

Vegetables

Vegetables are good for your body. They help you stay strong and healthy.

-  Cucumbers have a lot of water. They help you stay cool on hot days.
-  Carrots are orange now, but long ago, they were purple!
-  Onions can make you cry. They have strong smells.
-  Garlic is good for your body. It can help you feel better when you are sick.
-  Corn is yellow and sweet. You can eat it hot or cold.
-  Broccoli looks like a small tree. It is green and very healthy.
-  Sweet potatoes are soft and sweet when you cook them.
-  Spinach is a green vegetable. People first grew spinach in Persia (a long time ago).
-  Peppers can be sweet or hot. They are part of the Capsicum family.

Nina loves to eat vegetables. Her favorite vegetables are carrots, broccoli, and corn.

Questions:

1. What vegetable has a lot of water?
2. What color were carrots long ago?
3. What vegetable can make you cry?
4. What is good for your body when you are sick?
5. Is corn sweet or salty?
6. What vegetable looks like a small tree?
7. What are Nina's favorite vegetables? (Name one)
8. Where was spinach first grown?
9. Can peppers be hot?
10. What color is corn?