

Green Fruit Word Search

Can you find all of these green fruits? Look up, down, backwards and diagonally.

Apple Gooseberry									Kiwi				
cado)	Grapes								Lime			
erimo	ya			Н	loney	/dew				Pea	ır		
Z	K	W	Р	J	Q	S	Т	I	U	R	F	Υ	S
L	I	В	K	J	R	W	٧	Ν	В	Р	W	Χ	С
L	W	Ε	G	Ε	Τ	Q	0	Χ	Ε	Υ	٧	I	Н
Н	I	Н	R	W	K	W	Ε	M		L	Р	R	Ε
L (A	Р	Р	L	E	С	W	Ε	S	G	J	Н	R
F	D	S	N	D	I	Т	0	M	Α	Т	0	Ε	I
Р	Α	Т	Υ	L	0	R	I	Z	Χ	Ε	Р	В	M
Ε	Υ	Ε	M	Α	V	0	С	Α	D	0	R	Т	0
Α	Ν	K	D	Н	Е	Α	L	Τ	Н	Р	Q	L	Υ
Ο	Q	Ο	K	В	G	S	Е	Н	R	Α	Е	Р	Α
Υ	V	G	Ο	Ο	S	Е	В	Е	R	R	Υ	S	Τ
	E A	cado erimoya Z K L I L W H I L A F D P A E Y A N O Q	cado erimoya Z K W L I B L W E H I H L A P F D S P A T E Y E A N K O Q O	cado erimoya Z K W P L I B K L W E G H I H R L A P P F D S N P A T Y E Y E M A N K D O Q O K	cado erimoya Z K W P J L I B K J L W E G E H I H R W L A P P L F D S N D P A T Y L E Y E M A A N K D H O Q O K B	Grape Honey Z K W P J Q L I B K J R L W E G E T H I H R W K L A P P L E F D S N D I P A T Y L O E Y E M A V A N K D H E O Q O K B G	Crapes	Grapes Honeydew Z K W P J Q S T L I B K J R W V L W E G E T Q O H I H R W K W E L A P P L E C W F D S N D I T O P A T Y L O R I E Y E M A V O C A N K D H E A L O Q O K B G S E	Serimoya	Cocado	Ocado Grapes Lim erimoya Honeydew Pea Z K W P J Q S T I U R L I B K J R W V N B P L W E G E T Q O X E Y H I H R W K W E M I L L A P P L E C W E Y H I H R W K W E M I L L A P J Q C W E Y H I H R W K W E M I L H I H R W K W E M I L I R I I <	Cocado	Coado



Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange,

white, green and blue/purple. Avocados are in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples are:
 - Avocados, limes, green grapes, honeydew melon, asparagus, cherimoya, celery root, cucumbers and zucchini.

How Much Do I Need?

A serving of avocados is one-quarter cup sliced avocado. This is about one-fifth of a medium avocado. Eat a variety of colorful fruits and vegetables throughout the day to reach your total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, try to eat the higher number of cups for your age. Visit www.mypyramid.gov to learn more.



Nutrition Facts

Calories 50

Total Fat 5g
Saturated Fat 1g

Trans Fat Og

Cholesterol Omg

Total Carbohydrate 3g

Dietary Fiber 2g
Sugars 0g
Protein 1g

Sodium 2mg

Vitamin A 1%

Vitamin C 4%

Serving Size: 1/4 cup avocado, sliced (30g)

Source: www.nutritiondata.com

Calories from Fat 39

% Daily Value

3%

0% 0%

1%

8%

Calcium 0%

Iron 1%

