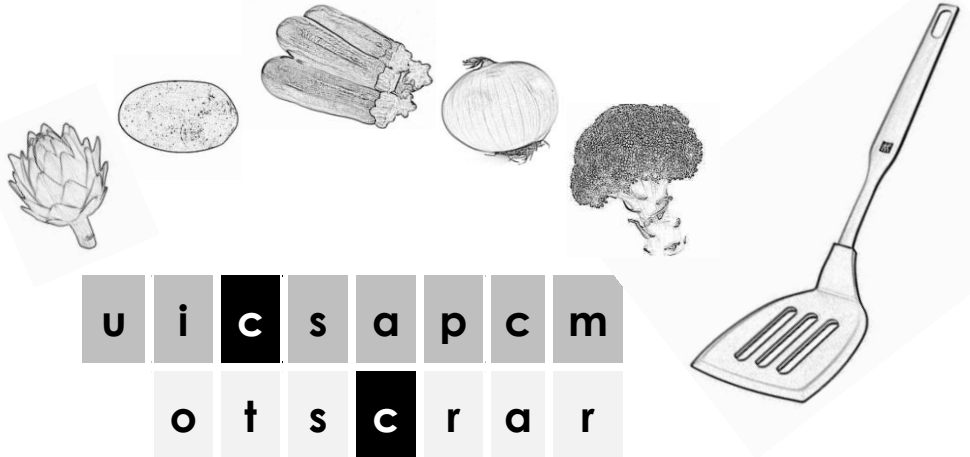


I'll Stir, You Fry

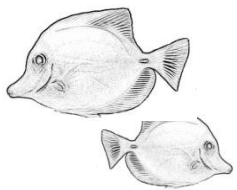
There are so many yummy vegetables that you can chop up to throw into a stir-fry meal.

Once they are all in the pan together, their colours are similar to those of a rainbow. The more colours you eat, the more types of nutritious food you give your body to help it grow.

There are 7 names of vegetables to the right that are commonly used when cooking stir-fry meals. Un-jumble these words to find out which vegetables they are. The first letter of each word has been shaded for you.



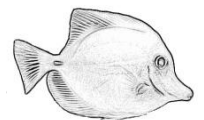
u	i	c	s	a	p	c	m			
	o	t	s	c	r	a	r			
s	a	e	p		o	s	n	w		
o	r	c	i	c	l	b	o			
	o	n	o	i	n					
g	r	a	i	l	c					
e	a	c	i	u	l	f	l	o	w	r



Fishing for answers

Below are 4 healthy fish recipes that have been jumbled up. Do you know what they might be?

		e	w	s	t								
s	l	m	a	o	n		a	t	p	s	t	i	e
		i	s	h	f		s	c	a	e	k		
u	n	a	t		o	l	e	r	a	s	s	e	c



Fish come in all shapes, sizes, colours and tastes. Some common types of fish that you can find being sold in the shops and markets are whiting, salmon, mackerel, tuna, cod, trout, flake and barrumundi.



Word Jumbles

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Answers:

Puzzle one – I'll Stir, You Fry:

Capsicum
Carrots
Snow Peas
Broccoli
Onion
Garlic
Cauliflower

Puzzle two – Fishing for Answers:

Stew
Salmon Patties
Fish Cakes
Tuna Casserole

These word jumbles were developed for NAQ Nutrition by Kelly Bradley.



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