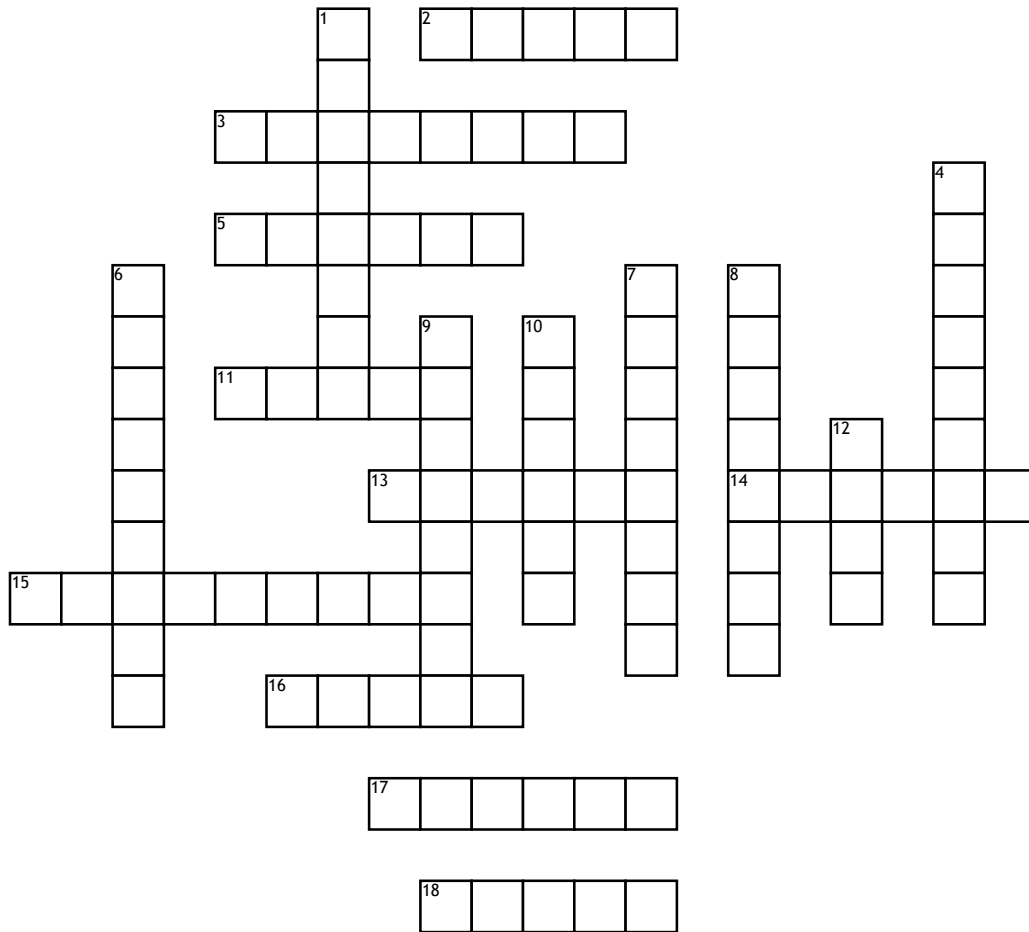


Vegetable word Search



Across

- 2. Potatoes are usually _____ between 300 -450 degrees
- 3. Cooked vegetable lose this nutrient
- 5. I am a vegetable but also a fruit
- 11. Spinach is a type of _____ vegetable
- 13. Drain canned vegetables to lower _____
- 14. This vegetable can help to prevent night blindness

- 15. _____ is the edible part of a plant or the plant itself
- 16. this nutrient helps the digestive system
- 17. Vegetables should be cooked until they are crisp and _____

- 18. This nutrient helps the digestive system

Down

- 1. Green and orange vegetables are a good source of _____

- 4. A type of flowery vegetable
- 6. I am a type of stem vegetable
- 7. _____ is a healthy way to prepare vegetables
- 8. we should never _____ our vegetables
- 9. _____ is found in tomatoes
- 10. _____ is not a healthy way to prepare vegetables.
- 12. Dark green vegetables are good sources of _____

Word Bank

- | | | | | | |
|----------|-----------|-----------|----------|----------|-----------|
| baked | iron | vitamin c | fiber | frying | vegetable |
| tender | artichoke | carrot | lycopene | overcook | sodium |
| steaming | asparagus | Tomato | vitaminA | fiber | leafy |