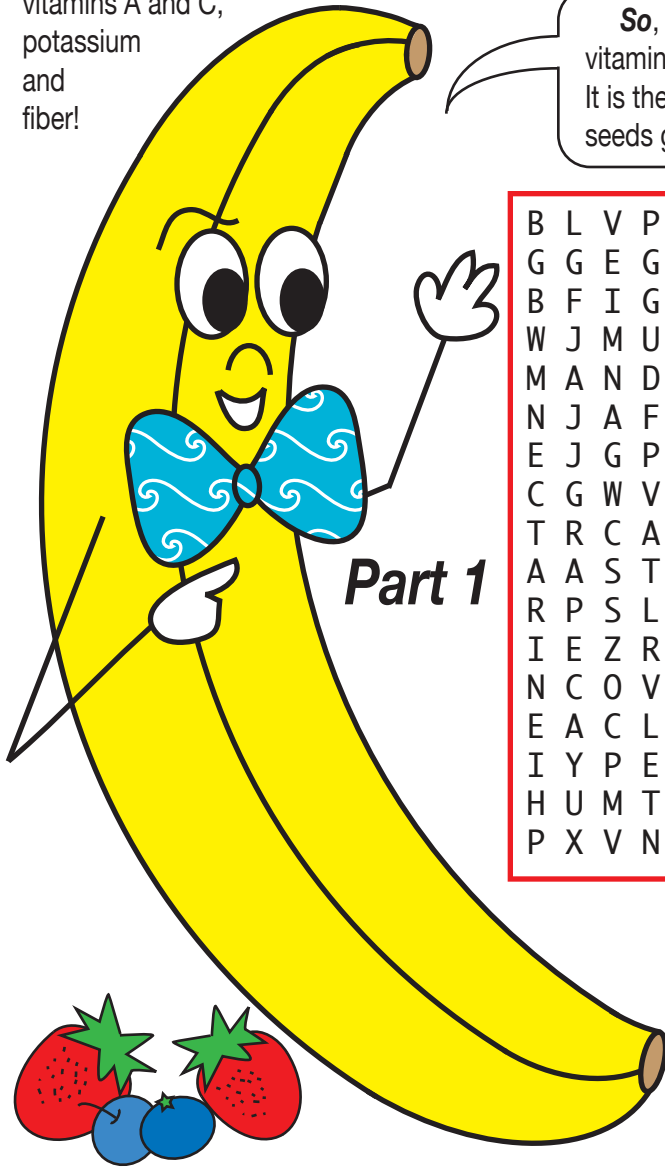


Yes, I am a
veeeerrrrrry
"ap-peeling"
fruit...full of
vitamins A and C,
potassium
and
fiber!

Go Bananas!

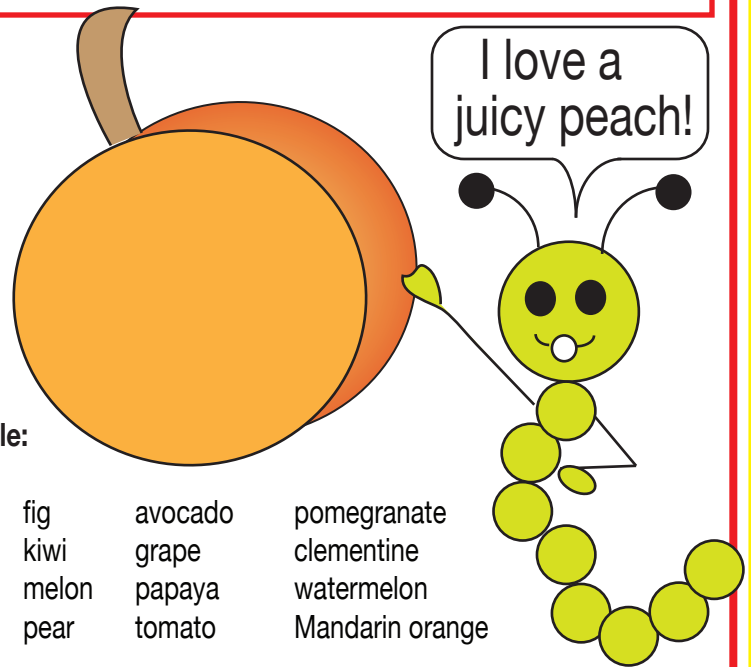
For Fruit

So, you know that fruits are good for you to eat. They are packed full of vitamins and fiber and are delicious too. But, do you know what a fruit is? It is the part of a flowering plant that holds the seeds. And what are the seeds good for? They are the part of the plant that grows into a new plant!



Part 1

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



I love a
juicy peach!

The fruits below are some of the best-known and most often eaten in our country. What is your favorite fruit? **Think about that and then grab a pencil to find and circle these fruits in the puzzle:**

- | | | | | | | | |
|---------|--------|------------|------------|---------|-------|---------|-----------------|
| lemon | cherry | grapefruit | blackberry | banana | fig | avocado | pomegranate |
| orange | lime | pineapple | cranberry | coconut | kiwi | grape | clementine |
| apricot | plum | nectarine | strawberry | mango | melon | papaya | watermelon |
| date | guava | blueberry | raspberry | peach | pear | tomato | Mandarin orange |

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