## August

### Vegetable ABCs

Can you think of a vegetable for each letter of the alphabet?

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

Each day fill in what physical activity you did and how many minutes you did it.

**Name** ____________________________

**August total minutes of physical activity**
Vegetables

Artichoke
Asparagus
Avocado

Bean, Butter
Bean, French
Bean, Lima
Bean, Pole
Bean, Snap
Bean, Wax
Beet
Broccoli
Brussels Sprouts

Cabbage
Carrot
Cauliflower
Celery
Chard
Collard
Corn, Sweet
Cucumber

Eggplant
Endive

Garlic
Gourds

Herbs
Horseradish

Kale
Kohlrabi

Leek
Lettuce, Bibb
Lettuce, Iceberg
Lettuce, Romaine

Mushroom
Muskmelon
Mustard Greens

Nasturtium

Okra
Onion
Onion, Green

Parsnip
Peas
Pepper, Bell
Pepper (other than bell types)
Potato
Potato, Sweet
Pumpkin

Radish
Rutabaga
Rhubarb

Spinach
Squash, Acorn
Squash, Butternut
Squash, Summer
Squash, Winter

Tomato
Turnip

Watermelon

Zucchini