

# Celery



## Fun Facts:

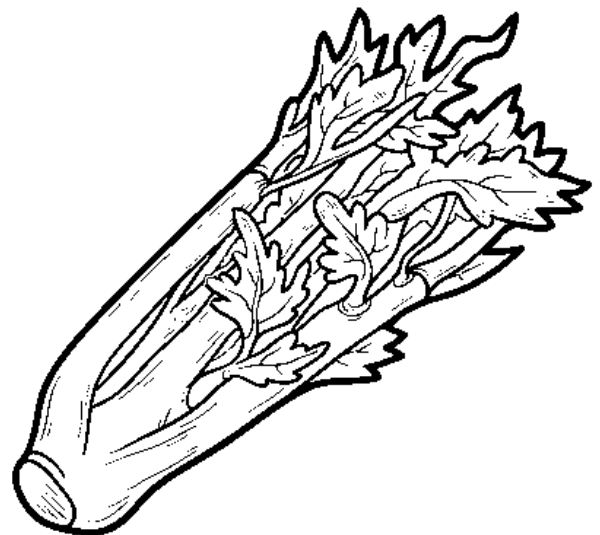
Celery is 95% water! It was initially used as medicine in treatment of toothache, insomnia, hypertension, anxiety, arthritis, rheumatism and to purify the blood.

## CAN YOU FIND ALL OF THESE WORDS?

Celery  
Stalk  
Crisp  
Water  
Crunch



## Color the Celery!



## NUTRITIONAL INFORMATION

Despite its low calorie content, celery provides several micronutrients. It contains potassium, folate, choline, vitamin A, and vitamin K. Celery also offers some natural sodium and fluoride.