

Uncovering Underground Veggies

Some of the vegetables we eat grow under the ground as roots, tubers or bulbs. Potatoes are the number one underground vegetable eaten in America. Potatoes provide fiber, potassium, vitamin C, iron and other nutrients. Spuds are at their healthiest when baked, roasted, mashed, or boiled – not fried!



Unscramble the underground vegetables in the puzzle below. Next, use the numbered boxes to uncover the secret hidden message.

SAESHDR I
 12 4 15 22

SUITNRP
 9 17 25 1

OCRTRSA
 19 20 2 8

INOSN
 11 21 6 23

SPAOTET
 26 16 3 24 14 7

TSBEE
 13 10 18 5

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<input type="text"/> l <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> g 18 19 20 21 22 23	<input type="text"/> <input type="text"/> <input type="text"/> 24 25 15	<input type="text"/> l <input type="text"/> <input type="text"/> y! 26 4		



Can you classify each vegetable in the puzzle as a root, tuber, or bulb?

Answers: radish-root, turnip-root, carrot-root, onion-bulb, potato-tuber, beet-root

Word List:
 radishes, turnips,
 carrots, onions,
 potatoes, beets;
 Hidden message:
 Potatoes fuel your
 body for learning
 and play!