

5-A-Day Fruits and Vegetables

Experiment

Spunky Vegetable Pizza

Yields 8 servings

$\frac{3}{4}$ cup pizza sauce

1 large Italian pizza crust

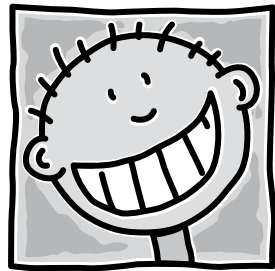
1 cup chopped broccoli

1 cup shredded carrots

$\frac{1}{2}$ cup sliced red or green bell pepper

5 to 6 ounces shredded, low-fat mozzarella
or Cheddar cheese

Preheat the oven to 450°F. Spoon pizza sauce onto the pizza crust and place it on a cookie sheet. Arrange vegetables over the sauce, then sprinkle on the cheese. Bake for 10 minutes or until golden. When baked, cool the pizza for three minutes before slicing. Cut into eight wedges.



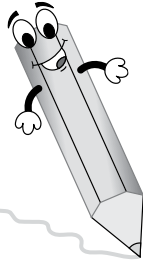
Jokes

What kind of
flower should
never be put
in a vase?

Cauliflower

How do you turn a soup into gold?

Put 1 1/2 carrots in it



Fill in the missing letters
for the clue to the puzzle.
Good luck!

- E _____ (A PURPLE VEGETABLE)
 A _____ (A RED OR GREEN FRUIT)
 T _____ (A RED VEGETABLE, OR IS IT A FRUIT?)
 Y _____ S _____ (A YELLOW VEGETABLE)
 O _____ (A GREEN VEGETABLE USUALLY EATEN IN THE SOUTH)
 U GLI FRUIT
 R _____ (A SMALL RED VEGETABLE)
 C _____ (A ORANGE/YELLOW FRUIT)
 O _____ (A FRUIT WITH THE SAME NAME AS ITS COLOR)
 L _____ (A GREEN VEGETABLE FOR SALADS)
 O _____ (A WHITE VEGETABLE THAT MAKES YOU CRY)
 R _____ (A DRIED GRAPE)
 S _____ (POPEYE'S FAVORITE GREEN VEGETABLE)

Here are the answers to the puzzle.

EGGPLANT, APPLE, TOMATO, YELLOW SQUASH, OKRA, RADISH
 CANTALOUPE, ORANGE, LETTUCE, ONION, RAISIN, SPINACH

Fun Facts

- Cantaloupe and watermelon are in the same family as squashes, pumpkins, and cucumbers.

Did You Know?

- Children ages 6 to 11 need about four cups of fruits and vegetables a day.
- Because they have seeds—tomatoes, cucumbers, and peppers are considered fruits by plant scientists.
- Apples turn brown after you cut them because of a process called oxidation. Oxygen reacts with the apple to change the color. A little bit of lemon juice can prevent the color change.
- Different colors of fruits and vegetables provide different vitamins and minerals. For example blue, purple, and red foods help your memory function.



What does it mean?

- Phytochemicals:** a natural part of plants that works with nutrients and fiber to protect against disease. (pronounced "fight-o-chemicals").