

Name: \_\_\_\_\_

# HAPPY SPINACH DAY!



Spinach Day, celebrated on March 26<sup>th</sup>, is a day dedicated to this nutritious and versatile leafy green, encouraging people to incorporate spinach into their meals and snacks, recognizing its numerous health benefits, from high vitamin content to antioxidant properties.

**Directions:** Use your math skills to find the value of each icon and the '?' in the puzzle below.

$$\text{Spinach bunch} + \text{Spinach bunch} + \text{Spinach bunch} = 12$$

$$\text{Bowl of spinach and fruit} - \text{Spinach bunch} = 11$$

$$\text{Bowl of spinach and fruit} + \text{Smoothie cup} = 17$$

$$\text{Bowl of spinach and fruit} + \text{Spinach bunch} + \text{Smoothie cup} = ?$$

My Answer: ? = \_\_\_\_\_

Answer Key:

Spinach Bunch=4

Spinach Salad=15

Spinach Smoothie=2

**?=21**

**Fun Fact:** Spinach is not only packed with nutrients like iron and vitamins A, C, and K, but it also contains compounds called phytoecdysteroids, which have been found to increase muscle growth and strength. This scientific finding lends some real-world credibility to the famous cartoon character Popeye, who would gain superhuman strength from eating cans of spinach!