

Nutrition – Mix and Match

Name _____

Date _____

Find a word that matches each definition. Write the letter of the definition next to the word.

- | | |
|-------------------|--|
| 1. ____ eggplant | A. a sour yellow fruit |
| 2. ____ nutrition | B. a large fruit |
| 3. ____ pear | C. enjoying or typical of good health; well; evincing or conducive to health; prosperous; considerable |
| 4. ____ melon | D. a fruit with a yellow peel |
| 5. ____ weight | E. a tall plant that produces kernels on a husk |
| 6. ____ apricot | F. the edible, large, and purplish fruit of a plant related to the potato |
| 7. ____ grape | G. the evening meal |
| 8. ____ schedule | H. a long vegetable |
| 9. ____ breakfast | I. a small fruit |
| 10. ____ dinner | J. a list of things to do or appointments |
| 11. ____ broccoli | K. an open branching cauliflower whose young flowering shoots are |

used as a vegetable

12. ____ taste L. the fruit of an apple tree
13. ____ orange M. a plant with dark green leaves that are edible
14. ____ berry N. midday meal
15. ____ lunch O. a small fruit that grows on vines
16. ____ banana P. the branch of science that deals with nutrients, especially concerning diet; the process of supplying or receiving nourishment
17. ____ cucumber Q. any of various organic substances in food that are important for good health
18. ____ spinach R. a light-orange, peach-like fruit that grows on the apricot tree
19. ____ pea S. a round citrus fruit
20. ____ corn T. an orange root vegetable
21. ____ carrot U. one of the five senses; the flavor of a substance
22. ____ apple V. the first meal of the day
23. ____ healthy W. a green vegetable

24. ____ lemon X. a large yellow or green dessert fruit from the pear tree

25. ____ vitamin Y. the heaviness of an object

Nutrition – Mix and Match (Answer Key)

Name _____

Date _____

Find a word that matches each definition. Write the letter of the definition next to the word.

- | | |
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| 1. <u>E</u> eggplant | A. a sour yellow fruit |
| 2. <u>P</u> nutrition | B. a large fruit |
| 3. <u>X</u> pear | C. enjoying or typical of good health; well; evincing or conducive to health; prosperous; considerable |
| 4. <u>B</u> melon | D. a fruit with a yellow peel |
| 5. <u>Y</u> weight | E. a tall plant that produces kernels on a husk |
| 6. <u>R</u> apricot | F. the edible, large, and purplish fruit of a plant related to the potato |
| 7. <u>O</u> grape | G. the evening meal |
| 8. <u>J</u> schedule | H. a long vegetable |
| 9. <u>V</u> breakfast | I. a small fruit |
| 10. <u>G</u> dinner | J. a list of things to do or appointments |
| 11. <u>K</u> broccoli | K. an open branching cauliflower whose young flowering shoots are used as a vegetable |
| 12. <u>U</u> taste | L. the fruit of an apple tree |
| 13. <u>S</u> orange | M. a plant with dark green leaves that are edible |
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16. D banana
17. H cucumber
18. M spinach
19. W pea
20. E corn
21. I carrot
22. L apple
23. C healthy
24. A lemon
25. Q vitamin
- P. the branch of science that deals with nutrients, especially concerning diet; the process of supplying or receiving nourishment
- Q. any of various organic substances in food that are important for good health
- R. a light-orange, peach-like fruit that grows on the apricot tree
- S. a round citrus fruit
- T. an orange root vegetable
- U. one of the five senses; the flavor of a substance
- V. the first meal of the day
- W. a green vegetable
- X. a large yellow or green dessert fruit from the pear tree
- Y. the heaviness of an object