**BERRY FUN ACTIVITIES**

**Strawberry Word Search**

Find the words next to the strawberry slice in the puzzle. Look up, down and sideways.

```
S U O I C I L E P I C E R I U M T Z I
H T U V O C P R X G D B E R R I E S A
E E R D R N I Q E O D E K H S E R S D
Y E Z A P S N S D E E S S T B P P V V
B W A S W D E T N A S L K I C B E A U
V S C S Y B A S E E U G I U E T Y N I
B N W E U R E A Y R R O N R S U R Y U
S K S R L F N R A R C E R F C Y D N A
R S N B C A L I R E S Y Y W H T O O M
I B W S N K S O H Y T I L A T I P S F
T I I A S E I R R E B K C A L B Z L A
A G B W V E T R O Y I C A L T J O X B
T H D A A J H S C R S L C Y I W U Z E
Q I E X O I I E M R L R Z N E J F E N
V L U V L A V S E A L C R I T G E D
S H O R T C A K E B R T N E P I R Z E
I W W O R G C E W E E R N R D G A J K
Y A A O G A N L L U R Y J E L L O T C
S H E K N L J D B L C E E E Q Q C F I
B S S A L A D B M B D Y D H X P P
```

**Eat the Rainbow!**

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Strawberries are in the red color group.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include strawberries, cherries, red grapes, tomatoes, red bell peppers, beets, radishes and red potatoes.

**What is a Serving?**

A serving of strawberries is one cup of halved berries. This is about eight large berries.

**Test Your Strawberry IQ**

(answers below)

1. On average, there are about _____ tiny seeds on every strawberry.
   A.) 25  B.) 100  C.) 200  D.) 500

2. Strawberries are the highest in which vitamin?
   A.) Vitamin A  B.) Vitamin B6  C.) Vitamin C

3. Which state produces the most strawberries in the United States?
   A.) Ohio  B.) Florida  C.) Colorado  D.) California

**Answers:** 1. C; 2. C; 3. D