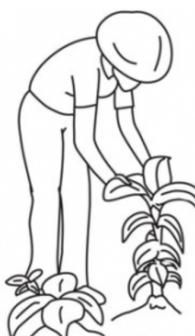
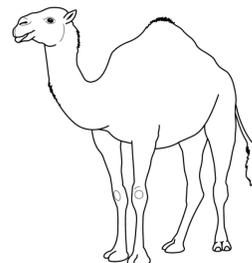
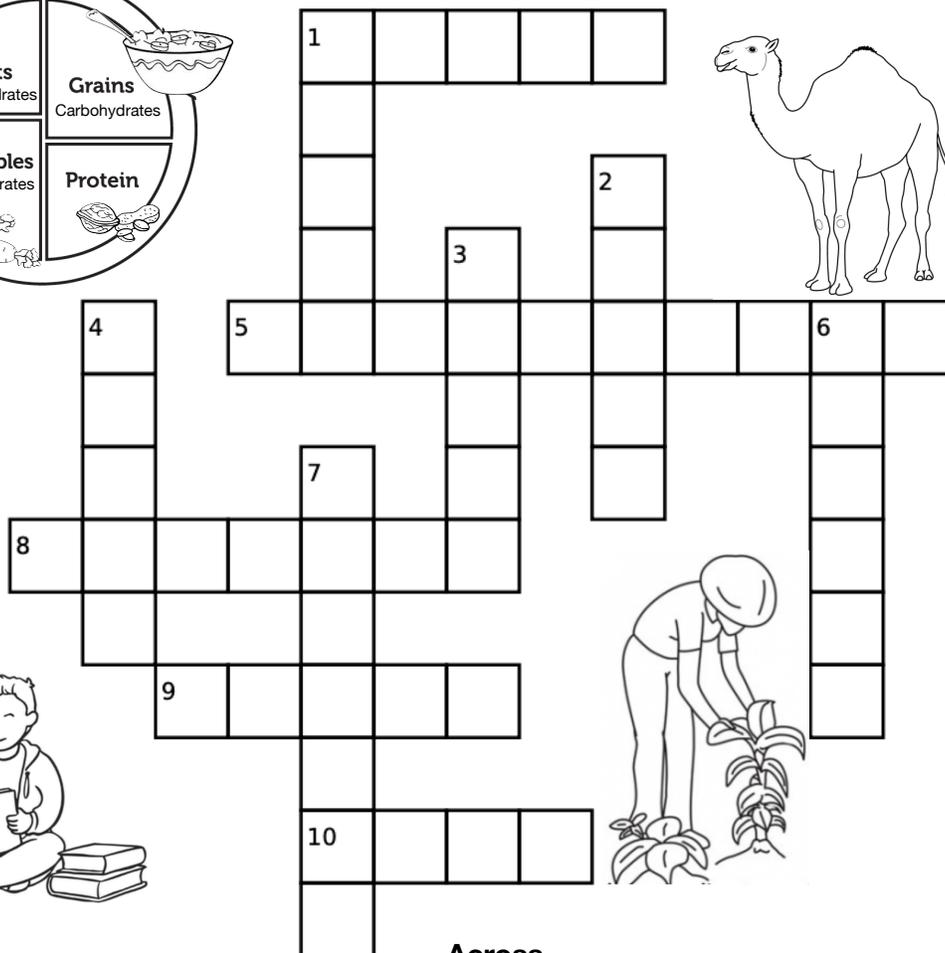
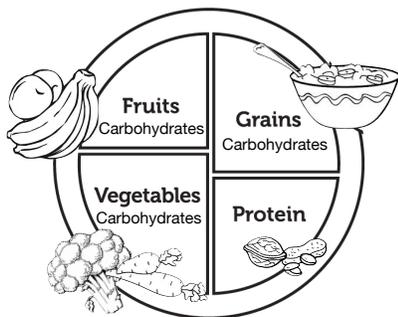


# Healthy and Delicious Plant Food, the Gift You Give Yourself!

Name \_\_\_\_\_

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



**Down**

- 1. To get the most nutrients from grain foods, it is important to choose \_\_\_\_\_ grains
- 2. The gifts you give yourself when you choose healthy foods are a strong body, \_\_\_\_\_ mind and happy spirit
- 3. Grains are the \_\_\_\_\_ of tall grasses
- 4. The Healthy Eating Plate recommends eating more of this food, and less animal food
- 6. Carbohydrate nutrients provide your body and brain with this, to play longer and stronger
- 7. Agriculture is another word for \_\_\_\_\_

**Across**

- 1. Every meal made with beans for protein helps conserve land and \_\_\_\_\_
- 5. The food group the Healthy Eating Plate recommends we eat the most of
- 8. Saving Earth's natural resources helps all the cool \_\_\_\_\_ who call our planet home - including you!
- 9. Saudi Arabia's national animal who lives in the hot desert, and who can live for months without water
- 10. Beans are one of the healthy plant proteins Harvard's Healthy Eating Plate recommends. What is the name of the other?

# Brain FOOD Quest!



Grades  
**4-6**  
Page 2

**Directions:** Circle the correct answer.

- Garbanzo beans are popular in Middle Eastern culture. The other name garbanzo beans go by is  
a. black-eyed peas      b. chickpeas      c. lentils      d. turtle beans
- Which of the following is **not** a healthy, whole grain food?  
a. brown rice      b. brown bread      c. white bread      d. oatmeal
- There are many places to find nutrition information. Which is the most important factor to look for when accessing nutrition information?  
a. advertisements      b. opinions      c. science      d. taste

**Food for Thought:** Explain why healthy choices are important for your personal health, and for the people you care about.

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**Directions:** Using the word bank below, complete the sentences.

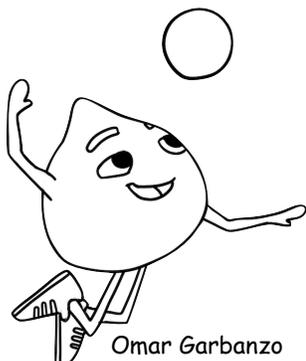
Christmas

Islam

Hanukkah

Ramadan

- The \_\_\_\_\_ religion is a major influence in most of the countries of the Middle East.
- There are many religions around the world, with many different celebrations tied to their faith. The Jewish festival of lights is called \_\_\_\_\_ and lasts 8 days. The Christian holiday to celebrate the birth of Jesus is called \_\_\_\_\_. The Muslim holiday to celebrate when the Prophet Muhammad received his first messages from God is called \_\_\_\_\_ and last for 30 days!



Omar Garbanzo

## Hummus Recipe

### **Ingredients**

1 can - garbanzo beans, drained  
2 Tbsp - lemon juice  
2 Tbsp - olive oil  
1 tsp - crushed garlic  
1/2 tsp - salt

### **Preparation**

Combine all ingredients in a food processor or blender. Blend until you get a creamy texture. You can always add more of any of the ingredients. Use as a dip with pita bread or veggies!