



Champions for Change
Arizona Nutrition Network

restaurant name

Menu

breakfast

lunch

dinner

For more fun games, visit EatWellBeWell.org.



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Spelling Bee

apple	pumpkin	zucchini
pear	eggplant	watermelon
lemon	carrot	okra
fruit	onion	broccoli
lime	garlic	cucumber
corn	chiles	mushroom
orange	celery	potatoes
lettuce	spinach	squash
peas	tomato	grapefruit
beans	basil	ginger
date	pepper	honeydew
fig	kale	cantaloupe

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Apple Tree

Below are fruit and veggie trivia questions to ask each group.

1. I am a shiny fruit and I come in red, green and even yellow. "An _____ a day keeps the doctor away."
2. I look like a miniature tree. I am green and fluffy on the top and have a light green stem.
3. I look like a mini cabbage. I am round, green and about the size of a golf ball.
4. I have a tan, rough-textured skin, but am light orange on the inside. I am round and am often included in a fruit salad.
5. I am a lot like an orange. I am the same color, but a little bit smaller.
6. I have a dark green skin, but am very light on the inside. You can make pickles out of me.
7. I am a yellow vegetable. I can come on a cob, frozen or as kernels in a can.
8. I am a huge, juicy fruit. I am green on the outside and red or pink on the inside with black seeds!
9. I am leafy and green. You can find me in a salad or on top of your favorite sandwich.
10. I am an orange, crunchy vegetable and rabbits love me.
11. I am round and can be white, yellow or red (purple). Your mom probably cries when she chops me!
12. I am watery, crunchy and green. I have leafy tops and even have ribs!
13. I can either be green, red or yellow. I am hollow on the inside with many seeds. You can find me in fajitas too!
14. I am considered "smelly" but very flavorful. I can also be ground into a spice! I have many cloves inside one bulb.
15. I am soft, red and used to make ketchup, salsa, pizza sauce, and many more things too!

Answer Key:

1. Apple
2. Broccoli
3. Brussels sprout
4. Cantaloupe
5. Tangerine
6. Cucumbers
7. Corn
8. Watermelon
9. Lettuce
10. Carrots
11. Onion
12. Celery
13. Bell peppers
14. Garlic
15. Tomatoes

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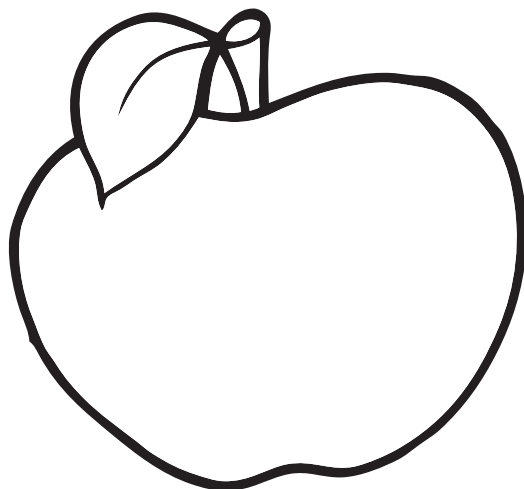
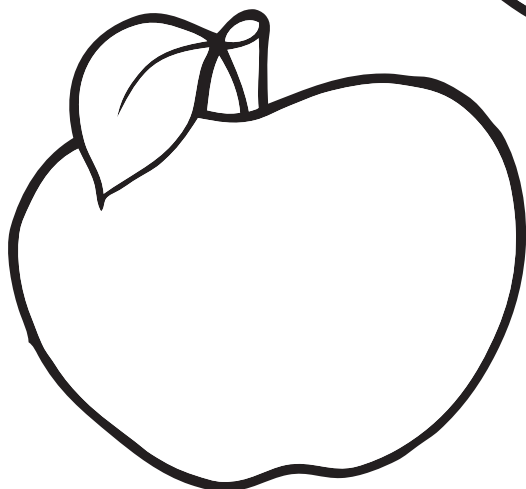
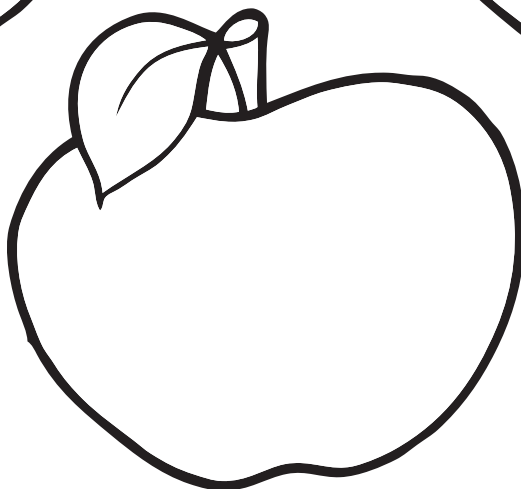
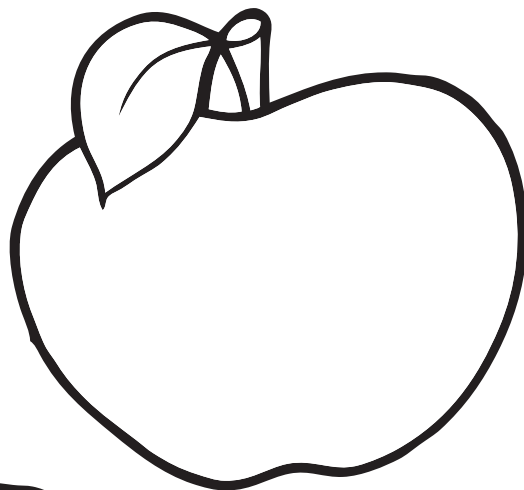
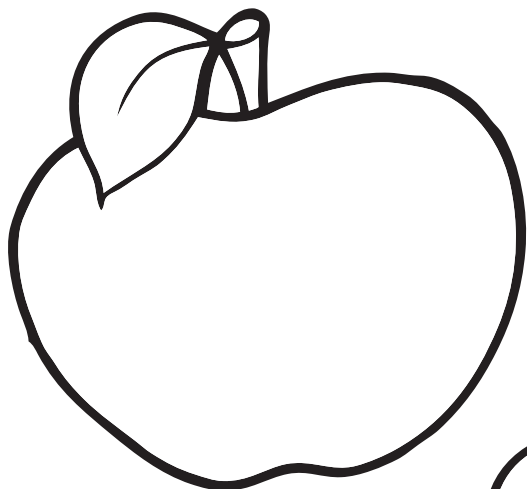


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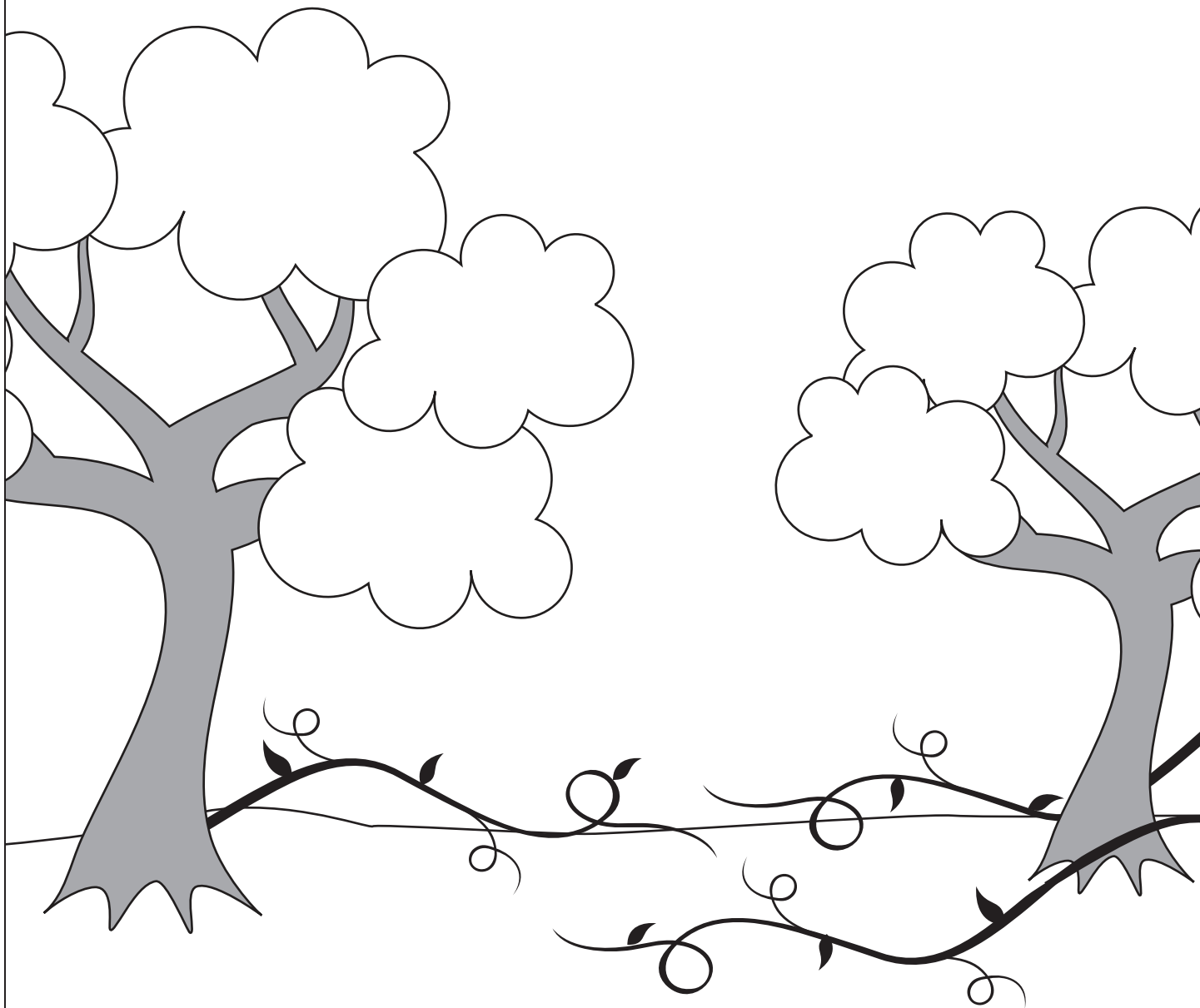
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Grow Your Garden

Draw potatoes, tomatoes, watermelons, apples, and other fruits and veggies in the garden below. Afterwards, have fun coloring it in!



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