



Leafy Greens Council  
Science/Health Activities  
[www.leafy-greens.org](http://www.leafy-greens.org)



Science/Health Activity #1

CRUCIFEROUS CRUSADERS SCRAMBLE



Leafy Greens contain  
Vitamins A and C, Calcium, Iron and Fiber.  
NO FAT.

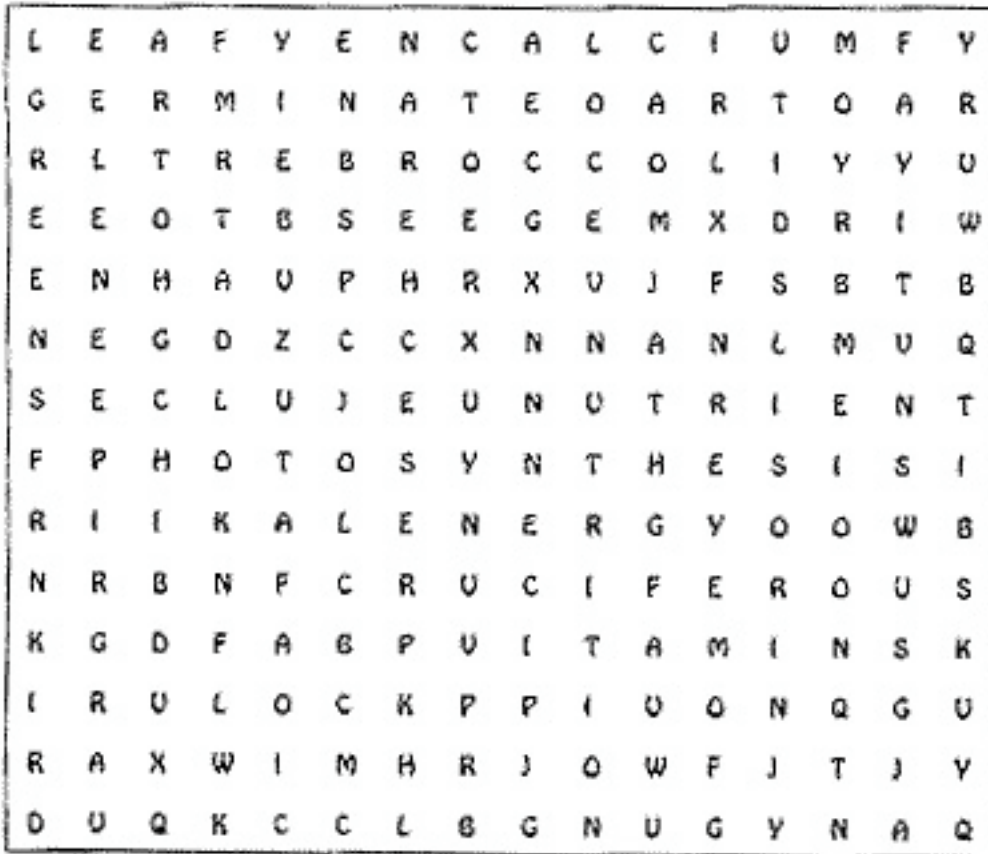
Unscramble the underlined words below to discover what these nutrients do for you....

- help build gnsort ehett and enbos. \_\_\_\_\_
- help body to tifhg teionfcin. \_\_\_\_\_
- help growth and health of rahi and niks. \_\_\_\_\_



## Science/Health Activity #2

### CRUCIFEROUS CRUSADERS CANCER FIGHTING SEARCH



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**Mystery Hint: May I suggest cabbage?**

#### Word List

BROCCOLI  
CABBAGE  
CALCIUM  
CRUCIFEROUS  
EMBRYO

ENERGY  
FIBER  
GERMINATE  
GREENS  
IRON

KALE  
LEAFY  
LETTUCE  
NUTRIENT  
NUTRITION

PHOTOSYNTHESIS  
SPINACH  
VITAMINS