

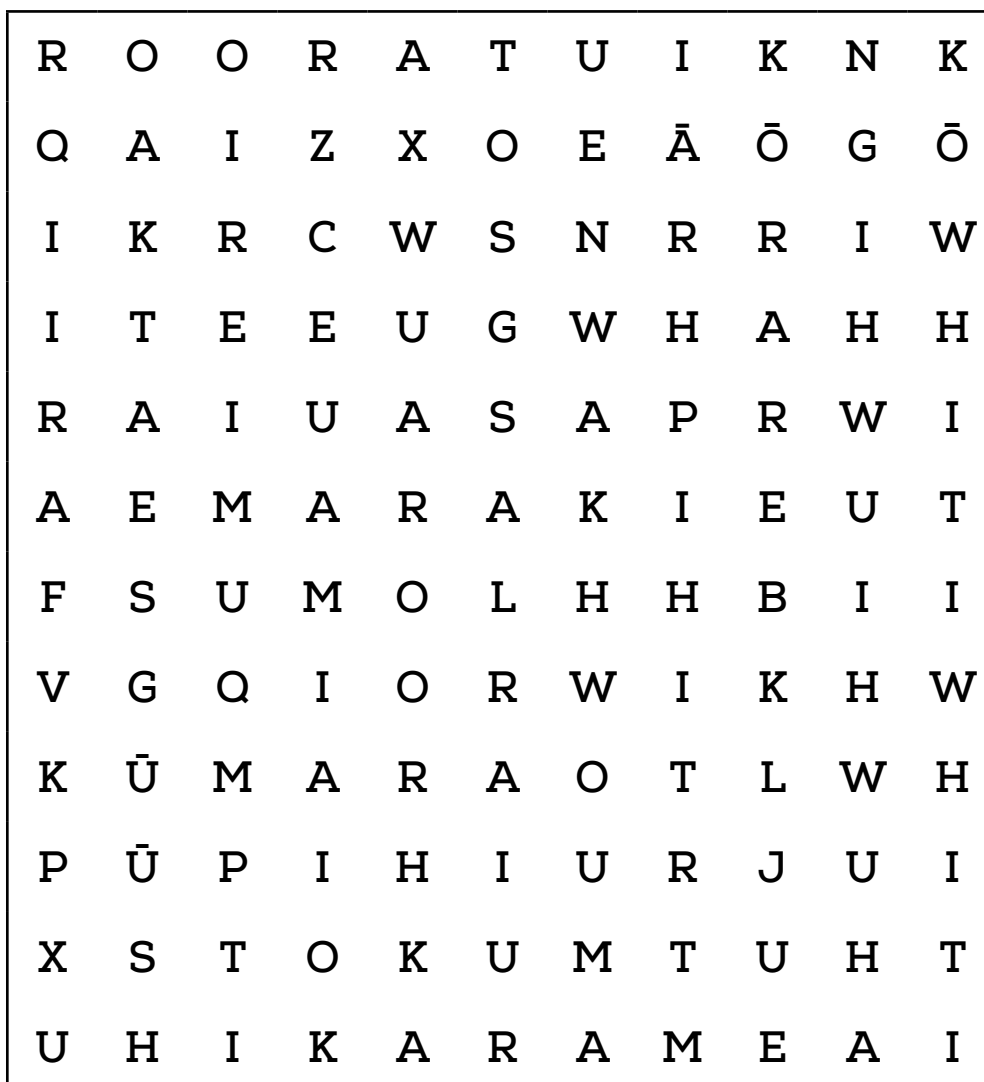
Word search – huawhenua

Vegetables



Eating plenty of different kinds of vegetables helps you get a wide variety of vitamins, minerals and dietary fibre which supports your growth and keeps you healthy.

1 Can you **find** all the huawhenua (vegetables)?



kānga

corn

kōrare

silver-beet

kōwhitiwhiti

watercress

kūmara

kūmara

pūpihi

broccoli

riki

onion

roroa iti

courgette

taro

taro

uhikaramea

carrot

uwhiuwhi

yam