

NAME: _____

DATE: _____



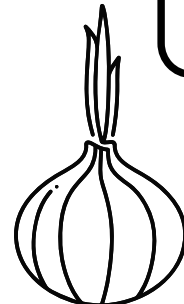
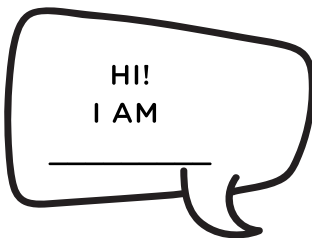
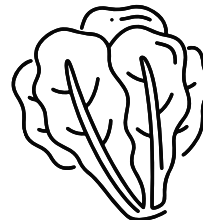
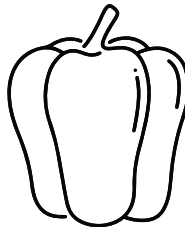
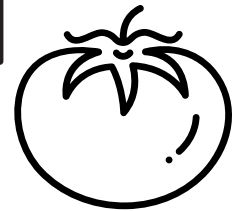
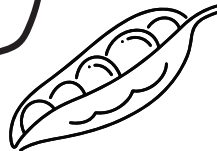
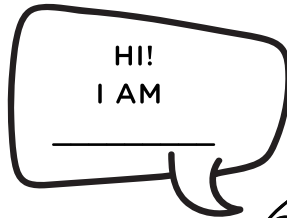
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HEALTHY TOPIC: VEGETABLES

WHO ARE THEY? MATCH THE CORRECT NAMES OF YOUR VEGGIE FRIENDS!

CHOOSE FROM
HERE:

- A. TOMATO
- B. BELL PEPPER
- C. ONION
- D. CARROT
- E. BEET
- F. BROCCOLI
- G. LETTUCE
- H. PEAS



HEALTHY TIP:

VEGETABLES ARE VERY
IMPORTANT FOR US TO EAT
BECAUSE THEY MAKE US
STRONG AND HEALTHY. TRY TO
EAT 4 HANDFULS OF VEGGIES
EVERY DAY!

PRODUCE ACTIVITY:

- Play a taste, touch, or smell game to identify the vegetables while blindfolded. Can you guess the correct vegetable?
- What is your favorite vegetable? Describe its taste.
- Deep-fried vegetable VS salad, which one do you like? Do you think both of them are GO foods? Why?

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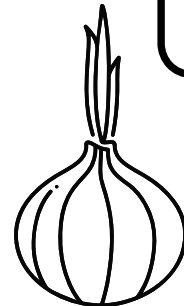
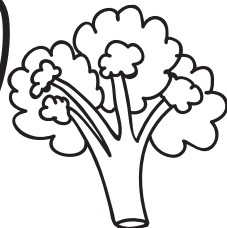
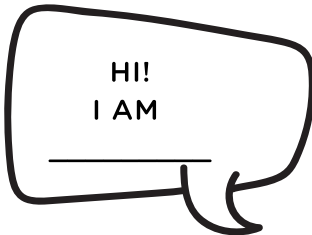
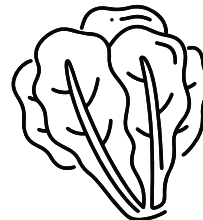
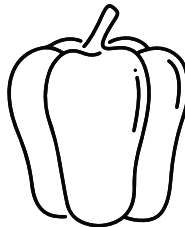
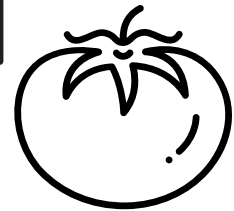
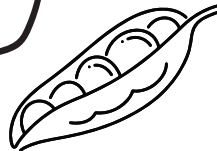
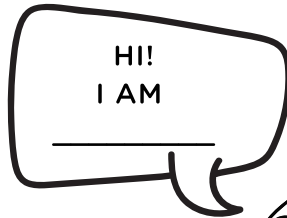
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- Deep-fried vegetable VS salad, which one do you like? Which do you think is healthier?

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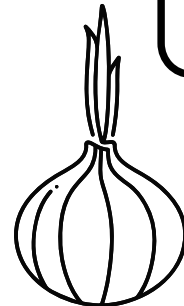
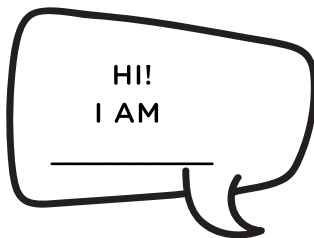
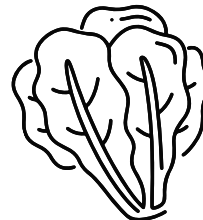
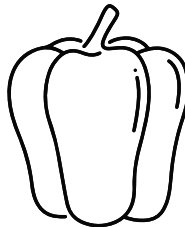
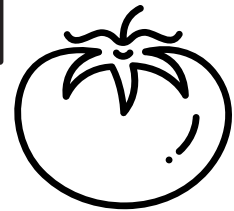
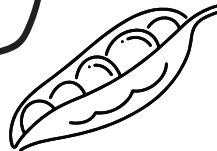
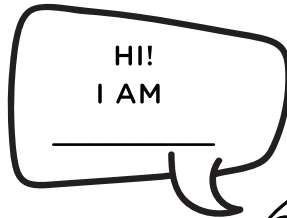
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PRODUCE ACTIVITY:

- How many colors do you find in these vegetables? Do they make a beautiful rainbow of various colors?
- What is your favorite vegetable? How would you like it to be cooked?