



VITAMIN BEE 1

NUTRITION EDUCATION PROGRAM CELERY ANSWER KEY GRADE 1

Answer Key

1. stalk
2. fiber
3. low
4. digestive systems
5. ants on a log

Visit www.vitaminbee.tv for videos, games, activities, recipes and more!

1. Vitamin Bee loves celery!
2. Celery is Green in color.
3. Celery is a good low calorie snack.
4. Celery is a good source of fiber.
5. Fiber helps our digestive system work well.
6. Celery helps us to sleep well.
7. Celery is related to carrots.
8. We eat the stem, or the stalk, of the celery.
9. Add peanut butter and raisins on top of celery to enjoy eating "ants on a log."

recipes

EASY

- Crunch on them plain or dip into low fat dressing
- Fill the celery with peanut butter and top with raisins for “ants on a log”.
- Chop up and add to salads or soups for a little more crunch
- Slice up with green apples and add a Dijon or Raspberry vinaigrette



Celery & Carrots Side

Sauté celery & carrots in 1/2 cup vegetable stock for about 12 minutes. Add a pinch of salt, then put on top of plain or flavored rice for a yummy side dish.

Enjoy!

For more Healthy Recipe ideas, go to: www.vitaminbee.tv/recipes

WHAT DO YOU REMEMBER?

CELERY



1

quiz

Directions: Fill in the blank with the correct answer. Use your knowledge about celery!

WORD BANK

stalk low high root

beta carotene fiber Crocodiles in a Pool

digestive system heart system Ants on a Log

1. The part of celery we eat is the _____.
2. Celery is a good source of _____.
3. Celery is healthy because it is a _____ calorie vegetable.
4. Celery helps our _____ work well.
5. A fun way to eat celery is to add peanut butter and raisins. This is called _____.

FOOD FOR THOUGHT

Directions: Vitamin Bee is Making “Ants on a Log.” Help him by writing the three foods he needs to make it. Draw them in the box.

- ① _____

- ② _____

- ③ _____

