

Garden to Table: Herbs, Fruits, Veggies

Write the letter of the correct match next to each problem. Have fun and good luck!

Created on TheTeachersCorner.net Match-up Maker

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|-----|--------------------------------|---|
| 1. | <u> i </u>
parsley | a. _____ is packed with many beneficiaries that can help vision, increase immune system health, and promote heart health. |
| 2. | <u> d </u>
kabobs | b. _____ not only smells good, but it can also sooth skin, reduce stress, and improve oral health and digestion. |
| 3. | <u> k </u>
dill | c. _____ can be made into a refreshing juice that can really help to keep you hydrated. |
| 4. | <u> f </u>
produce | d. Making _____ allows you to use vegetables in a fun way while participating in grilling season. |
| 5. | <u> c </u>
Watermelon | e. Add _____ and vegetables to your food to add color! |
| 6. | <u> j </u>
cucumbers | f. While _____ can get expensive at the store, you can plant them at home and even teach your children about nutrition. |
| 7. | <u> a </u>
Zucchini | g. _____ food is by far the tastiest and can be healthier compared to frozen and canned food. |
| 8. | <u> h </u>
summer | h. In the Midwest harvest season is late _____ and early fall which means there is a lot of fresh produce to go around. |
| 9. | <u> l </u>
freezed | i. Using this _____ instead of salt is a great and, often, a healthier way to season your food. |
| 10. | <u> b </u>
Mint | j. Green beans, zucchini, and _____ are all green vegetables that can be easily grown in a garden! |
| 11. | <u> e </u>
fruits | k. Used in salads, soups, pickling, ranch, etc. _____ is a great garden herb that can be used for seasoning? |
| 12. | <u> g </u>
Fresh | l. As usually encouraged, meals can be prepared beforehand and _____ for later enjoyment. |