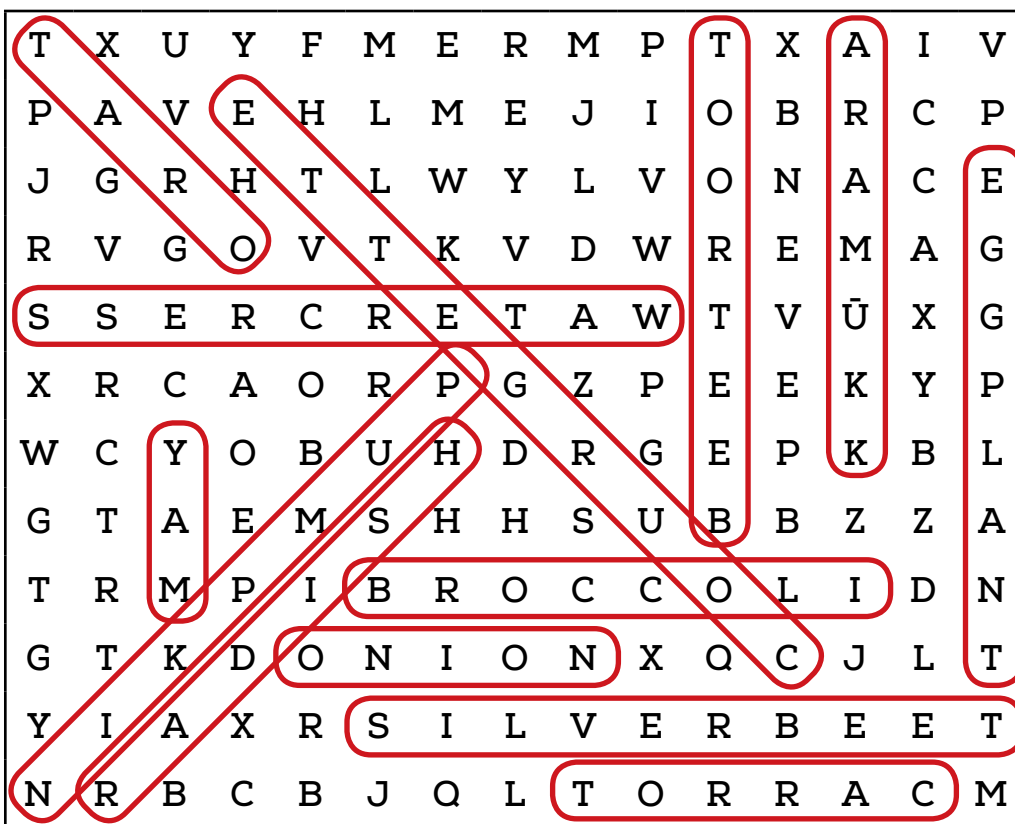


# Word search – vegetables



Eating plenty of different kinds of vegetables can help you grow and stay healthy.

1 Can you **find** all the vegetables?



- Beetroot
- Broccoli
- Carrot
- Courgette
- Eggplant
- Kūmara
- Onion
- Pumpkin
- Radish
- Silverbeet
- Taro
- Watercress
- Yam

2 Name a **recipe** which features at least **two** of the vegetables above.

*For example:*

- *Kūmara and watercress salad*
- *Veg-up noodles*
- *Build a salad bowl*
- *Curried pork lap lap*

**Tip:** visit [Vegetables.co.nz](http://Vegetables.co.nz) or the [Heart Foundation](http://HeartFoundation.org.nz) website to find the recipes.