

The LUNCHBOX BUNCH

Activity Workbook



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PLAY! What is it??

Can you guess the
fruit and veggies below?!
Answers in back!



Answers: What is it??

Plum,
Carrots
Zucchini
Banana

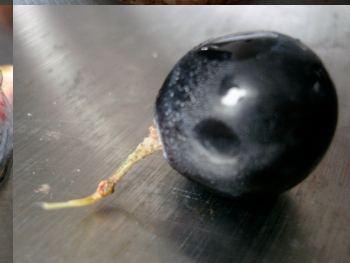
Grapefruit
Radish
Chile Pepper
Blackberries

Orange
Bell Pepper
Figs
Lemon

Watercress
Mushroom
Grape
Pomegranate

Quince
Tomato
Raspberry
Avocado

String Beans
Apple
Jalepeno
Onion



Hee
Hee!
Hee
Hee!
Hee!



Sinister

PEACH

Despite being quite a sinister character on the outside, known for his mischievous evil plans and 'hee hee hee' laughter peaches are quite healthy foods!

NUTRITION-FACTS

Calories/serving: _____ Fiber: _____

Fat: _____ Protein: _____ Carbohydrates: _____ Sugar: _____

VITAMINS

A: _____ C: _____ E: _____ B1: _____ B6: _____ B12: _____

Healing-Properties: _____

Favorite-RECIPE: _____

SEASON: _____ GROWN-where? _____

BONUS-QUESTION

Blackberries are hard to beat when it comes to nutrition, but name five other berries you can eat.

ANSWER: _____

Socialite

KALE



Sure this tiny purple berry knows how to get his groove on, but it's no wonder he has all that energy with the nutrition overload he packs behind that wacky exterior.

NUTRITION-FACTS

Calories/serving: _____ Fiber: _____

Fat: _____ Protein: _____ Carbohydrates: _____ Sugar: _____

VITAMINS

A: _____ C: _____ E: _____ B1: _____ B6: _____ B12: _____

Healing-Properties: _____

Favorite-RECIPE: _____

SEASON: _____ GROWN-where? _____

BONUS-QUESTION

Blackberries are hard to beat when it comes to nutrition, but name five other berries you can eat.

ANSWER: _____

Boogie Woogie ORANGE



No wonder this groovy fruit has so much energy to boogie woogie! He's packed with amazing nutrients and is famous for being the spokesfruit for Vitamin C!

NUTRITION-FACTS

Calories/serving: _____ Fiber: _____
Fat: _____ Protein: _____ Carbohydrates: _____ Sugar: _____

VITAMINS

A: _____ C: _____ E: _____ D: _____ K: _____ B1: _____ B6: _____ B12: _____

Healing-Properties: _____

Favorite-RECIPE: _____

SEASON: _____ GROWN-where? _____

BONUS-QUESTION

We hate to blow his cover, but what fruit actually has more Vitamin C per serving than the Orange???

ANSWER: _____

MyCoolFacts: _____

The BROCCOLI BUNCH



Some say this bunch is nothing more than a few silly miniature trees with green trunks! But don't underestimate this friendly bunched veggie-for it will make you strong and vibrant and maybe a little friendly.

NUTRITION-FACTS

Calories/serving: _____ Fiber: _____
Fat: _____ Protein: _____ Carbohydrates: _____ Sugar: _____

VITAMINS

A: _____ C: _____ E: _____ D: _____ K: _____ B1: _____ B6: _____ B12: _____

Healing-Properties: _____

Favorite-RECIPE: _____

SEASON: _____ GROWN-where? _____

BONUS-QUESTION

A huge percentage of broccoli produced in the USA is grown in one state...do you know what (sunny) state it is?

ANSWER: _____

MyCoolFacts: _____