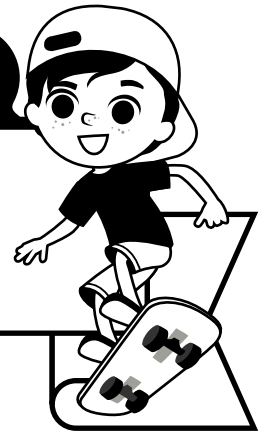


Lettuce is called
lechuga in Spanish.



CRISPY
EARTHY

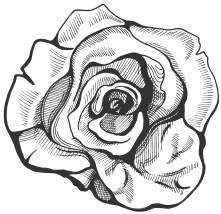
LETTUCE

FRESH
GREEN

Leafy Green

Lettuce is known as a “leafy green” because it’s just that – a leaf!
While lots of animals eat leaves for food, humans are very picky about ours.
We only prefer the leaves from a few special plants, including lettuce.

What leafy greens have you eaten? Circle the ones that you have tried.



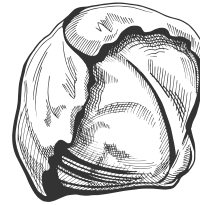
Butter



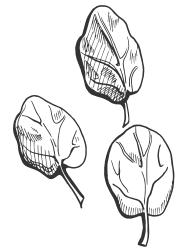
Arugula



Romaine



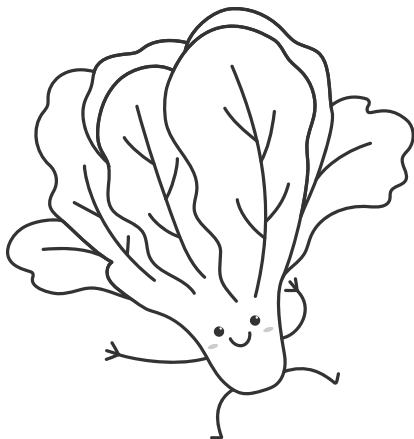
Iceberg



Spinach

Word Search Puzzle

Circle the lettuce names
hidden in the puzzle.



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

WORD BANK

- Endive
- Bibb
- Romaine
- Arugula
- Iceberg

Fun Fact
Lettuce is about
95%
water!