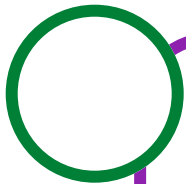
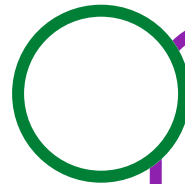
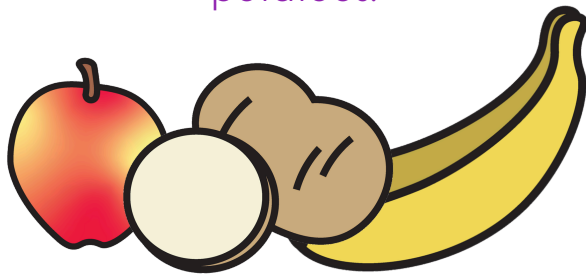


Try It! How Frieda Caplan Changed the Way We Eat

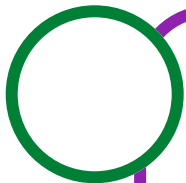
**Do you remember what order the below happened in the story?
Starting with 1, write in each circle the order of events.**



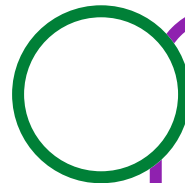
People were accustomed to regular apples, bananas, and potatoes.



Frieda got a funny feeling in her elbows when she found a new food people would be willing to try. She added stickers to the produce with descriptions of the fruit or vegetable.



Frieda Caplan introduced mushrooms. The people were skeptical, but they tried the mushrooms and liked them!



Frieda was persistent. People began to buy mushrooms from roadside stands and restaurants. She sold many mushrooms and was named the "Mushroom Queen."

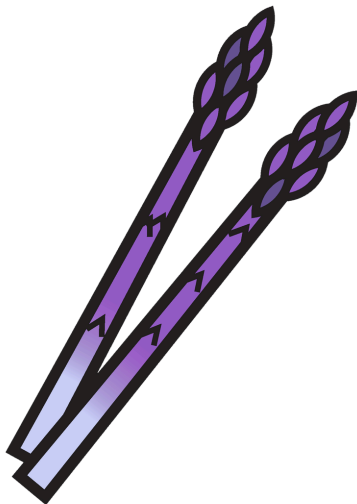


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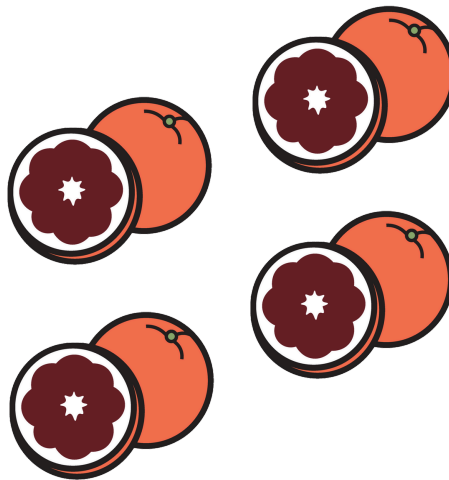
1 2 3 4

Help count the different types of produce in each of the boxes.

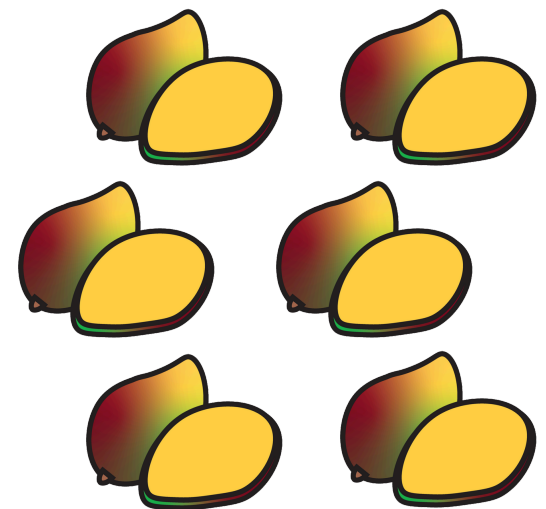
How many
purple asparagus
are there?



How many
blood oranges
are there?



How many
mango
are there?



Try It! How Frieda Caplan Changed the Way We Eat

Frieda Caplan encouraged people to try fruits and vegetables that they had never wanted to try before. Read the words and then write them.

mushrooms

jicama

baby corn

kiwi

Which fruit or vegetable sparks your curiosity to try? Can you find these in your grocery store?

Try It! How Frieda Caplan Changed the Way We Eat

Find the different types
of produce and words
from the story in the
word search

Apples

Bananas

Elbows

Frieda

Fruit

Gooseberries

Grocery

Market

Mushroom

Pea

Produce

Store

Try

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

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We learned about the history of several foods. Which food was your favorite food to learn about?

