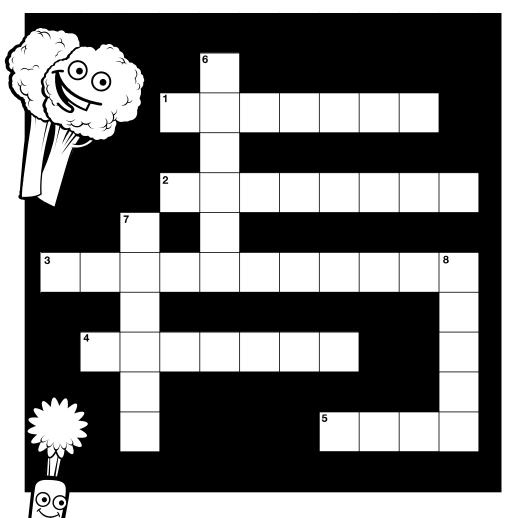
**Healthy Activities for Cool Kids – Ages 6-10** 

## Vibrant Vegetables Eat a variety of colorful veggies everyday! Choose from

red, yellow, orange, blue, purple, white, and green.

**Instructions:** Fill in the blanks using the clues.



## **ACROSS**

- 1: Vegetables come in a \_\_\_\_\_ of colors.
- 2: You might think I look like a tree, but I have a lot of nutrients your growing body needs!
- 3: I am orange on the inside and some say I am sweet!
- 4: I am dark green and leafy. You can eat me raw or cooked. Try me you might be hooked!
- 5: I grow on a cob.

## DOWN

- 6: I am high in vitamin A and keep your eyes and skin healthy!
- 7: I come in several different colors, red, green, orange and yellow.
- 8: I am white with just a touch of spice. I can add a kick to your food which some think is nice.

Now list as many vegetables as you can think of that would be the following colors:

Red	Orange or Yellow	White	Green	Blue or Purple