



- Apples have lots of _____.
- Eating a good breakfast helps you focus and _____ at school.
- Not all carrots are orange, they can also be _____, _____ & _____.
- Cucumbers come from the _____ family.
- The manganese in coconuts can help keep your _____ & _____ strong.
- One orange has all the _____ you need for the whole day, plus lots of fiber!
- _____ grows the most lettuce in the United States.
- Bell peppers taste _____ as they ripen.
- At the supermarket you can buy _____, _____, _____ or _____ fruits and vegetables.
- Choose more foods from the food groups with the _____ stripes.
- Fill half your dinner plate with _____ or _____.
- One cup is the same size as a _____.



Nutrition Decathlon

Passport

Name: _____