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Fruits and Vegetable Puzzle Book

Color • Learn • Explore • Grow

Mind GYM
+6 Years old

By Sam Alrais



Colour

Learn

Explore

Grow



This book belongs to

Smart Minds Activity Books
By Sam Alrais
Fruits and Vegetables Puzzle Book, Book 8

Start here

Welcome, explorer!

There are over 300 types of edible fruits and vegetables grown around the world, and every single one of them has a delicious story. In this book you will hunt for produce names hidden in letter grids, crack nutrition codes, solve farm-fresh logic mysteries, and colour fruits and vegetables in their real, vibrant shades. Take your time, a puzzle is not a race!

What you need

- A pencil and eraser
- Coloured pencils or crayons
- Words from the Word Bank.

Explorer rules

- Guess before you check the answer
- Stuck? Skip it and come back
- Tick each puzzle off in your passport

Word Bank

Fruits (30):

Apple, Pear, Banana, Orange, Strawberry, Raspberry, Blackberry, Blueberry, Grape, Plum, Peach, Nectarine, Apricot, Cherry, Melon, Watermelon, Pineapple, Mango, Kiwi, Lemon, Lime, Grapefruit, Satsuma, Clementine, Coconut, Gooseberry, Blackcurrant, Redcurrant, Fig, Damson

Vegetables (30):

Potato, Carrot, Onion, Leek, Cabbage, Cauliflower, Broccoli, Courgette, Aubergine, Pepper, Tomato, Cucumber, Lettuce, Spinach, Kale, Swede, Turnip, Parsnip, Beetroot, Celery, Sprouts (Brussels), Pea, Broad Bean, Runner Bean, Sweetcorn, Mushroom, Spring Onion, Garlic, Pumpkin, Squash

Answers begin on page 56.

Explorer's Passport

Colour in a stamp each time you finish a puzzle

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40
41	42	43	44	45	56	47	48
49	50	51	52	53	54	55	56

Puzzle 1

Fruit Match-UP

Fifteen fruits, all mixed up! Write the number of the correct fruit in the box beside its name.



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

☐ Peach

☐ Kiwi

☐ Apple

☐ Watermelon

☐ Cherry

☐ Mango

☐ Pear

☐ Lemon

☐ Strawberry

☐ Pineapple

☐ Orange

☐ Blueberry

☐ Banana

☐ Fig

☐ Grape

Tip: look closely at colour and shape – some fruits look quite similar!

Puzzle 3

Vegetables Match-UP

Fifteen Vegetables, all mixed up! Write the number of the correct vegetable in the box beside its name.



1



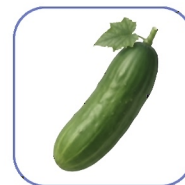
2



3



4



5



6



7



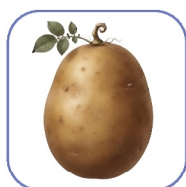
8



9



10



11



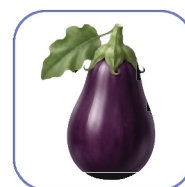
12



13



14



15

☐ Onion

☐ Tomato

☐ Spinach

☐ Pumpkin

☐ Potato

☐ Carrot

☐ Kale

☐ Spring Onion

☐ Lettuce

☐ Aubergine

☐ Broccoli

☐ Beetroot

☐ Leek

☐ Cucumber

☐ Mushroom

Tip: look closely at colour and shape – some vegetables look quite similar!

Puzzle 6

Fruit or Vegetable? Sort it Out!

Sort these 20 fruits and vegetables into the correct box below.

Courgette

Pear

Beetroot

Peach

Aubergine

Cherry

Kale

Plum

Sweetcorn

Blueberry

Spinach

Raspberry

Pumpkin

Blackberry

Cauliflower

Melon

Leek

Fig

Celery

Coconut

Fruits

Vegetables

Did you know? A pumpkin is actually a giant fruit — it's a type of berry that grows on a vine!

Think: courgettes and aubergines grow from a flower and have seeds inside, just like tomatoes. Are they really fruits or vegetables?

Puzzle 10

Scrambled Vegetables Again!

Another storm, another mix-up! Unscramble each vegetable and write it on the line.

1. MUCREBUC

2. TCELU TE

3. AHCNIPS

4. SHOOMURM

5. ONCTWERSE

6. TOOBERTO

7. RIPNUT

8. EDWES

9. EAKL

10. UQASHS

Did you know? Swede is actually a cross between a turnip and a cabbage!

Puzzle 10**Odd One Out!**

In each group, three things belong together - but one doesn't! Circle the odd one out and write why.

1

- A. Leek**
- B. Blackcurrant**
- C. Onion**
- D. Carrot**

Odd one out: _____ Why?

2

- A. Courgette**
- B. Cauliflower**
- C. Apricot**
- D. Tomato**

Odd one out: _____ Why?

3

- A. Plum**
- B. Pea**
- C. Runner Bean**
- D. Parsnip**

Odd one out: _____ Why?

4

- A. Swede**
- B. Parsnip**
- C. Sprouts**
- D. Melon**

Odd one out: _____ Why?

5

- A. Satsuma**
- B. Kale**
- C. Spinach**
- D. Broccoli**

Odd one out: _____ Why?

6

- A. Onion**
- B. Potato**
- C. Pear**
- D. Cabbage**

Odd one out: _____ Why?

Puzzle 17

Code Breaker

Every letter has become a number: A = 1, B = 2, C = 3, all the way to Z = 26. Crack the code and write each hidden fruit or vegetable in the table. The first code has been cracked for you :)

A=1, B=2, C=3, D=4, E=5, F=6, G=7, H=8, I=9, J=10, K=11, L=12, M=13, N=14, O=15, P=16, Q=17, R=18, S=19, T=20, U=21, V=22, W=23, X=24, Y=25, Z=26

Coded Message	Name	Type
2, 1, 14, 1, 14, 1	BANANA	FRUIT
3, 8, 5, 18, 18, 25		
12, 5, 5, 11		
12, 5, 20, 20, 21, 3, 5		
20, 21, 18, 14, 9, 16		
1, 16, 16, 12, 5		
15, 18, 1, 14, 7, 5		

Puzzle 20

You code it!

Every letter has become a number: A = 1, B = 2, C = 3, all the way to Z = 26. Write the code of the fruits and vegetables below!

A=1, B=2, C=3, D=4, E=5, F=6, G=7, H=8, I=9, J=10, K=11,
L=12, M=13, N=14, O=15, P=16, Q=17, R=18, S=19, T=20, U=21,
V=22, W=23, X=24, Y=25, Z=26

Name

Coded Message

BLACKBERRY

BLACKCURRANT

AUBERGINE

GOOSEBERRY

GRAPEFRUIT

LETTUCE

DAMSON

Puzzle 21

Word Search - Fruit & Veg

The last six fruits and vegetables are hiding across the grid. Find them all to move on!



☐ Aubergine

☐ Sweetcorn

☐ Clementine

☐ Nectarine

☐ Lime

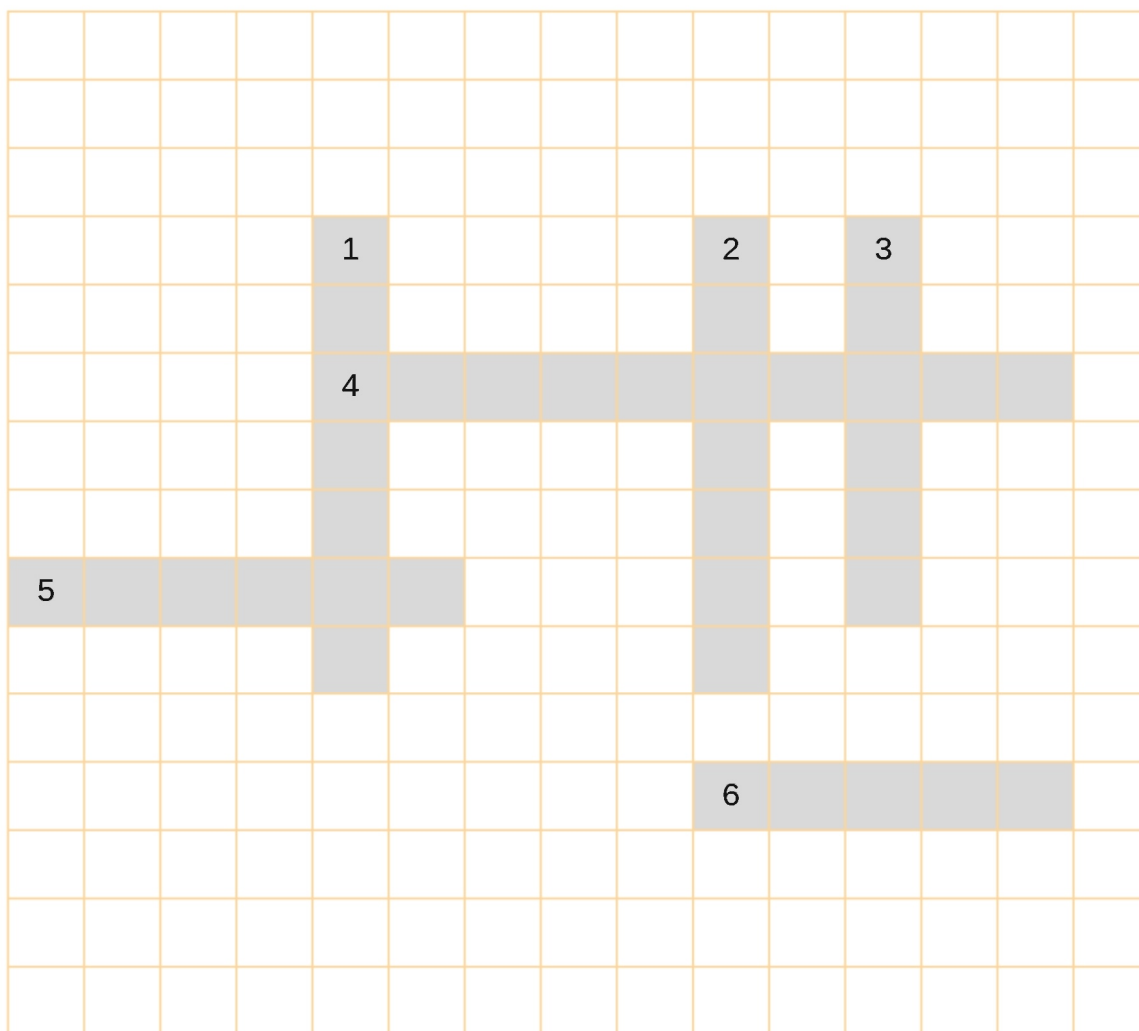
☐ Pineapple

Do you know? Potatoes were the first vegetable grown in space, in a 1995 NASA collaboration with a US university.

Puzzle 47

Cross Words - Fruit & Veg

Oh no! Six sneaky fruits and veggies are playing hide-and-seek inside the puzzle. Sniff them all out so you can finally move on!



Across

- 4. A long green climbing bean
- 5. A round red fruit often used as a vegetable in cooking
- 6. A fuzzy-skinned fruit with sweet orange flesh

Down

- 1. Tiny green vegetables that look like mini cabbages.
- 2. A small orange stone fruit, softer than a peach.
- 3. A round purple-topped root vegetable

Puzzle 50

Draw what we have missed!

We've included lots of vegetables, but we've missed a few! Now it's your turn to draw a vegetable that isn't in this book!

DRAW THE VEGETABLE HERE

What is the name of your vegetable? _____

Puzzle 53

Fruits and Vegetables - Who I am?

Each one is speaking for itself. Read the riddle and write its name. Keep **Fruit at a glance** and **Vegetable at a glance** pages beside you. It is your atlas, your dictionary and your answer-checker all in one.

Name	Who I am?
1. I come in red, green or yellow skins, and there are thousands of varieties of me around the world.	
2. I am orange all over, and in warm places I can stay green even when I'm perfectly ripe.	
3. I am red and hollow in the middle, made of tiny fruits clumped together.	
4. I am purple and juicy, and when I'm dried I become a prune.	
5. I am orange-pink and fuzzy on the outside, and I'm actually a cousin of the almond.	
6. I am small, round and red, and I come in sweet and sour varieties.	
7. I am orange-yellow, juicy, and I'm the national fruit of India.	
8. I am small, green and sour, and sailors once ate me to prevent a disease called scurvy.	
9. I am yellow or pink, and I'm actually a cross between a pomelo and an orange.	
10. I am tiny, dark purple-black, and packed with so much vitamin C that I'm used to make cordial.	

Puzzle 56**Fruits and Vegetables - True or False**

10 statements, decide whether each one is True or False. Answers are on the Answers sheet.

Name	True / False
1. Lemons sink when placed in water.	
2. Kiwi fruit was originally called a 'Chinese gooseberry'.	
3. Watermelons are made mostly of sugar.	
4. Leeks are the national emblem of Wales.	
5. Figs have no flowers at all.	
6. Coconuts can float across the ocean and grow into new trees.	
7. Broccoli and cauliflower are not related to each other.	
8. Beetroot can turn urine pink if you eat enough of it.	
9. Sweetcorn cobs always have an odd number of rows.	
10. Pumpkins are traditionally carved into lanterns for Halloween.	

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