TRY THE DECEMBER HARVEST OF THE MONTH!

Part of the same plant family as beets and Swiss chard.

A leafy green vegetable that contains iron



Can be green, but some varieties have red or purple stems.

Leaves can be smooth or crinkly, depending on the variety.

SPINACH

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Coloring Activity

Name: _____

Spinach



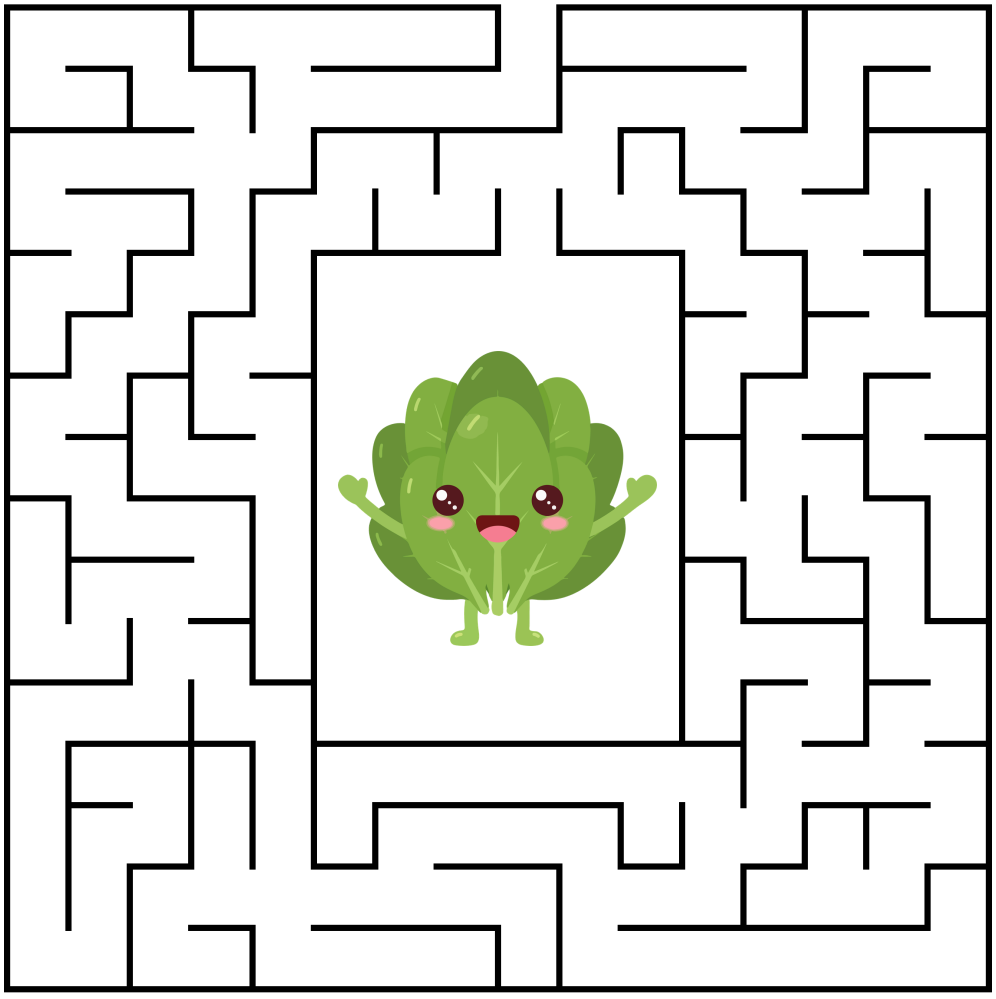
The cartoon character Popeye made spinach famous because he believed it gave him strength!

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SPINACH

Find the way to the Spinach.

Start Here



Name: _____

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Name: _____

DECEMBER HARVEST OF THE MONTH WORD SEARCH

Find the words hidden in the wordsearch below!

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

- Fiber
- Harvest
- Leafy
- Seed
- Fresh
- Hydration
- Nutrition
- Spinach
- Green
- Iron
- Salad
- Vitamins

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Name: _____

DECEMBER HARVEST OF THE MONTH WORD SCRAMBLE

Instructions:
Unscramble the Spinach Related Words!

Scrambled Word	Unscrambled Word
1. BIREF	
2. SRHEF	
3. NEREG	
4. EVHRATS	
5. IHORDTANY	
6. NOIR	
7. AYEFL	
8. IROTTINNU	
9. AADSL	
10. DEES	
11. IACSHPN	
12. SAMNIVTI	

ANSWER KEY

1. Fiber
2. Fresh
3. Green
4. Harvest
5. Hydration
6. Iron
7. Leafy
8. Nutrition
9. Salad
10. Seed
11. Spinach
12. Vitamins

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DECEMBER HARVEST OF THE MONTH FLASHCARDS AND RECIPE

HOM FLASHCARDS

CLICK HERE FOR SPINACH FLASHCARDS

HOM RECIPE

CLICK HERE FOR HOM COOKBOOK

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