

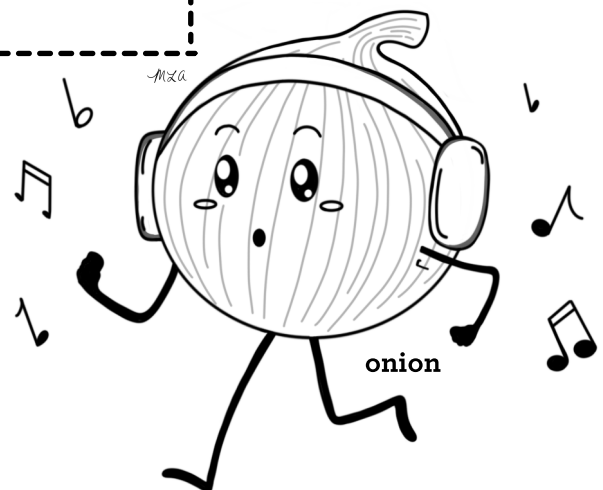
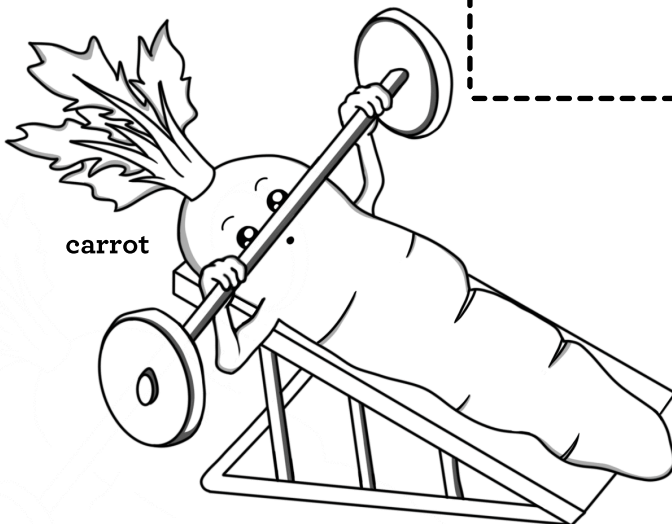
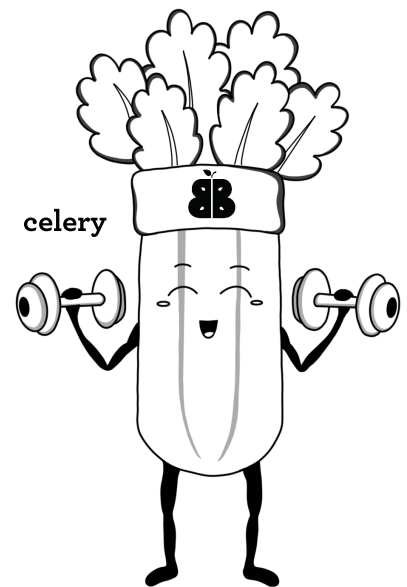
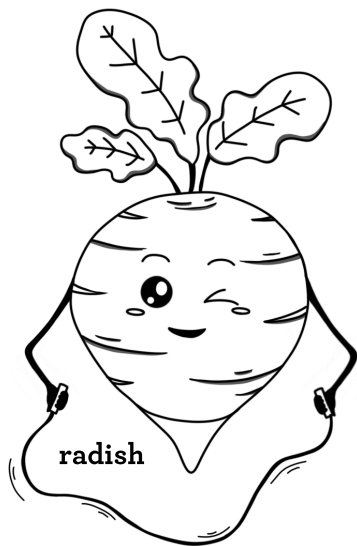
NAME: _____

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HEALTHY TOPIC: VEGETABLES

A Powerhouse of Nutrients

Vegetables are important for us to eat because they help us become strong and healthy. The way you prepare your veggies determines if they will be a GO, SLOW, or WHOA food.



PRODUCE ACTIVITIES:

- Draw yourself as your favorite veggie in the space above. What did you choose and why?
- Play a taste, touch, or smell game to identify vegetables while blindfolded. Can you guess the correct vegetable?
- Share with your friends and family how eating healthy makes you feel.