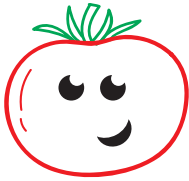


# Have fun and learn with Miss Carrot!

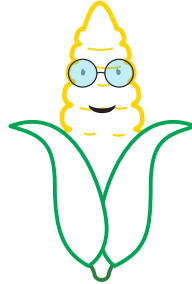


## The Rainbow of Vegetables



### TOMATO

Tomatoes are yummy in salads, sandwiches, soups, juices, spaghetti sauce and more! Tomatoes are rich in vitamin C which helps you fight any "intruders" in your body.



### CORN

Corn is rich in fiber, protein and minerals that make you very strong! You can turn corn into flour and enjoy it in cereal or bread. Or, you can enjoy whole corn kernels in salads, pizzas, muffins and more.

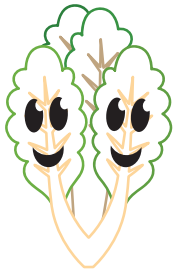
### BROCCOLI

What goes through your mind when you look at broccoli? Don't make faces! It has two really powerful ingredients: iron and calcium! They are excellent for bones, blood and super healthy teeth.



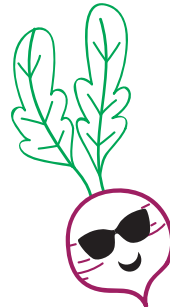
### CARROT

Have you ever heard that carrots give you great eyesight? That's right! Since they are rich in vitamin A, they are good for your eyes and skin. Enjoy them on their own, in juices, soups, salads and cakes.



### LETTUCE

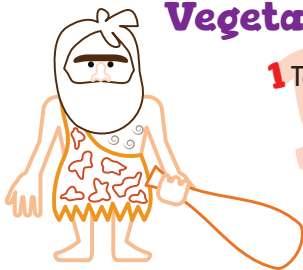
Lettuce is great in sandwiches, salads, and juices. It keeps you very hydrated because it is mainly made up of water.



### BEETROOT

Beets are very good for your blood because they contain a lot of iron that gives you energy. They are also rich in natural sugar and are used to make artificial sugar.

## Vegetable Quiz



- 1 Tomatoes are...
- ☐ A vegetable
  - ☐ A fruit
  - ☐ A legume

- 2 There is a country where people have a food fight (like a water fight!) in the streets every year. What country and food?
- ☐ Italy - pizzas
  - ☐ Morocco - figs
  - ☐ Spain - tomatoes

- 3 Carrots are born...
- ☐ In a tree
  - ☐ Underground because they are a root
  - ☐ At the supermarket

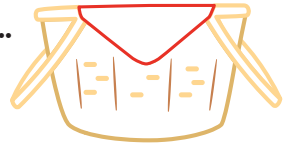
- 4 Which vegetable is full of water?
- ☐ Beetroot
  - ☐ Lettuce
  - ☐ Broccoli

- 5 Who invented the sandwich?
- ☐ Cavemen when they put meat between 2 stones and tried to bite.
  - ☐ The Earl of Sandwich in England in the 1700's when he asked to be served two slices of bread with meat in the middle.
  - ☐ A farmer who was trying to make a giant tower out of ham, tomato slices and bread.

Answers: 1 - A fruit; 2 - Spain - tomatoes; 3 - Underground; 4 - Lettuce; 5 - The Earl of Sandwich

## Vegetable hunting

Miss Carrot and her friends ran away from the picnic basket and decided to hide in the garden...  
Can you find them?



### MATERIALS NEEDED:

- Images of the vegetables (print and cut out the images).
- Toothpicks to stick behind the paper so you can put the vegetables in the grass, the soil or anywhere else in the park or garden.

**Rules of the game:** An adult hides the vegetables in the garden and then you can start vegetable hunting! The goal is to find all the vegetables as fast as you can! You can also use a timer to see how long it takes you!

### Print and Cut Out

