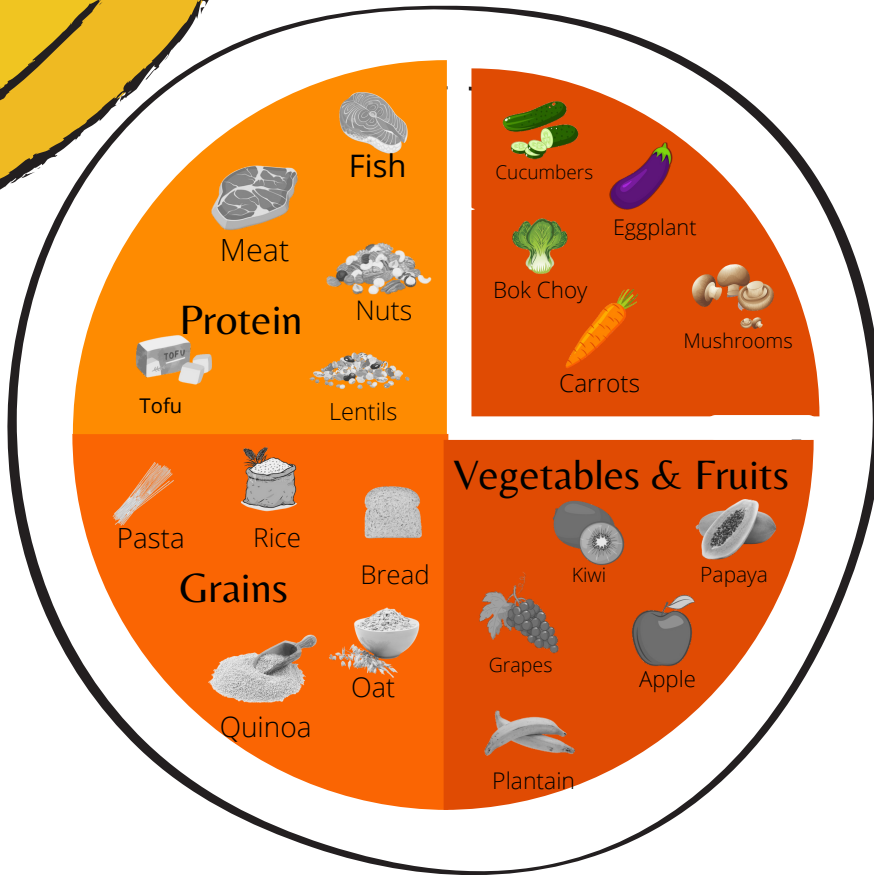


VEGETABLES



Did you know...

- It is recommended to fill 1/2 your plate with vegetables (and fruits).
- Did you know that vegetables come in many colors...
 - Think of a vegetable from each color of the rainbow and try a new one each month.
- Frozen and canned vegetables are as healthy as fresh vegetables.
- Fun fact : Did you know that vegetables are grown from seeds?

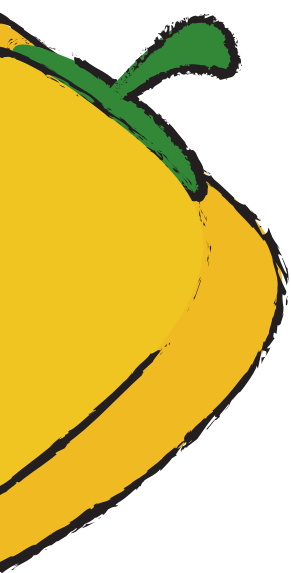
Pear, Apple and Cucumber Salad

Ingredients

- 1 pear, diced
- 1/2 cucumber, cubed
- 1 apple, diced
- Dressing of your choice

Instructions

- 1 - Place pear, apple and cucumber in a bowl.
- 3- Drizzle with dressing of your choice and mix together.



Knife Safety

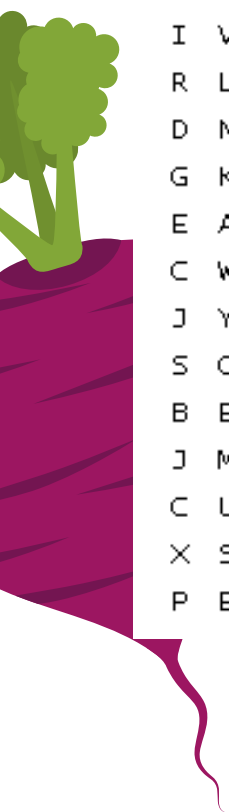
1. Always pick up a knife by the handle and never point it towards anyone.
2. Always use a cutting board. Never cut food while holding it in your hand.
3. Never leave a knife in a sink full of water where others may not see it.

Adapted from Ottawa Public Health, I Love to Cook and Play - Program Manual 2016.



Let's play a game!

Find the word in the puzzle. Words can go in any direction and they can share letters as they cross over each other.



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

- Bell Pepper
- Cauliflower
- Daikon
- Leek
- Mushroom
- Broccoli
- Kale
- Carrot
- Cucumber
- Ginger
- Lettuce
- Lemongrass
- Spinach
- Eggplant

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

