

ACTIVITY SERIES

Green Fruit & Veggie Guide



Eating more green fruit and vegetables will help your body feel better. These veggies have a lot of nutrients. Fiber, lutein, calcium, folate, vitamin C, calcium and Beta-carotene are only a few. This week, you're going to explore green foods and help incorporate them into your cooking.

A-E	G-K	L-Z
Artichokes	Green apples	Leeks
Arugula	Green beans	Lettuce
Asparagus	Green cabbage	Limes
Avocados	Green grapes	Mustard Greens
Broccoli	Green onion	Okra
Brussel sprouts	Green pears	Snow/Baby Peas
Celery	Green peppers	Spinach
Chinese cabbage	Herbs (Basil, Cilantro, etc.)	Sugar snap peas
Collard Greens	Honeydew	Watercress
Cucumbers	Kale	Zucchini
Endive	Kiwi	

Did we miss your favorite **green** fruit or veggie? If so, write it in this box. Remember to ask your parents to buy extra next time they go shopping!



Activity 1: Raw Snack Foods

Raw foods are foods that you eat without cooking (using heat). Eating raw food snacks are quick and easy. Our favorite **green** raw foods are cucumbers, green apples and kiwi. This week, we want you to go shopping with your grown-up and explore the **green** foods at the store. Find 7 **green** foods you want to try. Then, do a taste test and, eat one new green raw food for a snack each day.

	My Raw Food Snack	Like it?
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Activity 2: Green Cooked Foods

While grocery shopping with your grown-up, pick 2 green foods that you can cook. Our favorite green foods are asparagus and kale. Work with your grown-up and find a few you like. Write your recipe here.

You can try favorite recipes by going online and viewing the “veggie recipe” link at

<http://www.HealthyLittleCooks.com>