

FANTASTIC FITNESS

A Newspaper In
Education Series #7

CROP: Why do Healthy Foods Matter?

After you STOP eating so much junk food, the next step to fitness is to replace those “empty calories” with healthy foods. To do so, turn to the CROP group for fruits, vegetables, and whole-grain foods that are key to a healthy lifestyle.

These foods taste great and contribute to making you fit. Rank your top five foods from these lists of fruits and vegetables:

My Top 5 Fruits:

- ___ Bananas
- ___ Apples
- ___ Oranges
- ___ Pears
- ___ Grapefruit
- ___ Tangerines
- ___ Clementines
- ___ Lemons
- ___ Plums
- ___ Peaches
- ___ Nectarines
- ___ Mangoes
- ___ Papaya

___ Blueberries

- ___ Guava
- ___ Kiwi
- ___ Grapes
- ___ Cherries
- ___ Raspberries
- ___ Strawberries
- ___ Blackberries
- ___ Honeydew
- ___ Cantaloupe
- ___ Watermelon
- Other: _____
- Other: _____

My Top 5 Vegetables:

- ___ Broccoli
- ___ Spinach
- ___ Cauliflower
- ___ Okra
- ___ Brussels sprouts
- ___ Tomatoes
- ___ Cucumbers
- ___ Lettuce
- ___ Red peppers
- ___ Green peppers
- ___ Eggplant
- ___ Zucchini
- ___ Squash
- ___ Beets

___ Avocado

- ___ Mushrooms
- ___ Carrots
- ___ Celery
- ___ Broccoli rabe
- ___ Asparagus
- ___ Squash
- ___ Pumpkin
- ___ Artichoke
- ___ Turnips
- ___ Bok choy
- ___ Mustard greens
- Other: _____
- Other: _____

ENTERTAIN YOUR BRAIN

Can you figure out these food riddles? (Hint: They're a little CORN-Y, maybe even CHEESE-Y)

The answers are upside down to the right.

Q. What kind of fruit always has a buddy?

Q. How did the magician knock over a full glass without spilling any water?

Q. What food has eyes but no ears?

Q. What food has ears but no eyes?

Q. How do you make beef chili?

Write a food riddle of your own. Bet yours is even funnier than these.

Answers:
Q. What kind of fruit always has a buddy?
A. Pears.
Q. How did the magician knock over a full glass without spilling any water?
A. It was filled with milk.
Q. What food has eyes but no ears?
A. Potatoes.
Q. What food has ears but no eyes?
A. Corn.
Q. How do you make beef chili?
A. Put it in the freezer.

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