

# Weekly Wormsheet: Harvest Cooking Party



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## 1. Multiple Choice

Cooking with fruits and vegetables can help us:

- a) Explore new flavors
- b) Eat healthy meals
- c) Learn about where food comes from
- d) All of the above

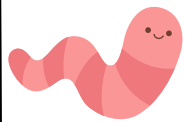
## 2. True or False

Trying new foods is a fun way to learn about nutrition and healthy eating.

- True
- False

## 3. Challenge Question: Matching

| Crop        | Description                                        |
|-------------|----------------------------------------------------|
| 1. Tomato   | Turning fruits and vegetables into meals or snacks |
| 2. Zucchini | Sweet fruit often used in snacks or cooking        |
| 3. Cooking  | Green vegetable that can be grilled or baked       |
| 4. Apple    | Can be used in salads, soups, and sauces           |



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## 4. Multiple Choice

Which of these is a fun way to use specialty crops at home?

- a) Making a colorful salad
- b) Baking muffins with fruits or vegetables
- c) Creating a fruit or veggie snack plate
- d) All of the above

## 5. True or False

Specialty crops can only be eaten raw and cannot be used in cooked dishes.

- True
- False

## 6. Short Answer

Name one specialty crop (can be a fruit or vegetable) that you would like to try cooking at home and why.

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