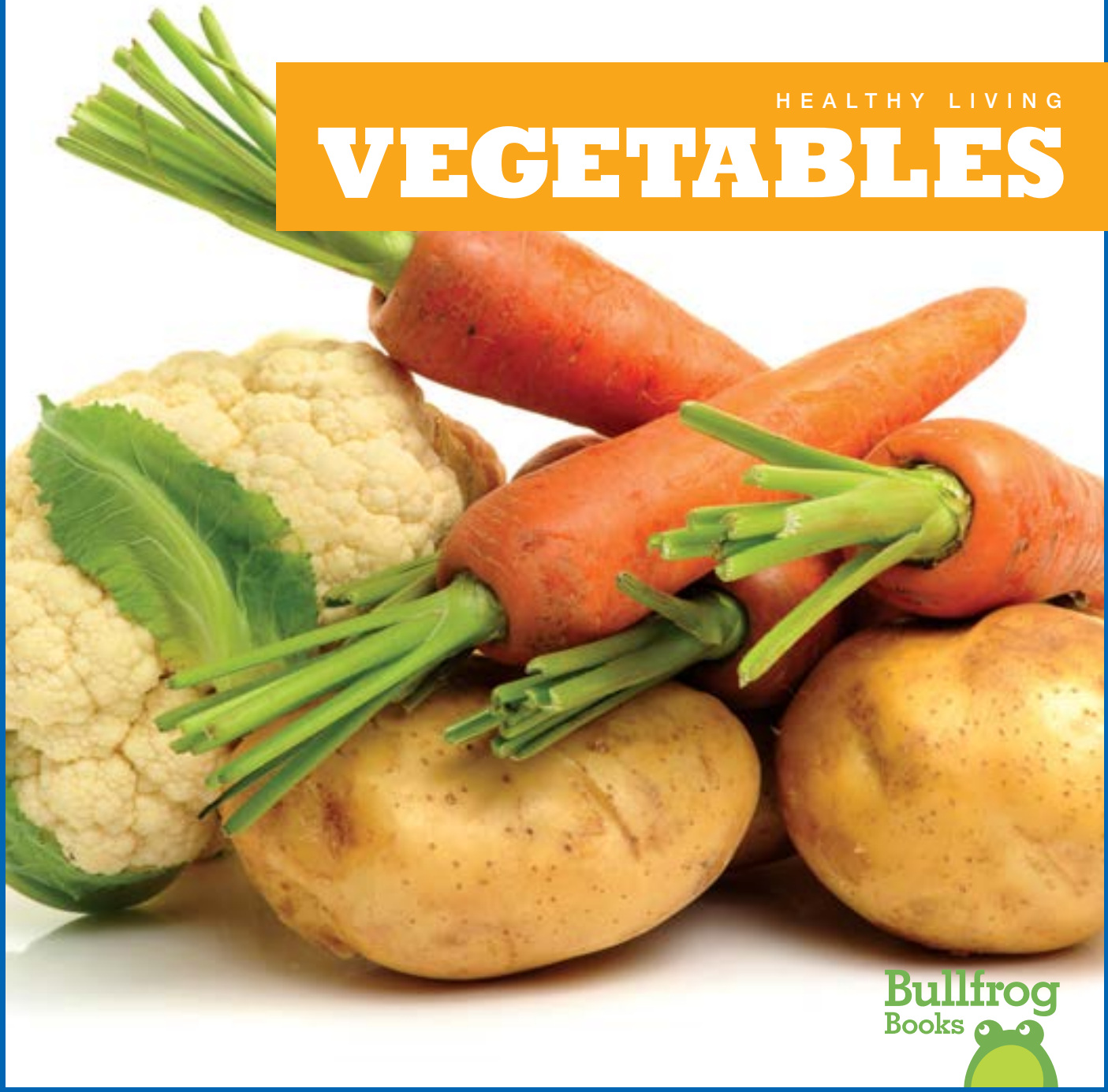
HEALTHY LIVING

VEGETABLES



Bullfrog Books

Table of Contents

Many Colors 4
Your Daily Vegetables 22
Picture Glossary 23
Index 24
To Learn More 24

For Review Only



Many Colors



Tim is at the market.

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Wow!

Look at all the vegetables.

Look at all the colors.

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Red. Green. White.
Purple. Orange.

Eat them all.



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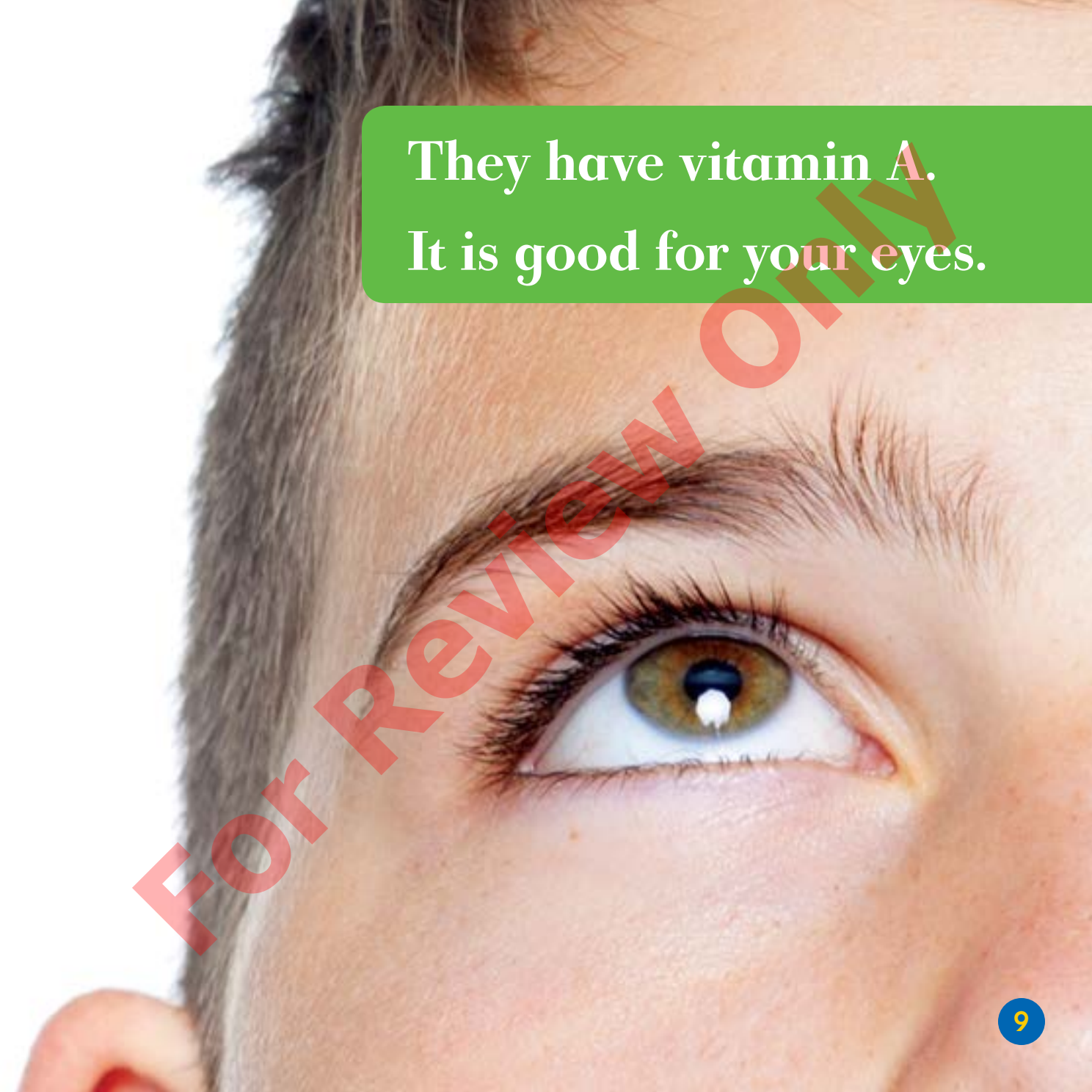


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Look! Kira has carrots.

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They have vitamin A.
It is good for your eyes.

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Your Daily Vegetables

You need at least three servings of vegetables a day.



carrots
A sweet, crunchy root vegetable with orange skin.

cauliflower
A garden plant grown for its compact, edible head of white, undeveloped flowers.

green onions
The small, white bulbs of green onions have a milder flavor than that of other onions.

Brussels sprouts
The small, compact bud of a variety of cabbage.

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Picture Glossary



chard
A leafy green vegetable with colorful stems.



salad
A mix of vegetables usually eaten cold.



iron
A metal your body needs to stay healthy.



sweet potato
The sweet, starchy root of a flowering vine.



market
A place to buy food.



vitamin
Something in food that people need to stay healthy.

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