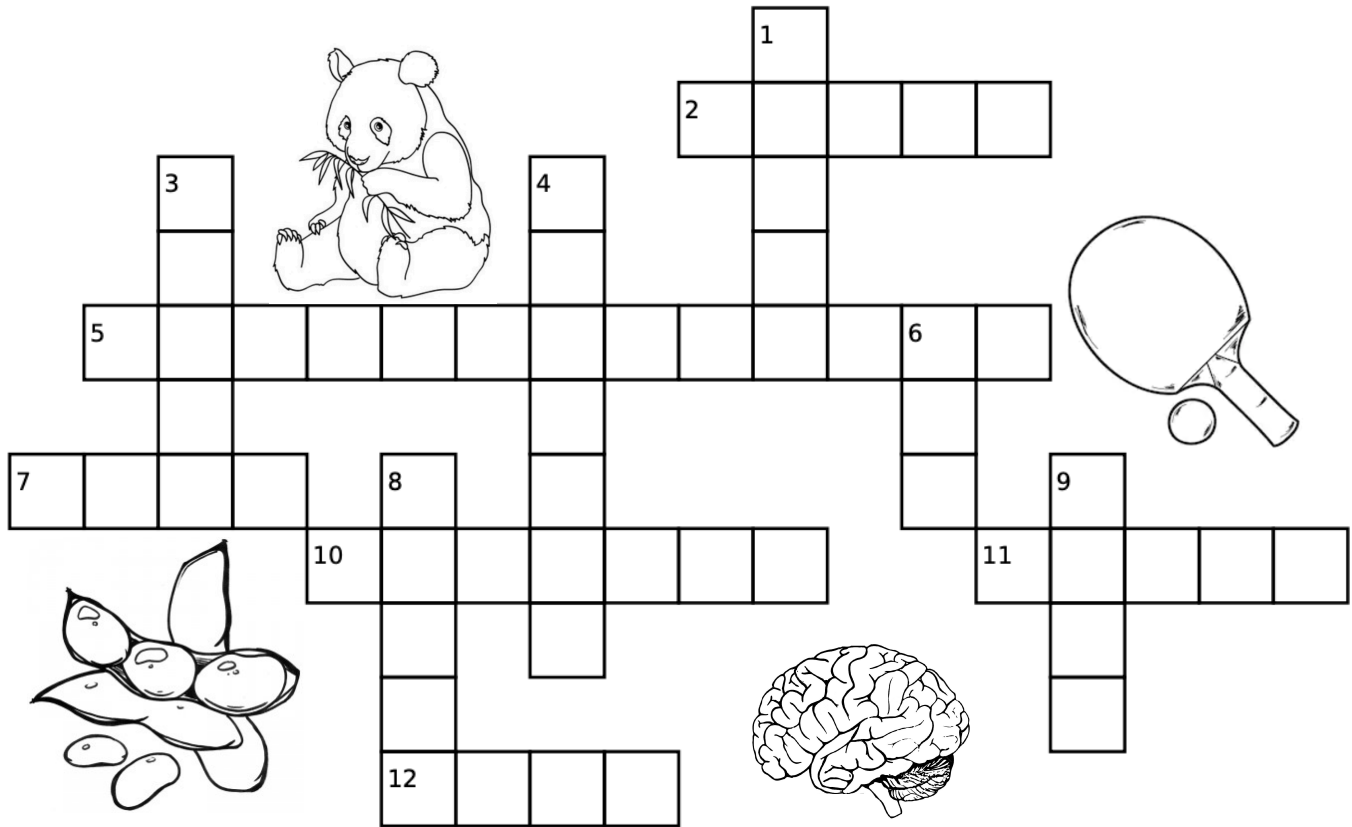


Beautiful Food, Brought to You by Plants!

Name _____

Grades
4-6
Page 1

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



Across

2. Choosing colorful, nutrient rich foods will help you achieve goals for a strong body, sharp mind and _____ spirit
5. The nutrient that provides your body with energy
7. Beans are the earth-friendly protein because they use a lot less water and _____ to grow, compared to animal protein
10. This nutrient is named after letters in the alphabet (A, B, C, D, E and K)
11. What plants use to signal to our brains they are full of nutrients
12. A food invented on accident, when a Chinese cook mixed soy milk and seaweed. Now, it's a popular meat alternative around the world!

Down

1. China's national mammal
3. This organ is your body's control center. It manages all of your thinking, movements and feelings - and consumes 20% of all nutrients!
4. This bean is used to make tofu and is also called edamame when eaten out of its pod
6. What you choose to _____ is one of the most important decisions of your day
8. Phytonutrients (only in plants) help your body to _____ disease
9. One of the most popular sports in China is Ping _____

Brain FOOD Quest!



Grades
4-6
Page 2

Directions: Circle the correct answer.

- Birds, bees and even bats help plants grow and reproduce through a process called
a. immunization b. perception c. pollination d. digestion
- Orange foods, like carrots and sweet potatoes, are high in Vitamin A, important for
a. jumping higher b. white teeth c. strong bones d. healthy eyes and skin
- Colorful fruit, like pineapple and kiwis, are rich in Vitamin C, very important for strong bones and boosting your immune system. Your immune system helps
a. digest food b. fight infections c. pump blood d. give you night vision

Food for Thought: Explain what influences you to make nutritious food choices, and what might influence you to make an unhealthy choice.

Directions: Fill in the blanks below.

An important goal for good health is to eat a rainbow of colorful foods every day, because each different color represents different nutrients your body needs. Name fruits and vegetables to match the color at the top.

Red

Orange

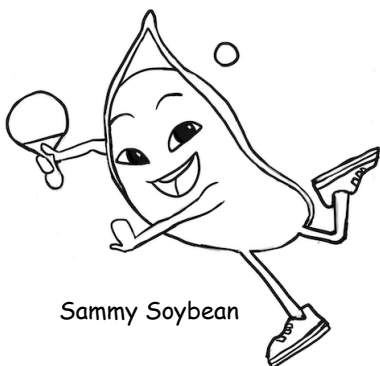
Yellow

Green

Blue/Purple*

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

* **Fun Fact:** Scientists tell us there is technically no such thing as a natural blue food, only shades of purple.



Sammy Soybean

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.