

Meet the Veggies

(Adapted from <http://www.childfun.com/index.php/activity-themes/100-food/218-vegetable-activity-theme.html#sthash.bCocXUN2.dpbs> by Pat Branham)

Tomato:

I'm round and red and juicy, too.
Chop me for a salad or dump me in your stew!

Lettuce:

Hey! If a salad you are fixing, choose fresh leaves of green.
Wash me oh so carefully, to make me extra clean.

Carrot:

Orange is my color; I stand long and lean.
In the garden you'll not see **me**, just my feathery leaves of green.

Pea:

I live in a pod with so many others.
I think I was born with one hundred brothers!

Broccoli:

My stalk looks like the trunk of a tree, and my top like the leaves.
You can eat me either cooked or raw; just enjoy me, if you please.

Cauliflower:

I am made up of white flowers which you can break off and eat.
I'm sometimes served raw, a nutritious and healthy treat!

Celery:

Rinse and cut my stalks, then spread on low-fat cream cheese.
A refreshing crunch you'll hear, that makes snacking a breeze!

Onion:

Chop, slice, and dice me, but keep some water near.
I sometimes get quite juicy and can bring on many a tear!

Brussel Sprout:

I look like a baby cabbage, rather cute when served on a plate.
I'm just a tiny mouthful. You can easily eat six or eight!

Green Bean:

Look in the garden; you'll see me hanging from a vine.
Then bring out your basket, because now it's picking time!

We are some of the veggies you should eat every day!
Try us. You'll like us. We're really as good as we say!