



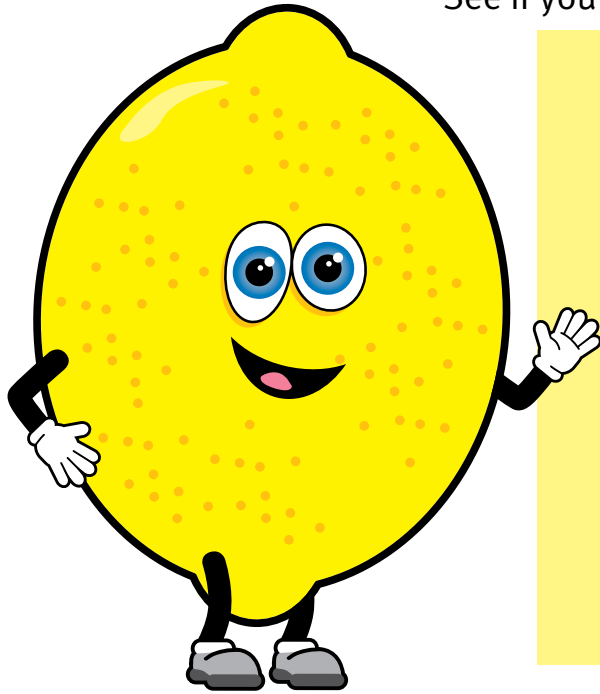
SPELLS HEALTHY EATING

Activity Guide

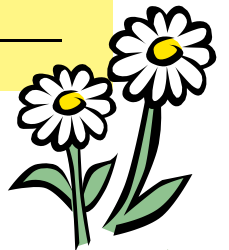


The ABC's of Spring

Below is a list of fruits and vegetables that can be found in spring. See if you can put them in alphabetical order.



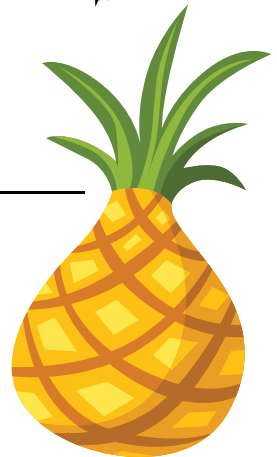
Lemon	_____
Grapefruit	_____
Spinach	_____
Zucchini	_____
Celery	_____
Radish	_____
Honeydew	_____
Peas	_____
Asparagus	_____
Mango	_____



Pine-Apple?

Below are 8 facts about either pineapples or apples. After each one, write whether you think it describes a pineapple or apple.

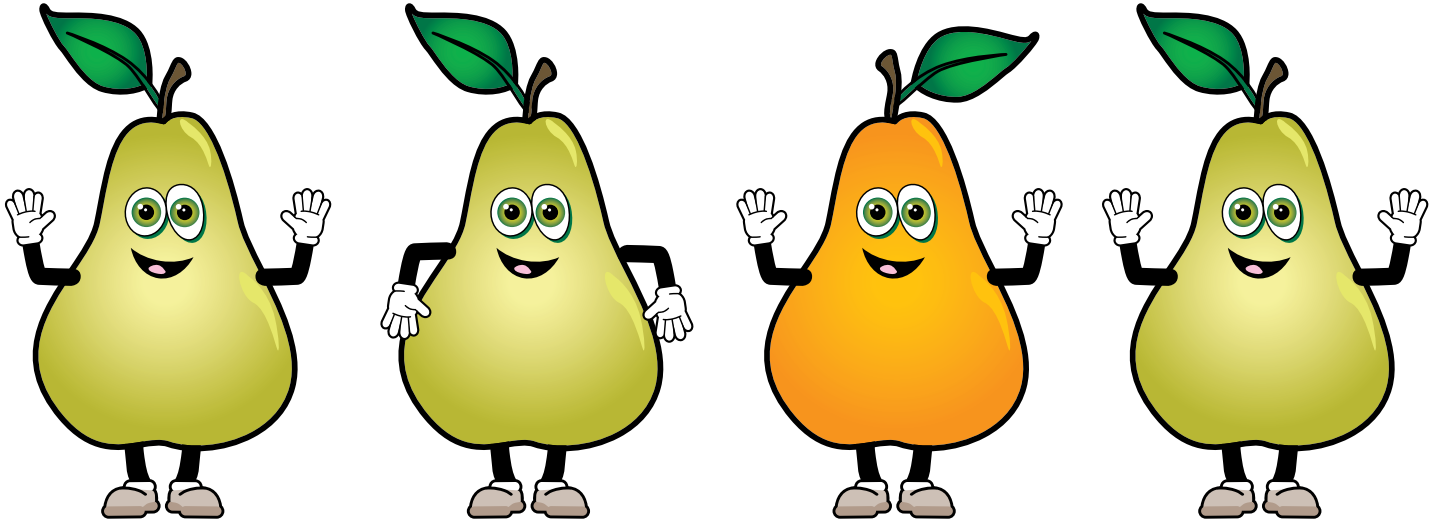
- 1 I grow on trees. _____
- 2 I am mostly found in tropical areas like Hawaii. _____
- 3 I look like a pinecone. _____
- 4 I come in red, yellow and green. _____
- 5 I grow underground. _____
- 6 I have seeds. _____
- 7 I'm yellow when ripe. _____
- 8 You have to cut me apart to eat me. _____





A Pair of Pears

Below are 4 pears. At first they may look the same, but take a closer look. There are only 2 pears that are exactly the same. Can you find them?



What Am I?

Use the code below to discover what delicious fruit got its name because of the way it looks?

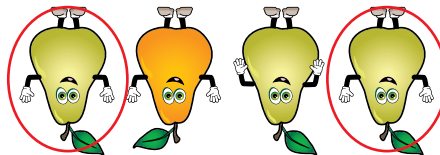


5 9 7 4 3 6 5 4 1

7 = L 3 = F 9 = G 1 = T 6 = R 5 = U 4 = I

The ABC's of Spring Answers:
 1. Apple
 2. Pineapple
 3. Pineapple
 4. Apple
 5. Pineapple
 6. Apple
 7. Pineapple
 8. Pineapple
 9. Radish
 Spinach
 Zucchini

Pine-Apple? Answers:
 1. Apple
 2. Pineapple
 3. Pineapple
 4. Apple
 5. Pineapple
 6. Apple
 7. Pineapple
 8. Pineapple



A Pair of Pears Answer:

What Am I? Answer:
 Ugli! Fruit