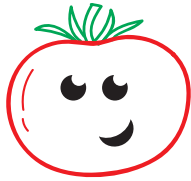


# Have fun and learn with Miss Carrot!

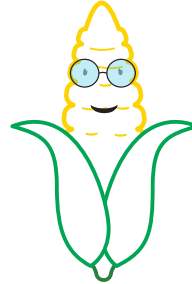


## The rainbow of vegetables



### TOMATO

Tomatoes are yummy in salads, sandwiches, soups, juices, spaghetti sauce and more! Tomatoes are rich in vitamin C which helps your body stay healthy and your immune system strong.



### CORN

Corn is rich in fiber, protein and minerals that makes you very strong! Corn can be enjoyed many ways; popped for movie night, ground into flour for chips, breads or crackers or steamed and eaten right off the cob.

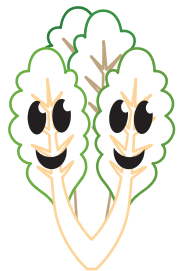
### BROCCOLI

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



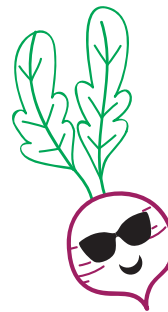
### CARROTS

Have you ever heard that carrots give you beautiful eyes? 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

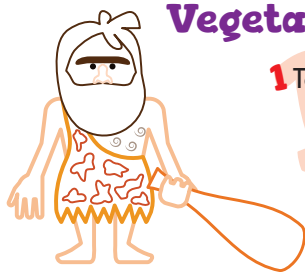
Lettuce is great in sandwiches, salads, and juices. It keeps you very hydrated because it is mainly made up of water.



### BEETS

Beets are very good for your blood because they have a lot of iron that gives you energy and keeps your heart healthy, too. Beets are so rich in natural sugar; their filtered juices are used to make granulated sugar, brown sugar and molasses.

## 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 which food do they use?
- Italy - pizzas
  - Morocco - figs
  - Spain - tomatoes

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

- 4 What vegetable is full of water?
- Beets
  - 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 that 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 vegetables (print and cut out the images below).
- Popsicle sticks to paste 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!

