



# Energize!

KEY: Vocabulary

## Matching

healthy  
produce  
vitamins

strawberry  
carrots  
fruit

fiber  
pumpkin  
salad

garden  
veggies  
citrus

Words and matching definitions.

1. Healthy    Being Healthy is when you take care of yourself by eating right and exercising.
2. Citrus    Lemons and oranges are this kind of fruit.
3. Strawberry    a) red and juicy, rich in Vitamin C. b) A kind of berry.
4. Fiber    The rough parts of some fruits, vegetables, and grains. Purpose of this food in the diet is to clean the intestinal walls.
5. Garden    A place to grow vegetables.
6. Fruit    A type of food which is grown on trees or plants and is good for you.
7. Salad    Vegetables or fruits mixed together in a bowl.
8. Carrots    A long, orange vegetable that grows in the ground.
9. Vitamins    You need these for your bones to be strong and to fight sickness.
10. Pumpkin    a) An orange plant introduced to the Pilgrims by the Indians. b) A large orange fruit grown on a vine.
11. Veggies    Another name for vegetables.
12. Produce    Farm products, especially fruits or vegetables.