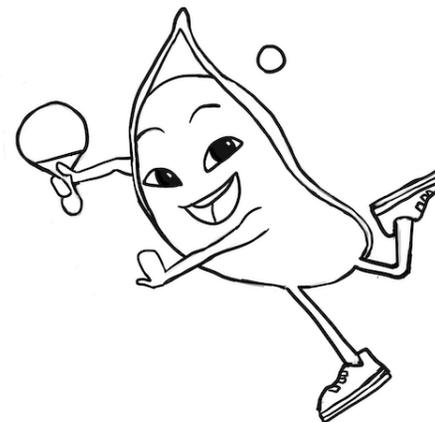
Beans and grains are high in Vitamin B for healthy red blood _____, which transport oxygen around your body.

Colorful fruits are high in Vitamin C for strong _____ and boosting your _____ system to help prevent sickness.



4. Finish the sentences.

Sammy Soybean says, "Beans are packed with the nutrient _____!"



A popular sport in China and Sammy Soybeans's favorite sport is _____.

Asian Lettuce Wrap

Ingredients

1/4 cup each:

- Baked tofu, chopped
- Mandarin orange slices
- Sugar snap peas
- Cashews
- Romaine lettuce leaves
- 1 Tablespoon, Favorite Asian dressing

Preparation

Toss all ingredients together (except romaine lettuce) and fill romaine lettuce leaves.