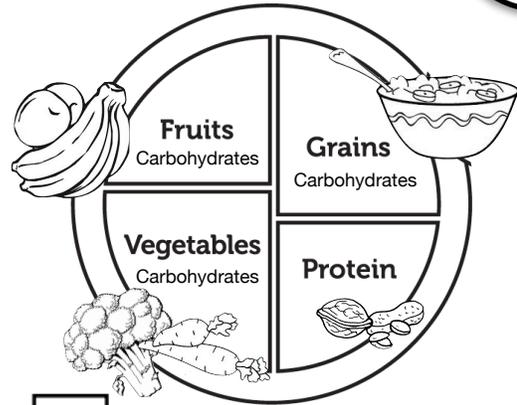


# Plant Power, for a Strong Body, Sharp Mind, and Happy Spirit!

Name \_\_\_\_\_

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



**Across**

- 2. The most popular winter squash, harvested during the fall season
- 6. Fruits and vegetables are rich in this major nutrient, your body's main energy source
- 8. This bear is California's official state animal
- 9. The superfood of the future (hint: plant protein)
- 10. Living micro-organisms that make up your body
- 11. The bean that throughout history kept America's sailors strong at sea

**Down**

- 1. Foods with carbohydrates give your body \_\_\_\_\_
- 3. The Statue of \_\_\_\_\_ in New York is a proud symbol of America. This word also means freedom
- 4. \_\_\_\_\_ parks are large areas of land that are set aside to protect wild places and wild animals
- 5. At Mt. Rushmore in South Dakota, the faces of four famous U.S. \_\_\_\_\_ are carved into the mountain side
- 7. The nutrient that repairs and rebuilds body cells

# Brain FOOD Quest!



Grades  
**4-6**  
Page 2

**Directions:** Circle the correct answer.

1. Your brilliant body is made up of trillions of cells that link together. Each individual cell is a living micro-organism. Micro means:  
a. super big      b. oddly shaped      c. super small      d. sweet
2. Which of the following nutrients helps your hair and nails grow?  
a. carbohydrates      b. minerals      c. vegetables      d. protein
3. Which of the following is **not** a part of the protein food group?  
a. beans      b. nuts      c. fish      d. banana

**Food for Thought:** What are two or more influences for your food choices? Explain which influences are good and which are not good - and why.

---

---

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

vision      pumpkin      body      nutrients      brain      bones      minerals      watermelon

1. Vitamins, minerals, and protein are all \_\_\_\_\_, for a strong body and sharp mind.
2. The biggest of all the squashes is a \_\_\_\_\_, and the largest ever grown was over 1000 pounds!
3. Orange fruits and vegetables are rich in Vitamin A, an important nutrient for healthy \_\_\_\_\_.
4. Your \_\_\_\_\_ and \_\_\_\_\_ need fruits and vegetables for carbohydrates, an important nutrient for energy.



Nick Navy

## Ship Shape Apple and Grape Salad

### **Ingredients:**

1 cup - romaine lettuce, chopped  
1/4 cup - cooked navy beans  
1/3 cup - chopped apples  
1/3 cup - chopped grapes  
1 stalk celery, sliced thin  
1/4 cup (hulled) sunflower seeds

### **Dressing:**

1 Tbsp Vegemaise (healthy mayo)  
1 Tbsp French salad dressing

### **Preparation:**

Toss ingredients together in a bowl and drizzle on the dressing. For wrap style, add the ingredients into a whole wheat flour tortilla!

Enjoy!