



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## What is the Vegetables Food Group?

Any vegetable or 100% vegetable juice is as a member of the Vegetables Food Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried; and may be whole, cut-up, or mashed.

### Vegetables - So Good for You!

There are lots of colorful vegetables. What are your favorites?



spinach

radishes

broccoli

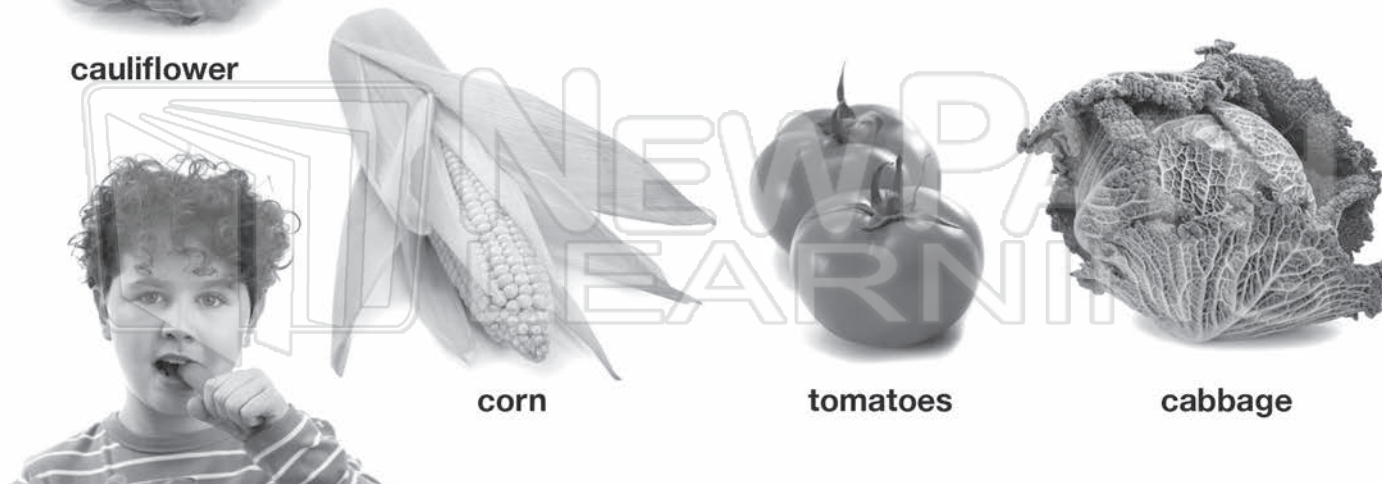
beans



## PREVIEW

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cauliflower



corn

tomatoes

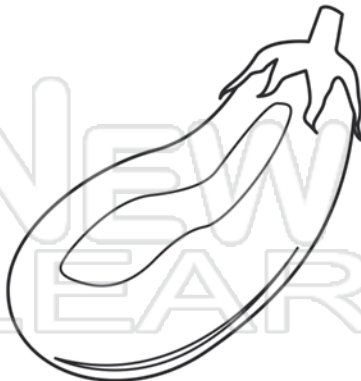
cabbage



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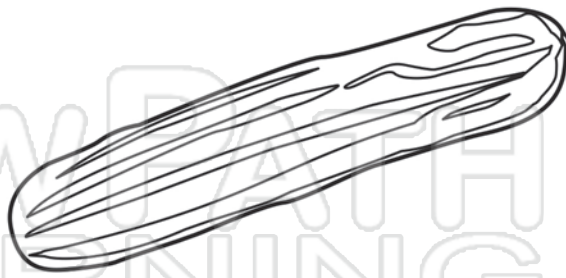
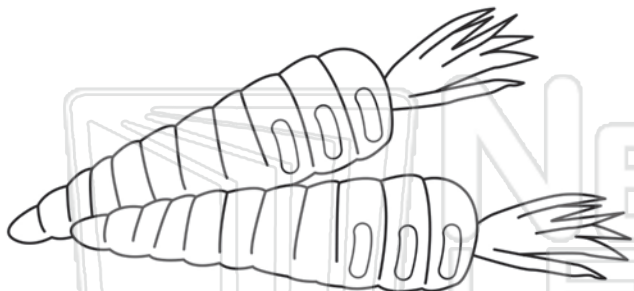
## Vegetables - So Many Choices!

Color the vegetables. Write the names.



### PREVIEW

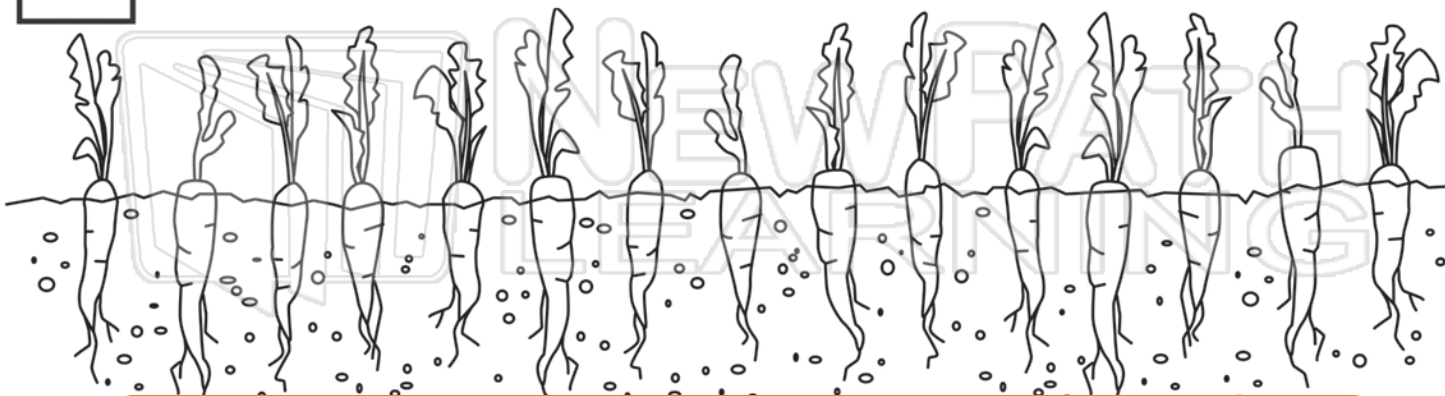
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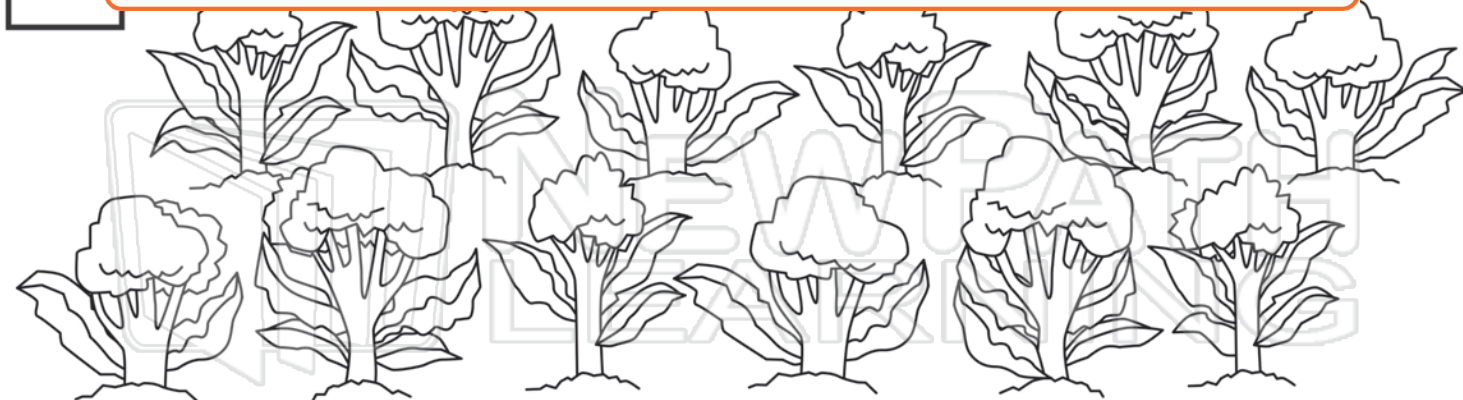
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Look at the veggies growing! Count them. Write the number in the square.



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1 What is the **name** of this vegetable?

- A artichoke
- B broccoli
- C Brussel sprouts
- D lettuce



5 Carrots are what part of a plant?

- A roots
- B seeds
- C stems
- D flowers



2 What **color** vegetable should you eat the most?



6 Mashed potatoes are **not** really vegetables because they have been **mashed up**.

A  
B  
C  
D



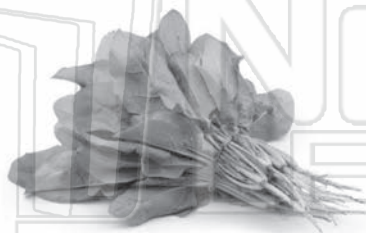
3  
V  
A  
B  
C  
D

## PREVIEW

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4 What is the name of this **dark-green** vegetable?

- A cauliflower
- B carrot
- C spinach
- D lima bean



8 What is the **name** of this vegetable?

- A broccoli
- B artichoke
- C celery
- D green pepper





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## Answer Sheet

1

What is the **name** of this vegetable?

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2

What **color** vegetable should you eat the most?



6

Mashed potatoes are **not** really vegetables because they have been mashed up.

3

W

A

B

C

D



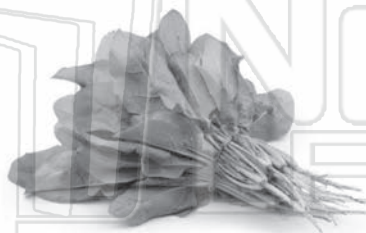
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