



FILL IN THE BLANK

Read the clues about the kinds of vitamins and nutrients in the foreign foods below. Then fill in what food it is (from the box below) based on the descriptions.

1. Contains Vitamins A, C, and E, Vitamin B6, and Potassium
2. Yellow-orange on the inside, green or pinkish-red on the outside
3. A tropical fruit grown in India on a tree

1. High in zinc, foliate, protein and dietary fiber
2. Made in the Middle East into hummus for dipping with pita bread
3. Also known as a garbanzo bean

1. 60% more potassium than a banana and has the highest fiber content of any fruit
2. It's green on the inside and outside, and grown on trees in Mexico
3. It can be made into guacamole to put on tacos and burritos.

avocado mango chick pea

WRITE & TAG

Write about what you eat when you go to a restaurant. Then underline the vegetables, circle the meats and cross out the sweets.

ACROSS

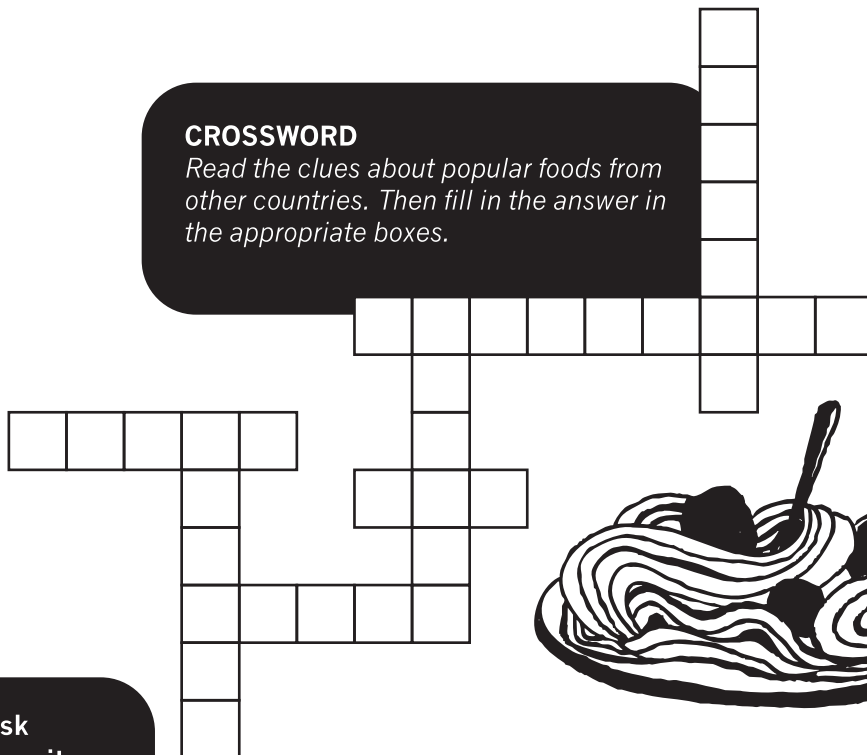
1. A Japanese meal rolled up with rice and seaweed on the outside
2. An Italian pasta dish often served with marina and meatballs on top
3. A orange-yellow tropical fruit grown in India that can be made into juice

DOWN

1. A Mexican favorite, warm tortilla wrapped around meat, beans, cheese, rice and vegetables.
2. Often mistaken as a sweet potato, this South African vegetable is orange on the inside.
3. Can be mashed, boiled, roasted and fried, also lead to a great Irish famine
4. A Middle Eastern dish made with chickpeas and eaten with pita bread.

CROSSWORD

Read the clues about popular foods from other countries. Then fill in the answer in the appropriate boxes.



This week's challenge is to everyday ask another friend what they eat on your favorite holiday. See how the foods we eat connect us together!

