

Activity Sheet

Name _____

Jumbled Word to Picture

Match the jumbled word to the correct picture. Print the jumbled word correctly.

sirdah _____



ottmao _____



kpmpuni _____



yelerc _____



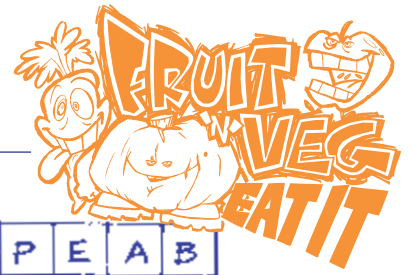
nabaan _____



goanre _____



Word Sleuth



Name _____

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

Fruit: Plum, Pineapple, Pear, Rockmelon, Lime, Lemon, Apple, Cherry, Orange, Grape, Strawberry, Babaco, Fig, Coconut, Mandarin, Apricot, Tangerine, Mango, Banana, Nectarine, Watermelon, Raspberry, Peach, Tomato, Kiwi Fruit, Avacado.

Vegetables: Bamboo Shoots, Okra, Potato, Swede, Peas, Eggplant, Beans, Shallot, Zucchini, Turnip, Celery, Radish, Onion, Cauliflower, Lettuce, Squash, Cabbage, Pumpkin, Carrot, Parsnip, Corn.

Amazing Fruit and Vegetable Facts

- Eating enough fruit and vegetables that are rich in vitamin C, vitamin A and vegetables from the cruciferous family such as cauliflower, broccoli, Brussels sprouts and cabbage may help to prevent some forms of cancer.
- Eating fruit and vegetables with each meal helps to prevent constipation and overweight or obesity.
- You would need to process more than three apples to make just one glass of apple juice. Since there is no fibre in fruit juice it does not fill you up as much as fresh fruit does. Eat fresh fruit – it has more fibre, vitamins and minerals.
- One bucket of hot chips has 14 times more fat than a jacket baked potato. And potato crisps have 2½ times more fat than hot chips. One 50 g packet has 3½ teaspoons of fat.
- Red capsicums have at least seven times more vitamin A than green capsicums.

