

Name \_\_\_\_\_

2. National Fresh Fruit and Vegetables Month

## Shake It Up



Lila and her father went to the farmer's market yesterday. There were rows and rows of crates overflowing with fresh fruits and vegetables. Lila's father gave her a grocery bag and told her she could fill it with whatever she wanted. He would fill one too. Lila hardly knew where to begin. As she walked up and down the rows, she asked the vendors about their produce.

Some things she'd never seen or heard of before. She picked a nice variety of fruits and vegetables to put in her grocery bag, and it got heavy in a hurry. Finally, it was time to go home.

Lila asked her father what they were going to do with all the fruits and vegetables from their bags. He thought a minute then, suggested they make a shake. Her father asked her to select five different pieces of fruit while he got out the blender. After washing and chopping them, he placed them in the blender. Then, he chose five vegetables from his bag and did the same thing. He also added yogurt, honey, and orange juice. Lila gave her father a funny look. She wondered how a shake could taste good with vegetables in it and no ice cream. He winked and assured her it would be delicious. When the blender stopped whirring, he poured a small sample for Lila. It had a funny green tint from the spinach and broccoli her father had chosen.

Hesitatingly, she took a sip. Surprise! He was right! The shake was a yummy and healthy snack.

Write the correct answer on the line.

1. Lila went with her \_\_\_\_\_ to the farmer's market.  
(brother                  father                  friend)
2. Lila walked around the market talking to the produce \_\_\_\_\_.  
(vendors          farmers          cleaners)
3. Lila's father made a \_\_\_\_\_ using some of what they bought.  
(cake                  shake                  salad)
4. He told Lila to choose five \_\_\_\_\_ from her bag for the shake.  
(candies          nuts                  fruits)
5. Lila thought the green fruit and vegetable shake tasted \_\_\_\_\_.  
(nasty                  odd                  yummy)