



# VITAMIN BEE<sup>TM</sup> 3

## NUTRITION EDUCATION PROGRAM CELERY ANSWER KEY GRADE 3

### Answer Key

- |              |             |
|--------------|-------------|
| 1. true      | 5. false    |
| 2. digestive | 6. medicine |
| 3. salt      | 7. stalks   |
| 4. celery    | 8. carrots  |

Visit [www.vitaminbee.tv](http://www.vitaminbee.tv) for videos, games, activities, recipes and more!

# FACTS FROM THE EPISODE

CELERY

3

facts

1. Vitamin Bee loves celery!
2. Celery is Green in color.
3. Celery is a good low calorie vegetable.
4. Celery is a good source of fiber.
5. Fiber helps our digestive system work well.
6. We eat the stem, or the stalk, of the celery.
7. If you put peanut butter on celery and top with raisins, you'll have "Ants on a Log" recipe.

## Other notable facts:

- Celery contains "good" salt. Sodium is necessary for our bodies to function, but too much is not a good thing. The amount of sodium in celery is exactly what our body needs.
- Celery is related to carrots.
- In Ancient Greece, athletic winners were presented with bunches of celery instead of flowers.
- During the Middle Ages, celery was used as a medicine to treat things like anxiety, insomnia, gout, and arthritis.

## 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](http://www.vitaminbee.tv/recipes)

# FACTS FROM THE EPISODE?

CELERY



3

quiz

**Directions:** Circle the correct answer.  
Use your knowledge about celery.

1. Celery is a good source of fiber. (True, False)
2. Fiber helps our (immune, digestive) system work well.
3. Celery contains (sugar, salt).
4. In Ancient Greece athletic winners were presented with (celery, flowers).
5. Celery comes in many colors. (True, False)
6. During the middle ages celery was used as a (medicine, tool).
7. Celery is made up of stick like stems called (stalks, trunks).
8. Celery is related to (carrots, onions).

# WORD SEARCH

3

**Directions:** Circle the words hidden in the puzzle below.

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

## WORD BANK:

ALLERGIC

ANTIOXIDANTS

ANTS ON A LOG

CARDIOVASCULAR

CELERY

CRUNCHY

DIGESTIVE

FIBER

GOOD

GREEK

GREEN

HEALTHY

LOW CALORIE

POTASSIUM

RAW

REACTIONS

ROMAN

TASTY

VEGETABLE

VITAMIN