

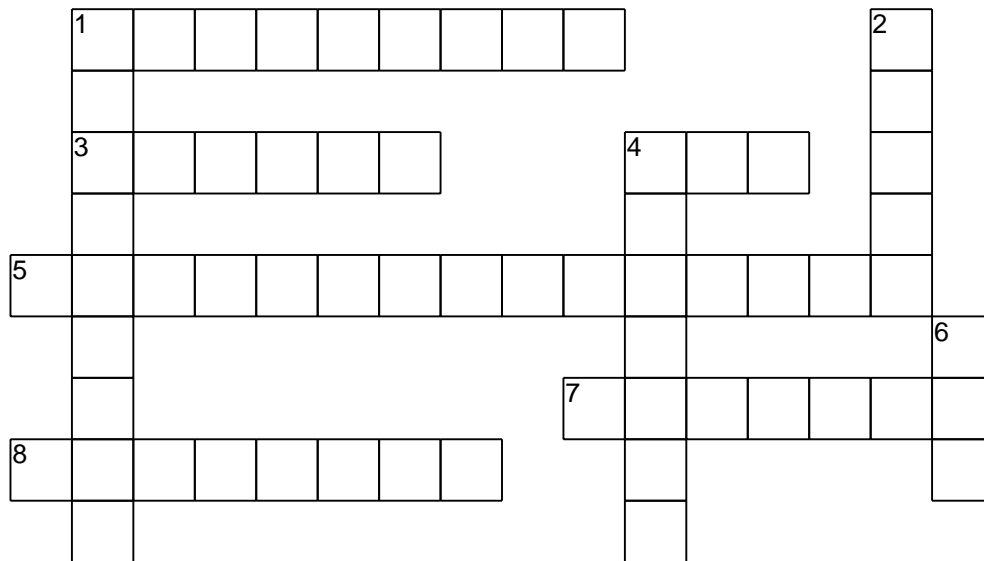
Name: _____

Date: _____

Eat Your Vegetables Crossword Puzzle



Complete the activity.



ACROSS

1. Mediterranean thistle-like plant widely cultivated for its large edible flower head.
3. A very starchy root vegetable.
4. A plant with small white flowers and long green pods containing edible green seeds.
5. Small cabbage-like heads or buds growing along a stalk.
7. A plant part of the legumes family that is grown for hay or forage.
8. The fastest growing of the summer fruits. Also known as the green Italian squash,

DOWN

1. A member of the lily family, the earliest stalks are an apple-green with purple-tinged tips.
2. These highly nutritious seeded pods of various legumes are among the oldest foods known to humanity.
4. Whether curly or flat leafed an indispensable herb in cooking and garnishing.
6. Sweet potato with deep orange flesh that remains moist when baked.