

Vegetables



Vegetables are good source of vitamins and minerals. Some of them are given below, identify them with the help of help box.

1. It is called the king of vegetables and eaten cooked, roasted or fried.

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2. It is a fungus which has a round flat head and short stem. Some types of this fungus can be eaten.

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3. It is a small crisp white root vegetable with a strong taste, eaten raw in salads.

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4. It is a round vegetable with many layers inside each other and a brown or red skin. It has a strong smell and flavour.

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5. Long dark green leaves that are eaten cooked and rich source of iron.

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6. It is a round vegetable with layers of large green leaves that can be eaten raw or cooked.

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7. It grows underground with rough brown skin. It is used to make chips, fries and mashed dishes.

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8. It is a long pointed orange coloured root vegetable that is rich in vitamin A.

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HELP BOX

potato, carrot, radish, onion, spinach, mushroom, brinjal, cabbage.

LIVEWORKSHEETS