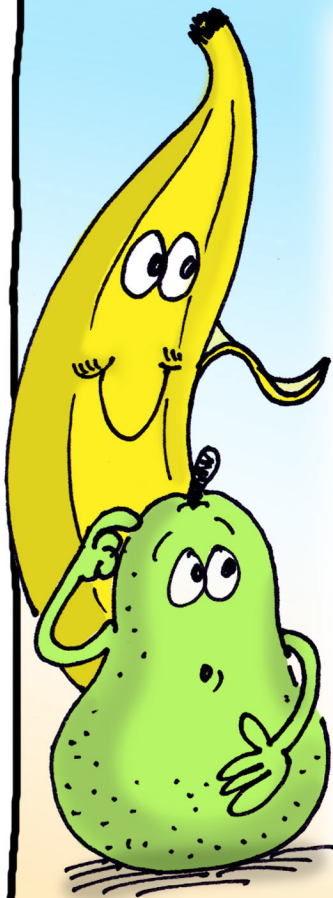


Be a Fit Kid- Eat Fruits & Veggies!

Eating fruits and vegetables every day will help you be healthy. They are not just good for you, but they taste great too.



V	S	S	O	A	L	O	Y	L	B	L	K	S	B	P
C	M	R	V	L	B	L	E	T	T	U	C	E	A	E
G	A	K	E	Y	I	N	X	T	Z	R	U	L	N	A
P	V	R	V	B	Y	V	T	L	A	T	C	P	A	R
S	P	L	R	C	M	U	E	W	A	W	S	P	N	S
E	O	M	Y	O	C	U	B	S	S	J	N	A	A	P
O	T	U	D	E	T	E	C	N	P	B	O	X	S	P
T	A	L	M	E	R	S	O	U	S	A	M	M	R	M
A	T	D	I	R	Z	M	B	E	C	O	E	X	A	Q
M	O	Y	I	R	E	W	O	L	F	I	L	U	A	C
O	E	E	R	L	S	T	B	R	O	C	C	O	L	I
T	S	C	V	E	A	G	R	A	P	E	S	U	M	T
O	H	I	C	M	L	I	M	F	P	V	G	E	X	M
P	U	K	O	S	R	E	P	P	E	P	U	C	K	N
Y	Q	T	Y	N	J	E	C	E	O	B	T	T	M	X



Draw a circle around each word that you find and then cross it off the list. Look for words that are spelled forwards and backwards.

APPLES
 CARROTS
 CUCUMBERS
 LETTUCE
 PEPPERS
 TOMATOES

BANANAS
 CAULIFLOWER
 GRAPES
 OLIVES
 POTATOES

BROCCOLI
 CELERY
 LEMONS
 PEARS
 STRAWBERRIES

