

Getting to know Vegetables

1. Look at a variety of vegetables. Try some unusual ones. Observe their color, shape, texture, smell, etc.

Discuss where they grow and how they can be eaten.

2. Taste some of the vegetables

3. Talk about the importance of vegetables in the diet

- **Good for Vitamin A and C**
- **Raw vegetables are good for dental health**
- **Most are low in calories**