



A Garden-Based Learning Program for Preschoolers

BEEETS

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**.

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Departments of Food Science, Nutrition and Health Promotion & Plant and Soil Sciences
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BELL PEPPERS

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**.

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BROCCOLI



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**.



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CARROTS



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**.

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CAULIFLOWER

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**.

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CORN

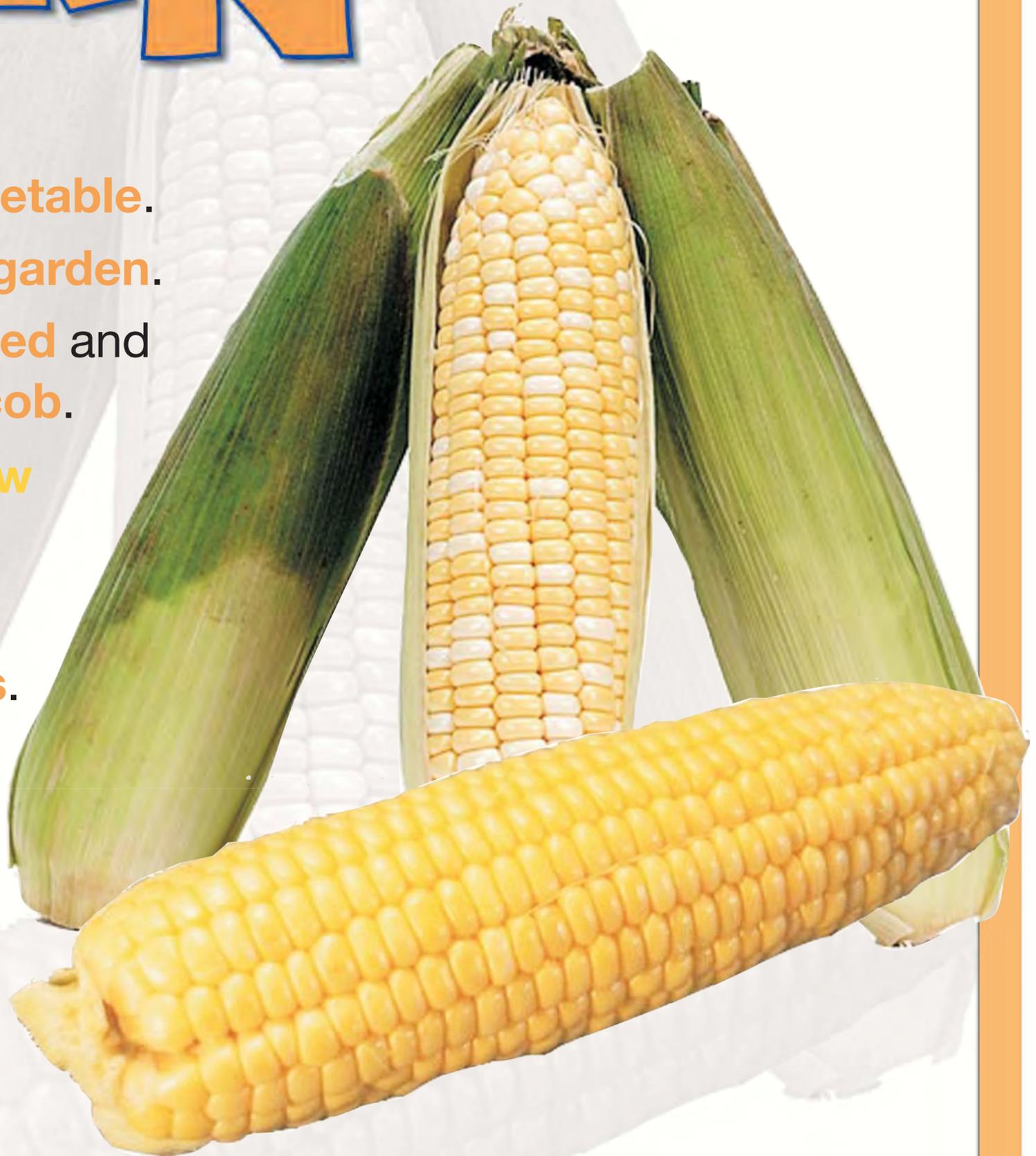
Corn is a **vegetable**.

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**.



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CUCUMBER

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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EGGPLANT

Eggplants are **vegetables**.

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



We can eat eggplant **cooked**.

Eggplant can be **purple**, **green** or **white**.

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

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MIXED

GREENS



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**.

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HERBS

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**.

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LETTUCE



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**.



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LIMA BEANS



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**.

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POTATOES

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**.

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PUMPKINS

Pumpkins are **vegetables**.

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

Pumpkins are **orange**.

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



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SPINACH



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

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**.



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SWEET POTATO

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.**

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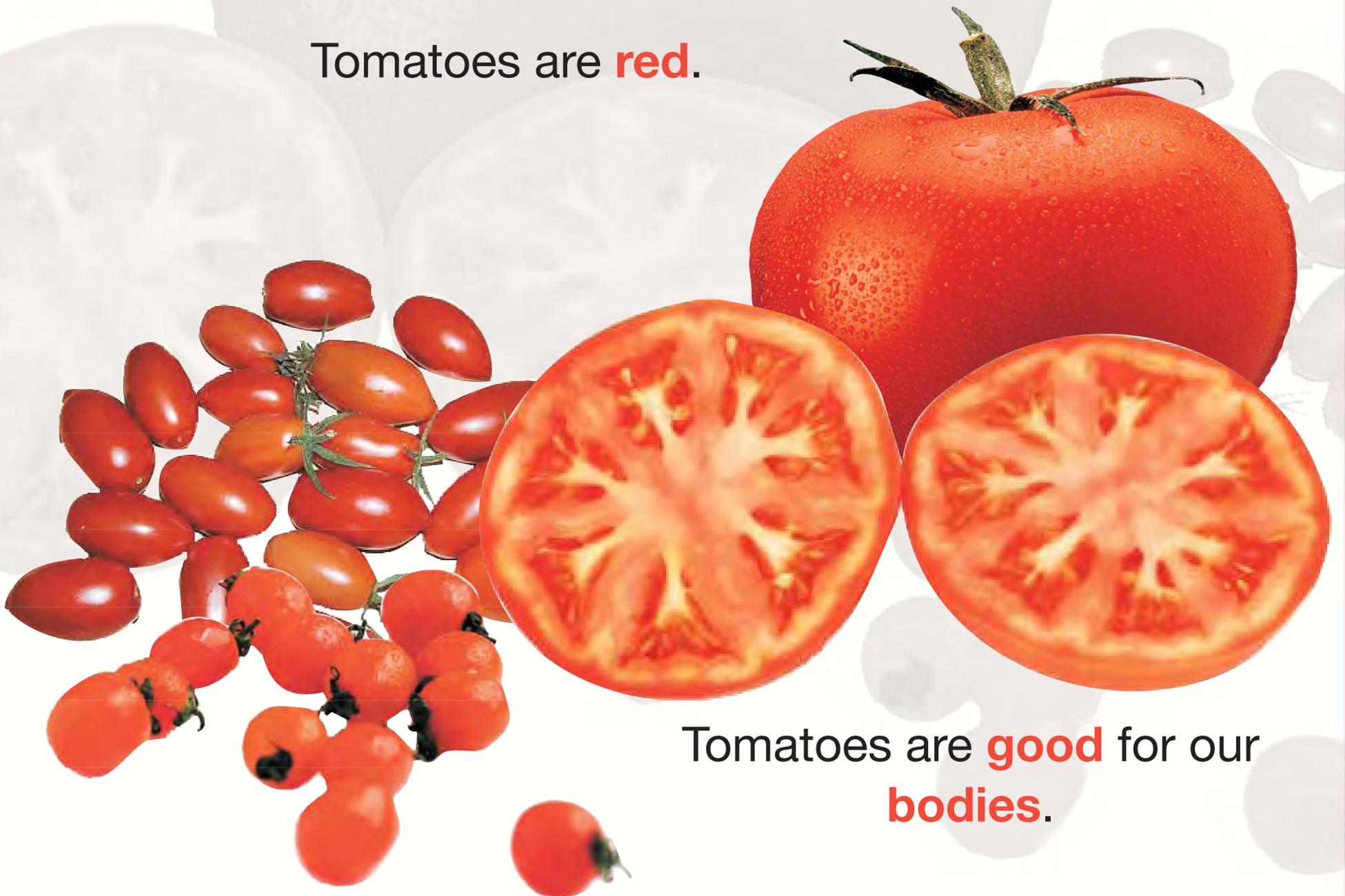
TOMATOES

Tomatoes are **vegetables**.

They grow in a **garden**.

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

Tomatoes are **red**.



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