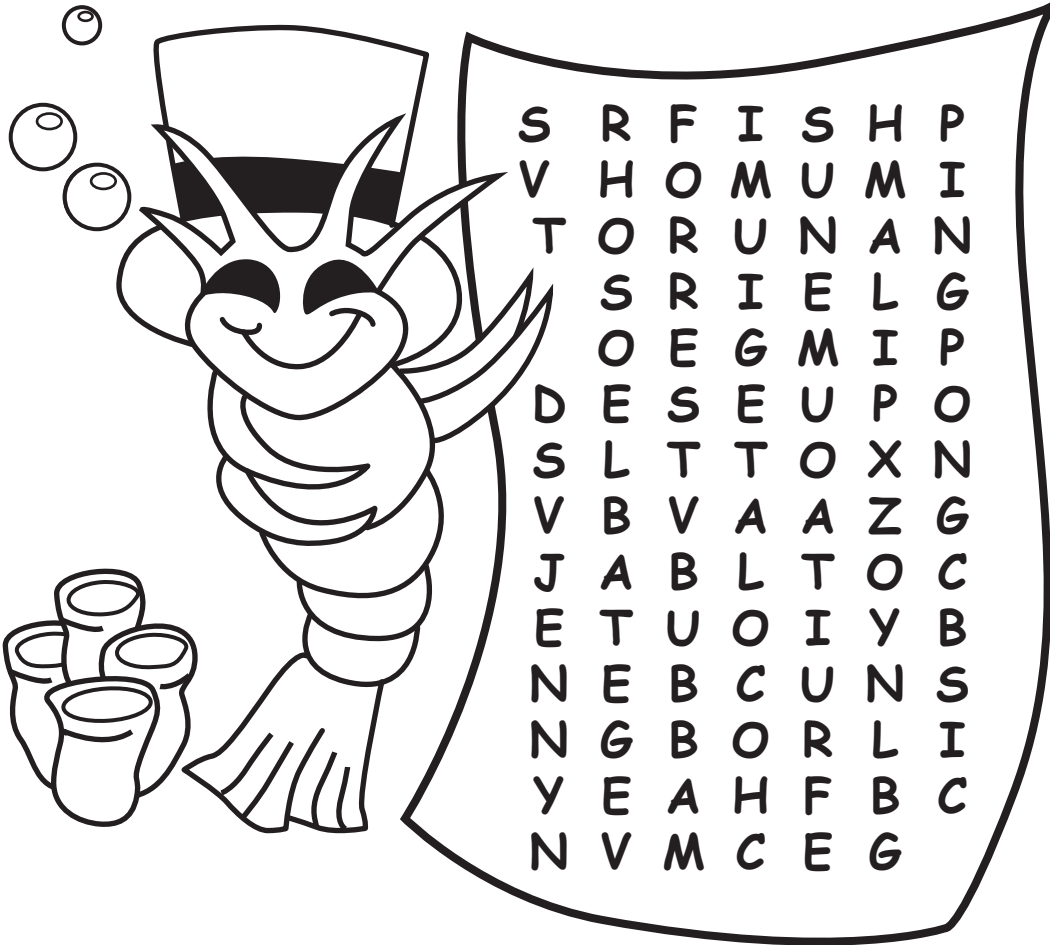
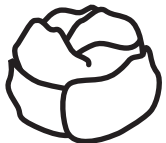
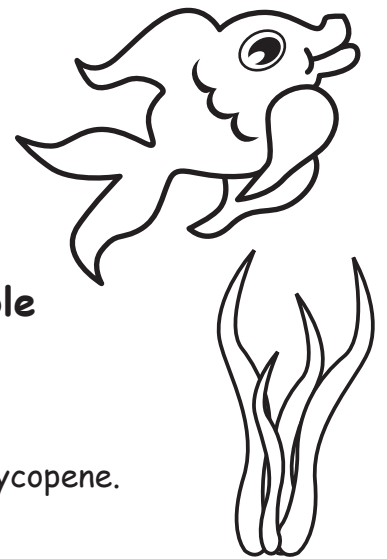


# Hidden Words



Help Find the Hidden Words:

- FRUIT
- BOAT
- PING PONG
- BUBBA
- FORREST
- SHRIMP
- CHOCOLATE
- RUN
- FISH
- JENNY
- MENU
- VEGETABLE



A. Lettuce



B. Tomato



C. Watermelon



D. Carrot



E. Apple

## Fun Facts

Match the Fruit or Vegetable on the right with the Fun & Healthy Fact below.

1. This fruit is an excellent source of Vitamin C and lycopene. Some have seeds and some are seedless.
2. This vegetable comes in different shades of green, however, the darker the green the more nutritious the vegetable.
3. Some people think this is a vegetable some say it is a fruit. It comes in red, yellow and green and is full of vitamin A & C and lycopene.
4. There are more than 7,000 varieties of this fruit. They are low in calories and high in fiber. They are also healthy as they have no cholesterol.
5. This vegetable is a good snack for your teeth and has beta carotene that helps your eyesight.

Answers

1. C. Watermelon, 2. A. Lettuce, 3. B. Tomato, 4. E. Apple, 5. D. Carrot