



# TRY THE MARCH HARVEST OF THE MONTH!

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Can give you energy from nutrients



Full of vitamins (like C and K)



Helps keep your immune system strong



Contains fiber for healthy digestion



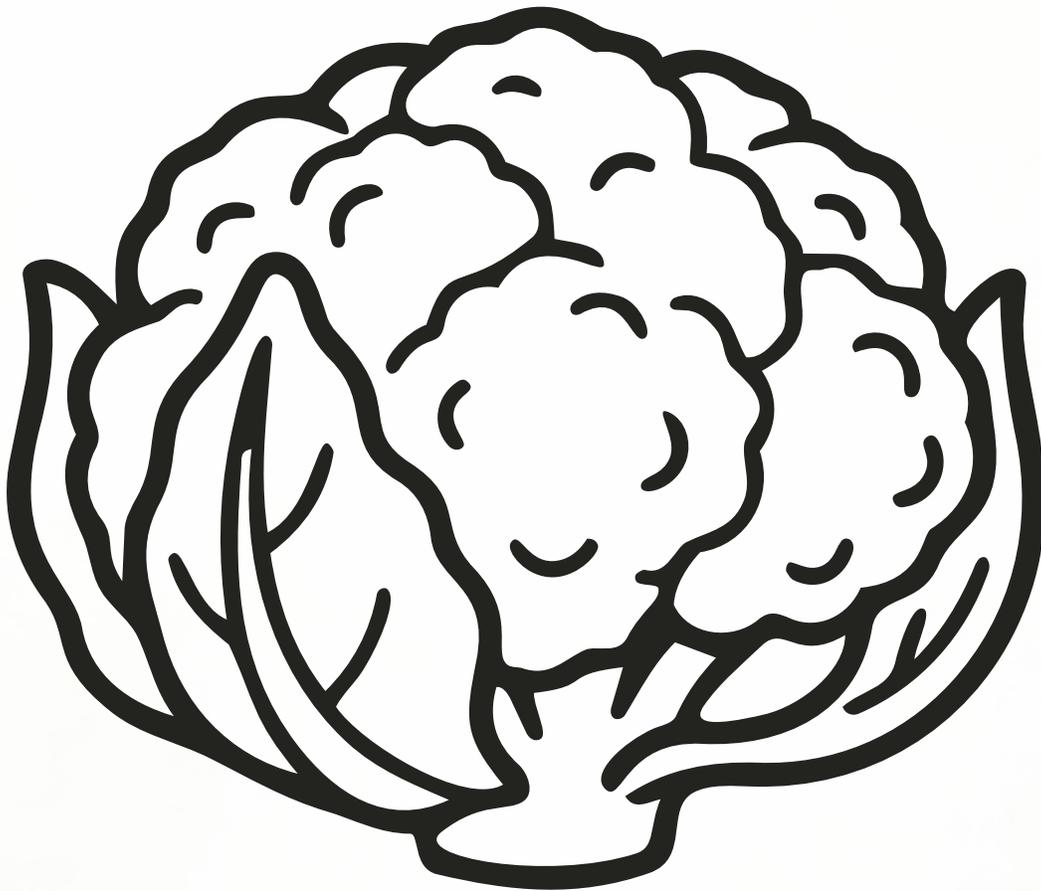
# CAULIFLOWER

# Coloring Activity



Name: \_\_\_\_\_

## CAULIFLOWER



**Cauliflower can be used to make  
pizza crust as a healthy  
alternative!**



# CAULIFLOWER

Find the way to the Cauliflower.

Start Here



Name: \_\_\_\_\_

Name: \_\_\_\_\_



# MARCH HARVEST OF THE MONTH WORD SEARCH

Find the words hidden in the wordsearch below!

V F L N A F Z I E Y R R T I Y T A P L A  
I W L R P K V O W E I G N S I F L G Y N  
T T X O E L C X W D B R F G E V V E L R  
A E W Z R U U O H P I Z Z A X V R P C Z  
M I L O Q E L V E G E T A B L E R S O T  
I I L Y B F T H A A X L Y B U E T A V E  
N L W J I U R S D T W G K E A E L K H T  
S F O L A P L H D B M Y Z N M D V W K I  
Y J U P T N R U F W H B U R V X Z H G H  
H A C N N L K U F J S P K Z Y R L I U W  
C V A F H J L O T O Q J G P R S K Z O E  
X L N W I P N P J V V J Z W M P T K Z H  
P D W N B B X G W W Z K O C A C M H G O  
R T X X S U E V E P O K B U Y X R W F R  
H W B F A E L R N E E W I E C R X U R M

- Cauliflower
- Harvest
- Pizza
- Vegetable

- Fiber
- Head
- Plant
- Vitamins

- Florets
- Leaf
- Stem
- White



Name: \_\_\_\_\_

# MARCH HARVEST OF THE MONTH WORD SCRAMBLE

Instructions:  
Unscramble the Cauliflower Related Words!

**Scrambled Word**

**Unscrambled Word**

1. UORWLEIFLAC

\_\_\_\_\_

2. EEETGBLVA

\_\_\_\_\_

3. ETLSOFR

\_\_\_\_\_

4. DEAH

\_\_\_\_\_

5. MSET

\_\_\_\_\_

6. FAEL

\_\_\_\_\_

7. EHVRSTA

\_\_\_\_\_

8. WIETH

\_\_\_\_\_

9. LNPAT

\_\_\_\_\_

10. PZZAI

\_\_\_\_\_

11. FIRBE

\_\_\_\_\_

12. AVMINSTI

\_\_\_\_\_

ANSWER KEY

12. Vitamins  
11. Fiber  
10. Pizza  
9. Plant  
8. White  
7. Harvest

6. Leaf  
5. Stem  
4. Head  
3. Florets  
2. Vegetable  
1. Cauliflower

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# MARCH HARVEST OF THE MONTH FLASHCARDS AND RECIPE

HOM Flashcards

[Click Here for Cauliflower Flashcards](#)

HOM Recipe

[Click Here for HOM Cookbook](#)