

## Fruit and Vegetable Limericks



The type of this stone fruit may vary.  
And of biting the pit, do be wary.  
In a pie you may eat one that's sour or sweet,  
the juicy, stemmed tree fruit, the \_\_\_\_\_.

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This long, orange root packs a punch  
of beta carotene with mighty crunch.  
If you're on a mission to improve your vision,  
add this vegetable on to your lunch.

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Granny Smith, McIntosh, and loads more,  
they're healthy and tasty to the core.  
They're chock full of fiber and make yummy cider.  
What better snack could you bob for?

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Removing my tough skin is key.  
I'm an islander from Hawaii.  
From a can or served fresh, and my juice tastes the best.  
I am rich in Vitamin C.

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Some say it looks like a tree,  
a member of the cruciferous family.  
Containing vitamins K, C, B, and some A,  
Grab a floret of \_\_\_\_\_.

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1304-01

## ANSWER KEY

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The type of this stone fruit may vary.  
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Cherry

This long, orange root packs a punch  
of beta carotene with mighty crunch.  
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Carrot

Granny Smith, McIntosh, and loads more,  
they're healthy and tasty to the core.  
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Apple

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Pineapple

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a member of the cruciferous family.  
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Grab a floret of \_\_\_\_\_.

Broccoli

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