Have Fun With Fruits and Vegetables

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

**Find:**
- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

**Fruit and Vegetable Goals**

Name a fruit you would like to try:

_____________________

_____________________

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

_____________________

_____________________

Name a vegetable you would like to try:

_____________________

_____________________

How will you eat this vegetable? (As a snack, with dip, or for lunch.)

_____________________

_____________________

Adapted from Team Up At Home Team Nutrition Activity Book