

## Interactive Worksheets

Can you name these worldly fruits and vegetables?

You may not know some of these fruits and vegetables, but people around the world eat them every day. No need to travel far. Many are at your local grocery store. Give them a try.

1. \_ \_ \_ \_ \_

Hint: Dip them in low-fat ranch dressing or use in Chinese stir-fried rice.

2. \_ \_ \_ \_ \_

Hint: Use in burritos or in beans and rice.

3. \_ \_ \_ \_ \_

Hint: Use in a popular Italian dish, \_ \_ \_ \_ \_ parmesan.

4. \_ \_ \_ \_ \_

Hint: Use in Mexican salsa and past sauce.

ANSWERS: 1. carrots 2. black beans 3. eggplant 4. tomato

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Hint: Tart wedges good with Mexican or Thai food.

2. \_ \_ \_ \_ \_

Hint: Use with spinach to make a hot dip

3. \_ \_ \_ \_

Hint: Good in Louisiana gumbo – popular in the South.

4. \_ \_ \_ \_ \_



Hint: Use to season foods from around the world

ANSWERS: 1. lime 2. artichoke 3. okra 4. garlic

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1. \_ \_ \_ \_ \_

Hint: Use in hummus, a popular Middle-Eastern dip.

2. \_ \_ \_ \_ \_

Hint: Mix with curry to make a popular Indian side dish.

3. \_ \_ \_ \_ \_

Hint: Use in Asian stir-fries.

4. \_ \_ \_ \_ \_

Hint: Grows in the Caribbean and in South America. Use in smoothies, salsas, and juices.

ANSWERS: 1. chick peas 2. cauliflower 3. snow peas 4. mango

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1. \_ \_ \_ \_ \_

Hint: Use in Latin American salads and in Asian stir-fries.

2. \_ \_ \_ \_ \_

Hint: Main ingredient of salsa verde (green salsa)

3. \_ \_ \_ \_ \_

Hint: A tropical green cousin of the banana.



4. \_\_\_\_\_

Hint: A legume used in the Indian dish, Dahl.

ANSWERS: 1. jicama 2. tomatillo, 3. plantain 4. lentils