

DARK LEAFY GREENS

COLOR ME!

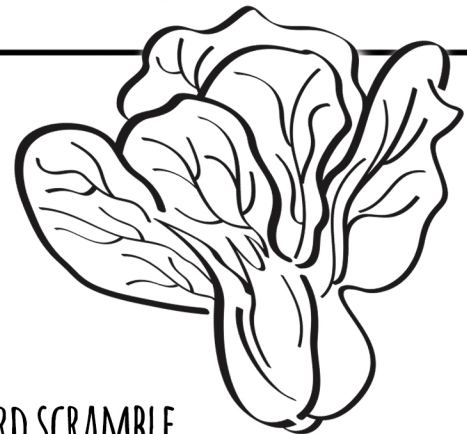
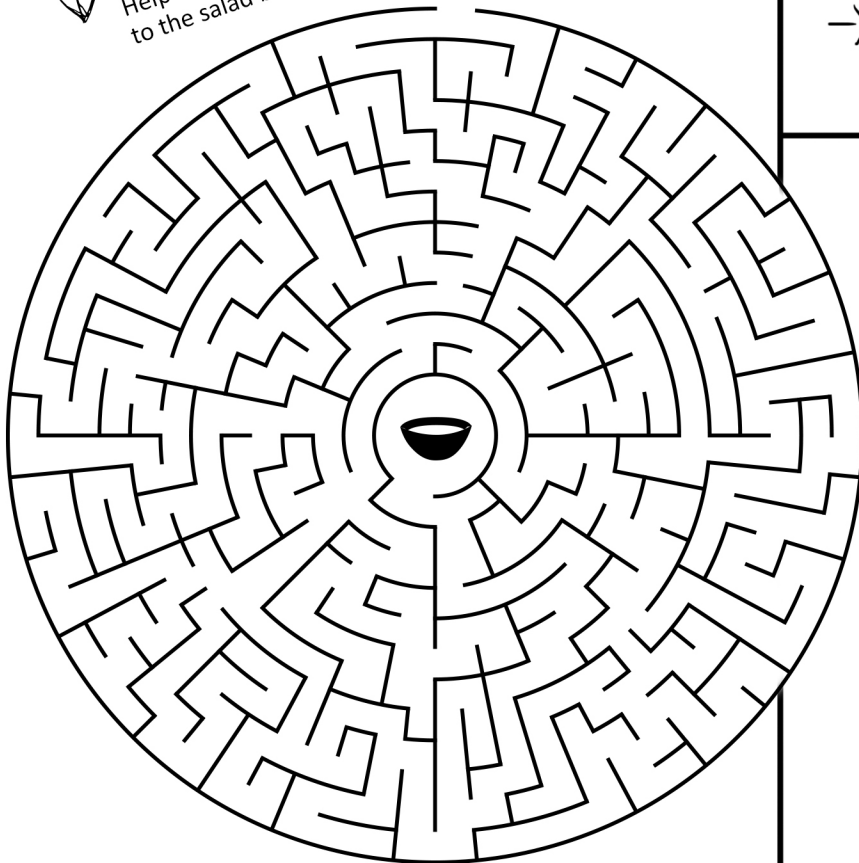


MAKE AS MANY WORDS AS YOU CAN OUT OF THE LETTERS IN
DARK LEAFY GREENS

FOOD FACTS AND FUN:

- Leaf vegetables may be stir-fried, stewed, steamed or eaten fresh as a salad.
- Try mixing different salad greens together for a more flavorful salad.
- Try low fat options for dressing instead of full fat dressings

MAZE
Help the lettuce get to the salad bowl!



WORD SCRAMBLE

These letters were mixed up in the salad bowl!
Can you unscramble them to make words?

PAHICSN

RENSEG

LAADS

YLAEF

TLEECTU

AENORMI