

I am a root vegetable.

I am good for eye and skin health.

Rabbits like to eat me.

I have a feathery green top.

Who am I?

I am long, slender, and green.

I am a good source of vitamins and minerals.

I am low in calories.

I am cooked before I am eaten.

Who am I?

I come in several colors—white, yellow, purple, or red.

I provide flavor to many dishes.

I can make you cry.

I am sodium, fat, and cholesterol free.

Who am I?

I am a fruit, but many people call me a vegetable.

I grow best in warm climates like South Carolina.

I have more nutritional value cooked than raw.

Usually, I am red.

Who am I?

I maintain my nutrients when cooked.

I can be eaten raw and added to salads for crunch.

One stalk of me equals about 10 calories.

Who am I?

I am low in calories but high in many nutrients.

I can be roasted or boiled, but not eaten raw.

I grow on a stalk and look like baby cabbages.

Who am I?

I am round and white with green leaves.

I am high in vitamin **C**.

I can be eaten raw or cooked.

Who am I?

I am called a leaf vegetable.

I am high in vitamin **A**.

I am mostly made into salad.

I can be used as a wrap instead of bread.

I am very low in calories.

Who am I?

I am pod-shaped and usually green.

There are lots of me in one shell.

I am shelled then cooked.

I am usually not eaten raw.

Who am I?

I grow better in cooler seasons.

California grows more of me than any other state.

Some people say I look like a tree.

Medical studies have shown me to prevent some forms of cancer.

Who am I?

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