Love Those Legumes!

Write the word that best completes each sentence. Use the word bank.

Word Bank
- bacteria
- chickpeas
- healthy
- legumes
- lentils
- lens
- peas
- pods
- protein
- seeds

Across
5. _____ take longer to cook than lentils or peas.
7. Chickpeas, peas, and lentils are known as _____.
8. Split dry _____ do not need to be soaked before cooking.
10. Legume seeds are found in _____.

Down
1. Legumes have special _____ living on their roots, which help them make nitrogen.
2. Legumes have lots of _____, which your body needs to keep your muscles healthy.
3. Legumes are part of a _____ diet.
4. A lentil is shaped like a _____.
6. _____ grow naturally in different colors (green, brown, black, and red) and sizes (tiny, small, medium, and large).
9. The _____ of lentils are used as food.
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