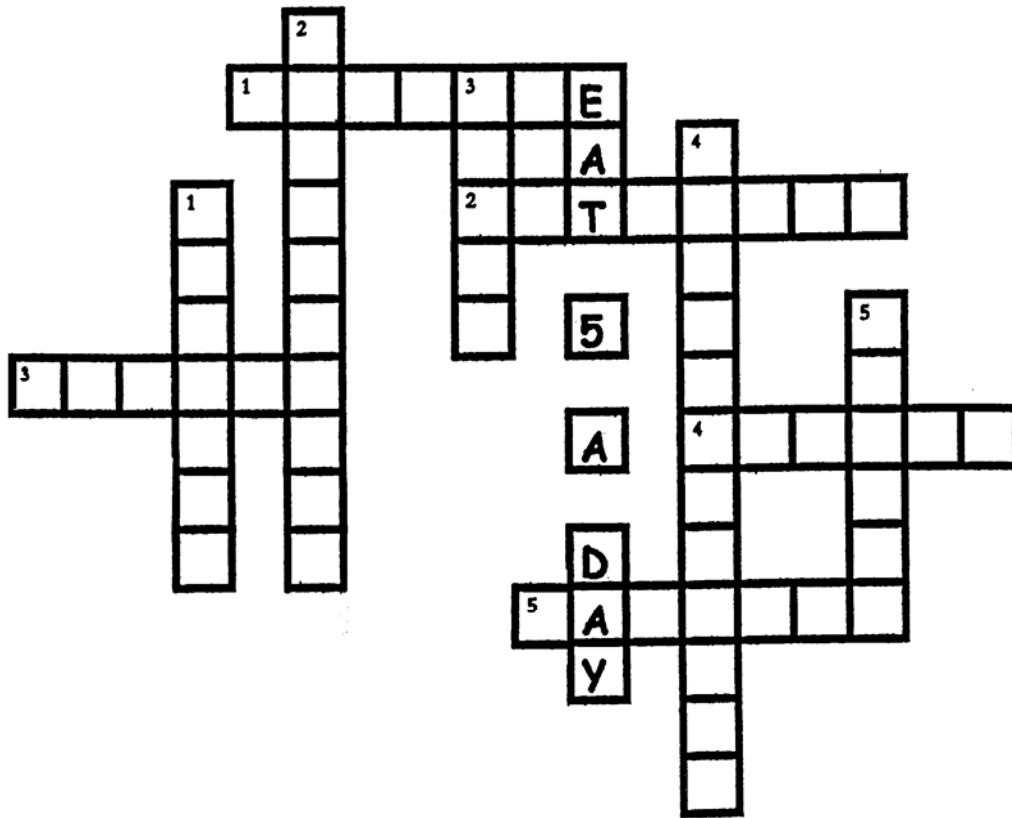


**Jr. Chef Club**  
**Eat At Least 5 A Day**  
**Lesson 5**

Name: \_\_\_\_\_



**Word Bank**

- Apple
- Banana
- Cabbage
- Carrots
- Grapes
- Orange
- Potatoes
- Spinach
- Strawberries
- Watermelon

1. I'm round and hard with tightly packed leaves. I am purple or green and you make coleslaw with me.
2. I'm brown and grow under the soil. I taste good baked or mashed.
3. I'm round and look like the sun. I'm loaded with lots of vitamin C.
4. I'm yellow and you peel me before eating.
5. I'm an orange root vegetable. I'm a crunchy snack when cut into sticks.

**Down**

1. I'm Pop-Eye's favorite pick for Five-A-Day.
2. I'm green on the outside, red on the inside with small black seeds. I'm a juicy food at summer picnics.
3. I'm sometimes red and shiny but often green or yellow too. An old saying says, "One a day, keeps the doctor away".
4. I'm red with a green cap. You might choose me for a sweet snack or on top of shortcake.
5. I'm green, purple or red and I have a smooth skin.