

To help you complete this worksheet, use the Good Food for You book.



Vegetables

Vegetables are foods that come from _____. They are important sources of vitamins and _____. These _____ help keep the body healthy. Vegetables can be eaten _____ or cooked. Try to eat vegetables of every _____!

Carrots are the _____ of the carrot plant. They have lots of vitamins.

Spinach _____ are rich in vitamins and minerals.

Broccoli is the _____ of the broccoli plant. It is rich in protein, minerals, and vitamins A and C.

It's a fact!
Dried beans and peas are part of the vegetable group. They're also part of the meat and beans group.

Potatoes form underground on the _____ of the potato plant.

Peas are the _____ of the pea plant. The peas are hidden inside the pod.

