Power Your Moves

Word Scramble

Cross out all the fruit and vegetable names horizontally within the word puzzle below and reveal the message.

APPLEKIWIEATWATERMELON
PINEAPPLE5BANANAORANGE
CAULIFLOWERGRAPEFRUIT
SQUASHFRUITSTOMATOPEAS
BEANSSPINACHANDBROCCOLI
RADISHCARROTOKRACELERY
MANGOVEGETABLESPLUM
ASPARAGUSBLUEBERRYPEAR
CHERRYEACHPEACHLETTUCE
ONIONRASPBERRYDAYLEMON

_____ ___ _____ ____ _____ _____ ____.

tip: At a fast food restaurant? Try a grilled chicken sandwich and a side salad.

Funnies

Q: What do you call tired popcorn?

WORLD TRAVELER

Which State is the largest grower of each of these fruits and vegetables? Match 'em up!

Fruits/Vegetables			States
Pineapple	❍	❍	Florida
Sweet Potato	❍	❍	California
Blueberries	❍	❍	Washington
Cauliflower	❍	❍	North Carolina
Eggplant	❍	❍	Michigan
Apples	❍	❍	Hawaii

Fruits and vegetables are my secret power-pack to help me play hard everyday.

Chili Popcorn

Funnies Answer: Popped corn!

World Traveler Answer: Cauliflower-California, Pineapple-Hawaii, Sweet Potato-North Carolina, Blueberries-Michigan, Apples-Washington, Eggplant-Florida.

Word Scramble Answer: Eat 5 fruits and vegetables each day.

Power Panther™ says... Eat Smart. Play Hard.™
www.fns.usda.gov/eatsmartplayhard

Easy Snacks

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