



Green Foods

Let's talk about green foods



zucchini

bell pepper



green beans

spinach



Go for the green! Green veggies are loaded with vitamins, minerals, and fiber your body needs. Try to eat at least one serving of green veggies every day!



Bella Pepper

Quiz for the whiz:

How many green vegetables can you name?

Did you know?

A cup of cooked broccoli provides more than a full day's supply of vitamin K!

www.revfoods.com © 2007 Revolution Foods, Inc.

games & activities

Unscramble the words below for different green foods:

© 2007 Revolution Foods, Inc.

HUZICNIC _____

KRAO _____

LECEYR _____

WSSIS DHRAC _____

ROICOLCB _____

NEGER NESAB _____

HSIAPNC _____

GBACBEA _____

LEBL RPPPEE _____

SEPA _____

KOB YCOH _____

TCULTEE _____

Answers: zucchini, celery, broccoli, spinach, bell pepper, bok choy, okra, swiss chard, green beans, green chard, cabbage, peas, lettuce