

Fruits and Vegetables

See if you can complete the alphabet! Use each letter of the alphabet and write down a fruit or vegetable that starts with that letter.

A apples, avocado, apricot, acai

N nectarine

B banana, bok choy, blueberry, beets

O oranges, onions, okra

C cantaloupe, cranberry, carrot, celery

P peppers, plum, peach, peas

D date, dragon fruit, daikon

Q quince, quenepa

E eggplant, endive

R raspberry, raisin, radish

F fig, fennel

S swiss chard, squash, strawberry

G grape, grapefruit, gourd, guava

T tomato, tangerine

H honeydew melon

U ugni fruit, upland cress

I iceberg Lettuce _____

V valencia Oranges _____

J jackfruit, jicama

W watermelon, watercress

K kiwi, kale, kumquat

X xigua, ximenia

L lemon, leek, leche, lettuce

Y yellow pepper, yams

M melon, mandarin, mushroom

Z zucchini

Are there any fruits and vegetables listed above that you have never tried (list them)?

_____ xigua, guava, quince, valencia orange _____

Name a creative way to incorporate one of the fruits or vegetables you have never tried

into your dinner or snack: add guava to a smoothie, put a valencia orange in my bag for work _____