

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.

1. Lila went with her _____ to the farmer's market.
(brother father friend)

2. He told Lila to choose five _____ from her bag for the shake.
(candies nuts fruits)

3. Lila's father made a _____ using some of what they bought.
(cake shake salad)

4. Lila walked around the market talking to the produce _____.
(vendors farmers cleaners)

5. Lila thought the green fruit and vegetable shake tasted _____.
(nasty odd yummy)

