Beets are **vegetables**.

They **grow** in a **garden**.

We eat the **roots**.

We eat beets **cooked**.

Beets are **red**.

Beets are **good** for our **bodies**.
Peppers are **vegetables**.

They **grow** in a **garden**.

We can eat peppers **raw** or **cooked**.

Peppers are **red**, **yellow** and **green**.

Peppers are **good** for our **bodies**.
Broccoli is a vegetable. It grows in a garden. We eat the flower. We can eat broccoli raw or cooked. Broccoli is green.

Broccoli makes a great healthy snack. Broccoli is good for our bodies.

Mississippi State University Preschool Garden Crew
Departments of Food Science, Nutrition and Health Promotion & Plant and Soil Sciences

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Carrots are vegetables. They grow in a garden. We eat the roots. We can eat carrots raw or cooked.

Carrots are orange.

Carrots can be a healthy snack choice. Carrots are good for our bodies.
Cauliflower is a **vegetable**.

It **grows** in a **garden**.

We eat the **flower**.

We can **eat** cauliflower **raw** or **cooked**.

Cauliflower is **white** and has **green** leaves.

Cauliflower is **good** for our **bodies**.
Corn is a vegetable. It grows in a garden. Corn can be cooked and eaten on the cob. Corn is yellow and white. Corn is good for our bodies.
Cucumbers are **vegetables**.
They **grow** in a **garden**.
We can eat cucumbers **raw** or **cooked**.

Cucumbers are **green**.
Cucumbers are **good** for our **bodies**.
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Eggplants are **vegetables**.

They **grow** in a **garden**.

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Eggplant is **good** for our **bodies**.

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We can eat eggplant **cooked**.

Eggplant can be **purple**, **green** or **white**.
Mixed greens are vegetables. They grow in a garden. We eat the leaves. Mixed greens can be eaten raw or cooked.

Mixed greens are green. Mixed greens are good for our bodies.
Herbs grow in a garden. Herbs can be eaten raw or cooked.

They can be used to add flavor to food. Herbs are good for our bodies.
Lettuce is a **vegetable**.  
It **grows** in a **garden**.  
We eat the **leaves**.  
We can **eat** lettuce **raw**.

Lettuce is **green** and some can have **red** leaves too.  
Lettuce is **good** for our **bodies**.
Lima Beans are **vegetables**.

They **grow** in a **garden**.

We eat lima beans **cooked**.

Lima Beans are **green**.

Lima Beans are **good** for our **bodies**.
Potatoes are vegetables. They grow in a garden. We eat the roots.

We can eat the outside and inside of the potato.

Potatoes can be brown, red, white and even blue!

Potatoes are good for our bodies.
Pumpkins are **vegetables**.

They **grow** in a **garden**.

Pumpkins are **orange**.

Pumpkins are **good** for our **bodies**.
Spinach is a vegetable.

It grows in a garden. We eat the leaves.

We can eat spinach raw or cooked.

Spinach is green.
Spinach is good for our bodies.
Squash is a vegetable. It grows in a garden.
Squash can be eaten raw or cooked.
Squash can be yellow, green or white.

Squash can be a healthy snack choice.
Squash is good for our bodies.
Sweet potatoes are vegetables.

They grow in a garden. We can eat the root. Sweet potatoes are orange.

Sweet potatoes are good for our bodies.
Tomatoes are **vegetables**.

They grow in a **garden**.

We can eat tomatoes **raw** or **cooked**.

Tomatoes are **red**.

Tomatoes are **good** for our **bodies**.