



Pick of the Month!

March 2010

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BROCCOLI

- Broccoli has been around for more than 2000 years!
- The name ‘broccoli’ comes from the Latin word that means ‘arm’.
- Broccoli is a good source of vitamins A & C, potassium, iron, and fiber.
- Broccoli also contains beta-carotene which helps prevent certain types of cancer.

PEACH

- There are over 200 varieties of peaches.
- The peach originated in China.
- The peach is a member of the rose family.
- The fuzz on peaches protects the fruit.
- Peaches are fat-free, cholesterol-free, sodium-free, and high in vitamins A & C.

Fruit and Veggie Word Search

T D L J H C A E P
A B R O C C O L I
E L B A T E G E V
S S N I M A T I V
K Y H T L A E H Y

Words

broccoli
healthy
peach
vegetable
vitamins



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