

V is for Vegetable Spaghetti Squash

Vegetable spaghetti squash is short, yellow, and oval shaped. When cooked, and cut open, the insides come out as long strings that look like spaghetti. It can actually be served with spaghetti sauce or chilled and served with salad dressing.





Food Jokes

Apples

If it took six kids six hours to eat all the apples in the apple orchard, how many hours would it take three kids?

None, because the first six kids have already eaten them all.

What kind of apple isn't an apple?

A pineapple!

What did the apple skin say to the apple?

I've got you covered!

Asparagus

What kind of vegetable do you need for a flat tire?

A-spare-agus!

Bananas

Why did the banana go to the hairdresser?

Because it had split ends!

Beans

Knock knock!

Who's there?

Bean.

Bean who?

Bean awhile since I've seen you!

Beef

Where did the spaghetti go to dance?

The meat-ball!

Beets

Why did the people dance to the vegetable band?

Because it had a good beet!

What do you call someone who raps about vegetables?

A beet boxer!

Bell Peppers

What do you call a rabbit eating a pepper in a hotel lobby?

The bell-hop!

Blueberries

What's a ghost's favorite fruit?

A boo-berry!

Broccoli

What do you call a dinosaur that eats its veggies?

A broccoli-saurus

Brussels Sprouts

What's the strongest vegetable?

Muscle sprouts!

What's the sound kids make who love their vegetables?

Brussel shouts!

Cabbage

What is a taxi driver's favorite kind of vegetable?

A cab-bage!

Cane Berries

What do you call a raspberry playing the guitar?

A jam session!

Carrots

Did you hear about the carrot detective?

He got to the root of every case!

What's a vegetable's favorite martial art?

Carr-o-fee!

What's orange and sounds like a parrot?

A carrot!

Cauliflower

What do you get when you cross a dog with a daisy?

A collie-flower!

What kind of vegetable should never be put in a vase?

A cauliflower!

Cheese

How do you get a mouse to smile?

Say, "cheese!"

Cherries

What did the cherry tree wear to the pool party?

Swimming trunks!

Chicken

What's a chicken's favorite kind of vegetable?

An eggplant!



Food Jokes

Knock knock!

Who's there?

Chicken!

Chicken, who?

Chicken in my pocket, I can't find my keys!

Corn

Why shouldn't you tell secrets in a cornfield?

There are too many ears!

What does corn get when you leave it in the barn too long?

COB webs!

What did the baby corn call his dad?

Pop-corn!

What did the corn say when he received a compliment?

Aw, shucks!

Why doesn't anyone laugh at the gardener's jokes?

Because they're too comy!

What do you call a mythical veggie?

A unicorn!

Eggplant

What's a chicken's favorite vegetable?

An eggplant!

Eggs

Why don't eggs tell jokes?

They'd crack each other up!

Grapes

Why aren't grapes ever lonely?

Because they come in bunches!

Why did the grape stop in the middle of the road?

He ran out of juice!

Green Beans

What's a tailor's favorite kind of vegetable?

A string bean!

Kale

What do you call a movie about leafy greens?

A fairy-kale!

Kiwi

What kind of key doesn't open a lock?

A key-wi!

Leafy Greens

What do you call a movie about leafy greens?

A fairy-kale!

Why are spinach leaves never lonely?

They come in bunches!

Leeks

What vegetable does a sailor look for?

LEEKs!

Milk

What do you call a grumpy cow?

MOOOOOO-dy!

What did the mama cow say to the baby cow?

It's pasture bedtime!

Mushrooms

Why does the mushroom always get invited to parties?

Because he's a fun-gi!

Oats

How do oats send letters?

Oatmail!

Onions

I saw an onion ring.

So I answered it.

Knock knock!

Who's there?

Onion!

Onion who?

Onion mark, get set, go!

Oranges/Citrus

Why did the orange stop rolling down the hill?

Because it ran out of juice!

Peaches

What do you call the time in between eating peaches?

A pit-stop!

Pears



Food Jokes

What are twins' favorite fruit?

Pears!

Peas

What vegetables do librarians like?

Quiet peas!

Potatoes

Why do potatoes always get along?

They see eye-to-eye!

Pumpkin

How do you fix a cracked pumpkin?

With a pumpkin patch!

What's a pumpkin's favorite game?

Squash!

Radishes

What is small, red and whispers?

A hoarse radish!

What is the coolest vegetable?

A rad-ish!

Rice

How does rice say "goodbye"?

"I hope to see you a-grain."

Knock knock!

Who's there?

Rice.

Rice, who?

Rice to meet you!

Salad Greens

We don't have any salad jokes yet so if you think of any, lettuce know!

What's a penguin's favorite salad ingredient?

Iceberg lettuce!

What did the salad say to the dressing?

Lettuce be friends!

Spices and Herbs

Knock knock!

Who's there?

Cumin.

Cumin, who?

Can I cumin? It's cold out here!

Why did the chef have to stop cooking?

He ran out of thyme!

What's a baker's favorite joke?

A cinnamon pun!

Spinach

Why are spinach leaves never lonely?

They come in bunches!

Split Peas

Knock knock!

Who's there?

Peas.

Peas, who?

Peas tell me more knock knock jokes!

Strawberries

What is a scarecrow's favorite fruit?

A strawberry!

Summer Squash

What kind of vegetable likes to look at animals?

A zoo-chini!

Sweet Potatoes

Why didn't the sweet potato go to the Halloween party?

It was afraid of the Monster Mash!

Tofu

Why did the tofu cross the road?

To prove he wasn't chicken!

Tomatoes

How do you fix a broken tomato?

Tomato paste!

Tuna

Why are tuna so smart?

Because they spend all their time in schools!

Turkey

Which type of key won't open a door?

A tur-key!



Food Jokes

Turnips

Why are you looking so glum?
I've lost my root vegetable!
Don't worry, it'll turnip!

Knock knock!
Who's there?
Turnip.
Turnip, who?
Turnip the radio, please!

Watermelon

When do you go at red and stop at green?
When you're eating a watermelon!

Wheat

What do you call a sleeping pizza?
A piZZZZZZZZZZZZZZa!

Why does bread like warmer weather?
It gets toasty!

Whole Grains

How do oats send letters?
Oatmail!

Why does bread like warmer weather?
It gets toasty!

What do you call a fake noodle?
An im-PASTA!

How does rice say "goodbye"?
"I hope to see you a-grain."

What did the baby corn call his dad?
Pop-corn!

Winter Squash

What's a pumpkin's favorite game?
Squash!

Be a Food Hero!












Bingo at Home

Name _____ Grade _____

Did you complete this with a sibling/siblings? (please circle) Yes No

Parent Instructions: (1) complete at least 5 Bingo tasks; (2) initial the Bingo square as each task is completed; and (3) celebrate when your child gets a Bingo or completes all the squares!

<p>March in place for 15 minutes.</p> 	<p>Turn off all screens during mealtime.</p> 	<p>With an adult, visit www.foodhero.org. Together choose one new recipe to try.</p> 	<p>Drink 8 ounces of low-fat milk.</p> 	<p>Eat one cup of fruit.</p> 
<p>Make a smoothie with a fruit or veggie in it.</p> 	<p>Go screen-free and draw a picture.</p> 	<p>Play a screen-free game.</p> 	<p>Help plan one meal.</p> 	<p>Eat breakfast.</p> 
<p>Eat dinner with your family.</p> 	<p>Do 60 minutes of physical activity in one day.</p> 	<p>Choose a fruit or vegetable for a snack.</p> 	<p>Read a screen-free book.</p> 	<p>Do 20 jumping jacks.</p> 
<p>Make a list of your family's favorite fruits and vegetables.</p> 	<p>Drink a glass of water instead of a sugary drink.</p> 	<p>Help cook one meal.</p> 	<p>Find the Food Hero theme song at: https://www.foodhero.org/kids</p> 	<p>Eat a whole grain food, like brown rice, or whole wheat pasta.</p> 
<p>Eat two different colors of fruit in one day.</p> 	<p>Walk around your home for 20 minutes.</p> 	<p>Dance for 20 minutes without watching a screen.</p> 	<p>Eat one cup of a vegetable.</p> 	<p>Wash your hands before you eat.</p> 