



## Healthy Eating Word Find

Learn how to eat better.  
Find the hidden words in the puzzle.

CALORIES	FRUIT	TALKING
CONSUME	HEALTHY	TOGETHER
DINNER	LUNCH	VEGETABLE
FAMILY	MEAL	WEIGHT

  

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

## CANADA



## HISTORY

1836

THE OPENING OF CANADA'S FIRST RAILWAY LINE TAKES PLACE. IT INCLUDES STOPS AT ST. JOHNS, QUEBEC TO LA PRAIRIE, QUEBEC.



WHAT ARE THE SUBSTANCES IN VEGETABLES AND FRUITS THAT HELP FIGHT CANCER AND OTHER DISEASES?

ANSWER: ANTIOXIDANTS

## Fruit or Veggie?

Determine whether the food is technically (botanically) a fruit or vegetable.

1. Tomato
2. Broccoli
3. Cucumber
4. Apple

Answers: 1. fruit 2. vegetable 3. fruit 4. fruit

*New*  
**word**

**fruit**

food containing seeds

*How they SAY that in...*

**ENGLISH:** Table

**SPANISH:** Mesa

**ITALIAN:** Tavolo

**FRENCH:** Table

**GERMAN:** Tisch

**Did you know?**



CORN IS CANADA'S THIRD LARGEST GRAIN CROP AFTER WHEAT AND BARLEY.

**GET THE PICTURE?**



Can you guess what the bigger picture is?

ANSWER: ASPARAGUS