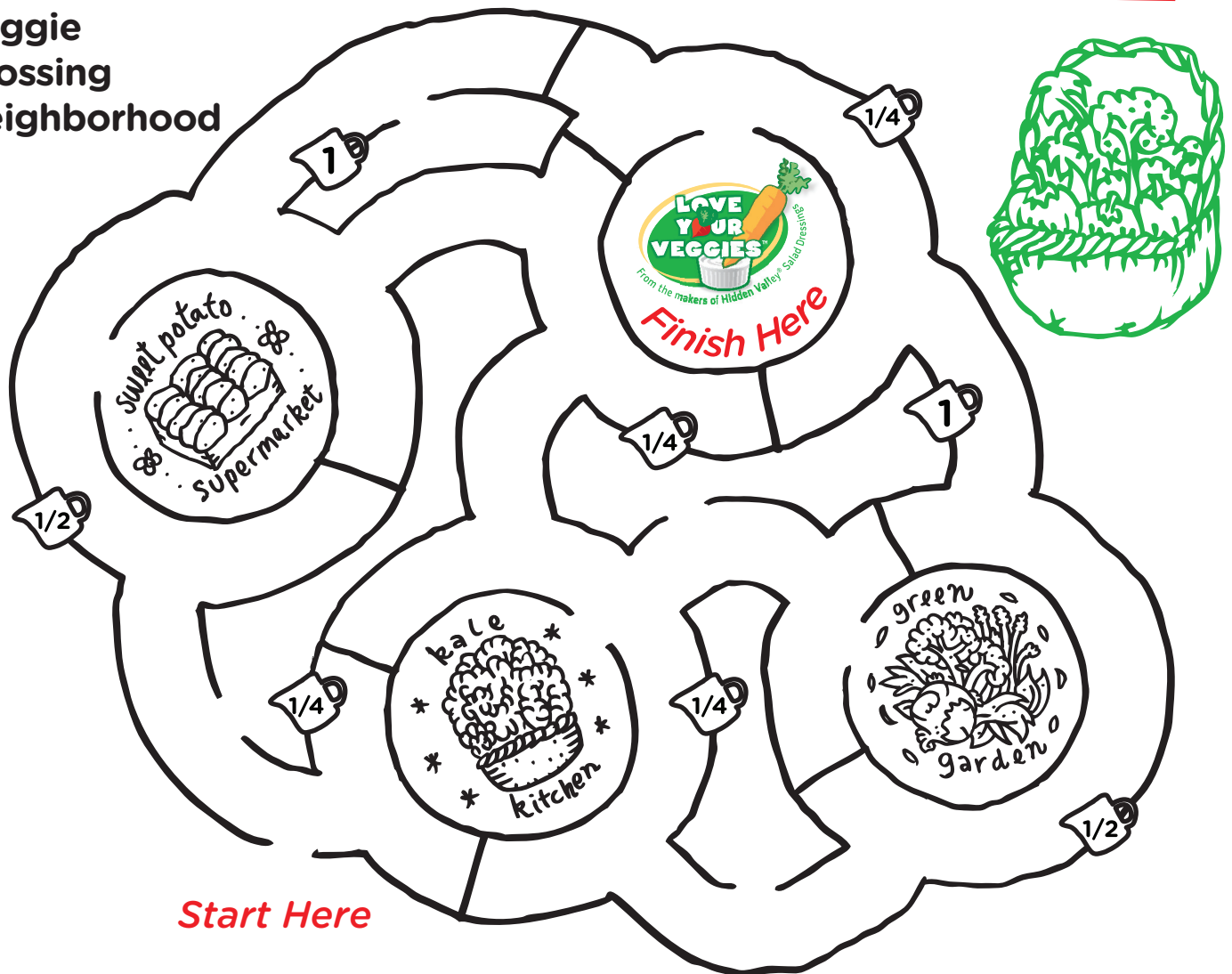


VEGGIE MAZE

Vegetables are a fun and tasty way to get the necessary vitamins and minerals that help your body grow. Use a colored pencil or pen to navigate the "Veggie Crossing Neighborhood" below and see how many vegetables you can add to your basket. You will need to visit the Sweet Potato Supermarket, the Kale Kitchen and the Green Garden, and then reach the finish to enjoy your vegetables. You will also need to pick up the measuring cups along the way to measure how many veggies you are carrying. Be careful not to hit any walls, because you might drop your vegetables! After you are done, see if you have gathered enough cups of vegetables to meet your daily recommended amount.

Veggie Crossing Neighborhood



How many vegetables did you collect?
Add up the number of cups and write the total number below.

Total Number of Cups: _____



The Food Guide Pyramid recommends 1 to 2½ cups of vegetables per day for children between the ages of 2 and 11, depending on gender and amount of exercise. Were you able to collect 2½ cups of vegetables? If not, go through the maze again and see what veggies you can bring home and share with your family.