

VEG OUT!

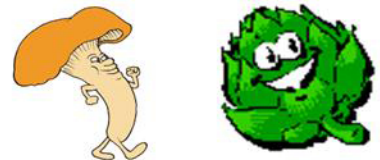
NAME THE VEGETABLES;

ADD THE VEGETABLES TO THERE FAMILIES;

ROOTS;	TUBERS;	BULBS;	FRUITS;
B-----	Y--	L----	A-----
P-----	P-----	O----	S-----
C-----			C-----



FLOWERS;	PODS;	LEAVES;	STEMS;
B-----	B-----	L-----	A-----
S-----	S-----	C-----	C-----
C-----		S-----	



FIND THE HIDDEN 9
VEGETABLE FAMILIES

F	L	O	W	E	R	S	A	U	T
R	U	L	Q	K	H	Y	P	V	U
U	C	N	X	L	I	H	O	H	B
I	J	L	G	A	O	K	D	I	E
T	H	P	E	H	S	Q	S	J	R
S	T	E	M	S	I	Z	R	B	S
A	L	G	J	E	S	A	O	N	T
Z	B	U	L	B	J	B	O	L	R
X	P	O	S	V	A	E	T	S	E
N	M	L	E	A	V	E	S	Z	W



VEG
A GRAM!



The Coach says!
Have fun at home by;
Getting mashed!
Peppers, Swede,
Carrot, Potato and
Celariac all mash
well. Get saucy!
Pureed vegetables
make great coullis.
Create your platter.....

USE THE FOLLOWING LETTERS, HOW MANY DIFFERENT
FRUITS CAN YOU MAKE? YES! YOU CAN USE ANY
LETTER MORE THAN ONCE. WE FOUND 16.

A B F O R U E I C D G P Y S L M T N D Z



FILL IN THE MISSING WORDS;

Another word for fibre is R-----.

Fibre is contained mainly in the S--- and F---- of Fruit
and vegetables.

Fibre helps us to D----- our food more easily. Other sources
of fibre are

N---, W----- B---- and C-----.

