

Use the word bank to find the hidden fruits.

Words can be found going horizontal, vertical, diagonally or backwards.

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

Word Bank

Apple	Cherries	Peach
Blueberries	Grapes	Pear
Banana	Orange	Strawberry



Frozen Strawberry Yogurt

Ingredients

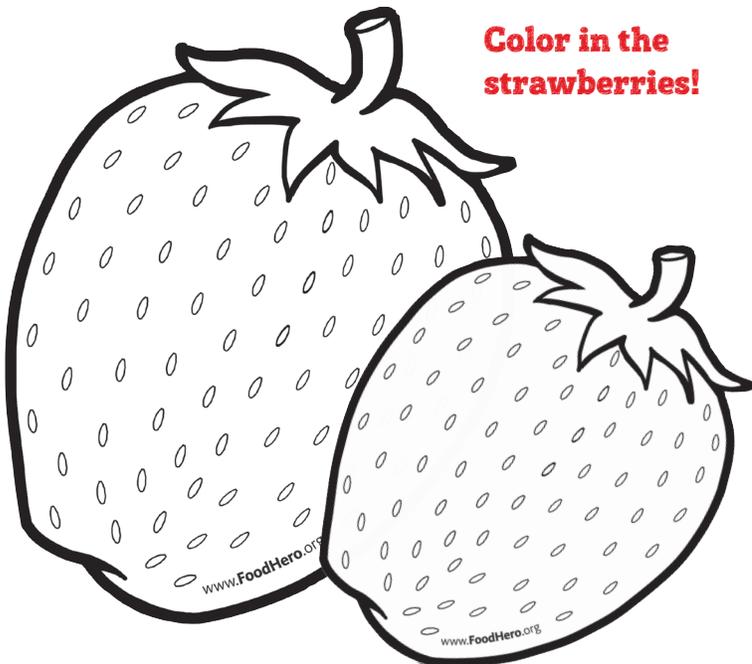
- 4 cups frozen **strawberries** (unsweetened)
- 1 cup nonfat plain **yogurt**
- 3 Tablespoons **sugar**

Directions

1. Combine ingredients in a blender or food processor. Blend until creamy.
2. Serve immediately or freeze in an air-tight container or frozen treat molds for up to 1 month. Frozen leftovers will be very firm.
3. Scrape into serving bowls with a spoon.

For tasty, healthy recipes and garden tips that fit your budget, visit [Food Hero.org](http://FoodHero.org)

Color in the strawberries!



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ★ Wash strawberries under cool running water and pull off the green caps.
- ★ Cut strawberries into slices, chunks, or even fun shapes. Ripe strawberries cut easily.
- ★ Fill a blender only about half full and be sure the lid is on tightly.