

Mixed Veggies



Eating lots of vegetables is one of the best ways to get the vitamins and minerals we need for good health. Nutritionists advise that selecting a variety of plant foods protects against disease and promotes healthy aging. Unscramble the names of these 8 delicious vegetable choices, and then unscramble the circled letters to find yet another health benefit! (Answers at bottom of this page.)

HAIRDS

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CRAGIL

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EYERLC

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TESEW RCNO

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NABE

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MATOOT

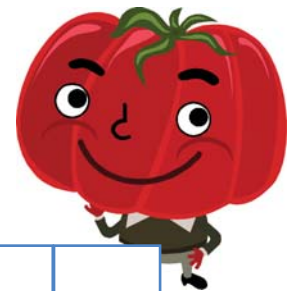
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RADHC

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HOMMOURS

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Answers to "Mixed Veggies": radish, garlic, celery, sweet corn, bean, tomato, chard, mushroom. Unscrambled phrase: "HEALTHY WEIGHT"