



brighter**bites**®

Healthy Topic: Vegetables

Choose a suggested activity below or create your own:

- **Describe** the different ways you can cook vegetables.
- **Experiment** and re-grow a vegetable by using a stem (i.e. celery).
- **Study** the relationship between seasons and produce.
- **Talk** about what veggies you eat. What is your favorite vegetable? How do you like to eat it? In what different colors can you find it? Let's draw and color vegetables.