



Energize!

Worksheet # 2: Vocabulary

Name: _____

Period #: _____

Date: _____

Matching

healthy
produce
vitamins

strawberry
carrots
fruit

fiber
pumpkin
salad

garden
veggies
citrus

Match each definition with a word.

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