Lettuce Activity Sheet

Word search

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

Helping in the Kitchen!

It is fun to taste food that you helped to make! You can help prepare lettuce in the kitchen by:

• Swishing greens in a bowl of water to remove dirt.
• Peel or cut fruits or veggies.
• Measure and stir ingredients for salad dressings.

Take a Guess!

On average, how many pounds of lettuce do people eat each year?

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