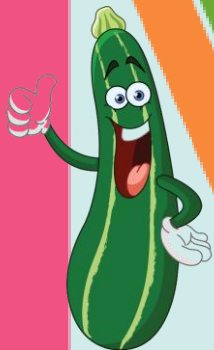
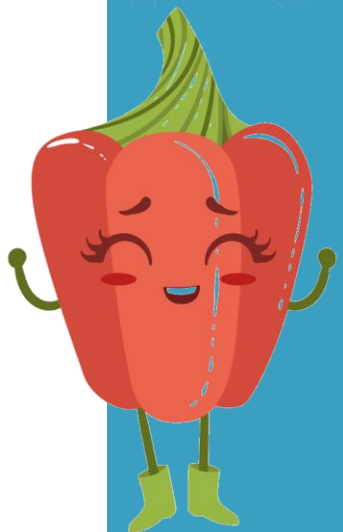
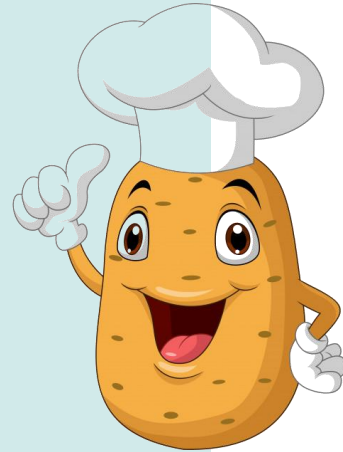


My Vegetable friends



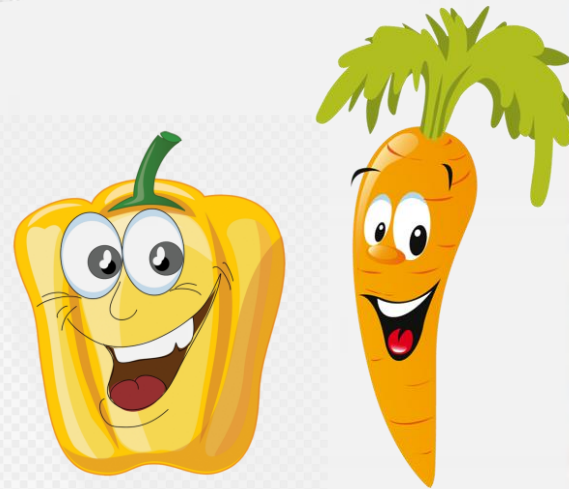
WORLD
BOOK
DAY

4 MARCH 2021



Hello

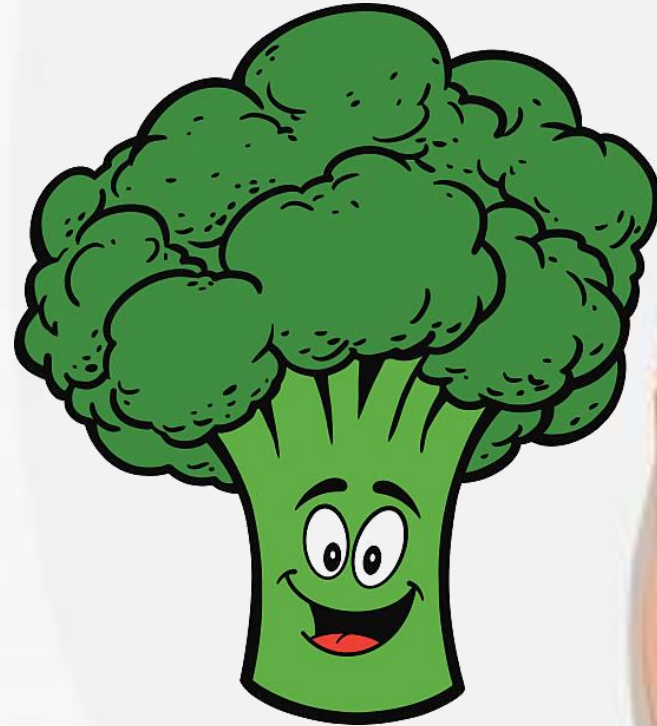
I would like to
introduce you to
some of my
vegetable friends



Let's start off with

Broccoli

He is green and has a lot of fuzzy hair





When you eat him,
always start at the hair

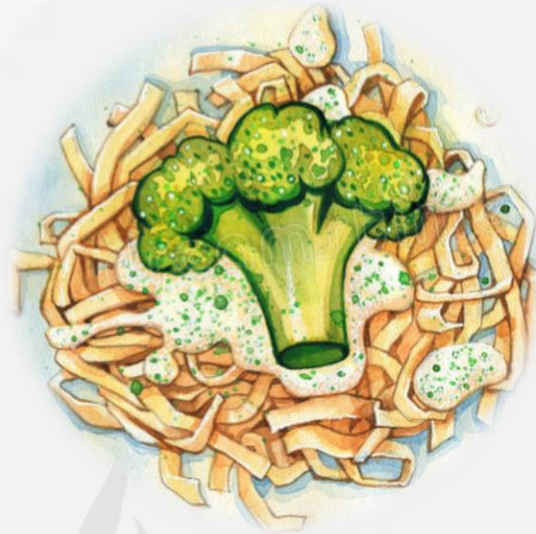
That way you can
give him a haircut
with your teeth

He has lots of
vitamin A

He is a good
source of
potassium and
fibre



You can boil him or
use him in dishes
like pasta, stir-fries

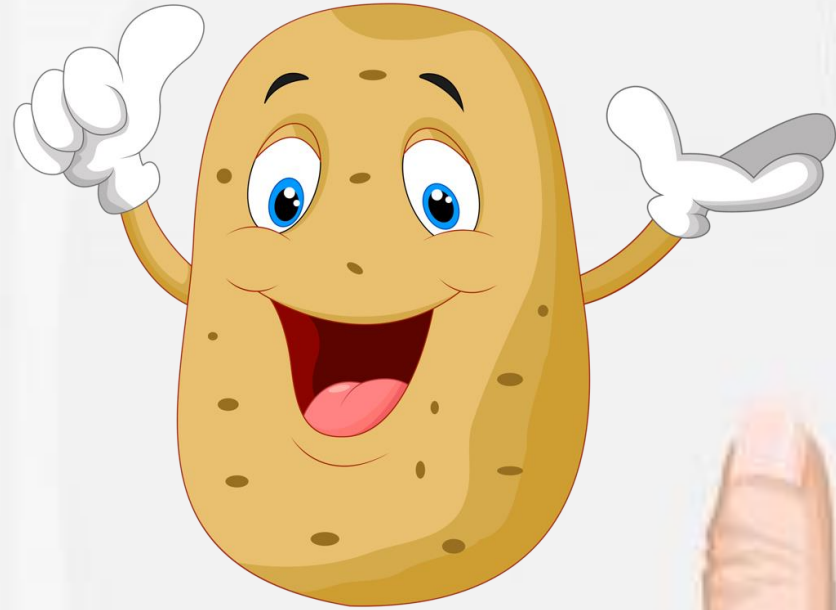


Or soups



Now here's my
other friend,

Potato



Potato has little freckles on
her face and not much hair
at all

**She lives underground, until,
one day she is pulled right up
out of it**

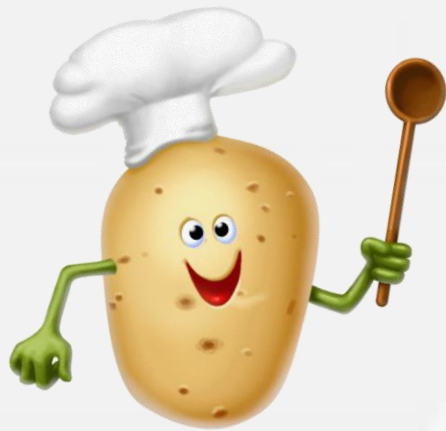


**Here is her home before she
has been pulled up. You can
see it is nicely decorated with
a green roof**



**Once she is out, her face is a
little bit dirty**

**She usually needs a scrub-up
before you can eat her**

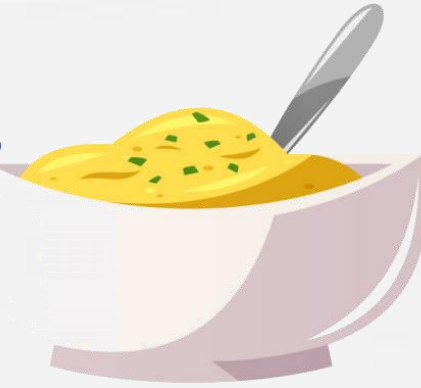


**You can use her to
make so many
dishes**

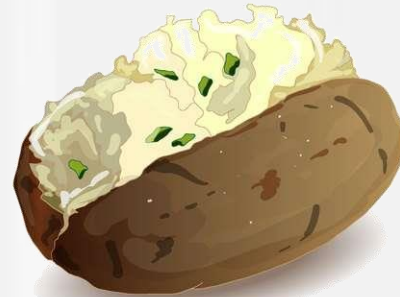
Roasted potato



Mashed potato



Jacket potato



Potato crisps



What's that? You eat your friends?



Well, yes, I do! When my friends are vegetables



Did you know?

**Potatoes
were the first
vegetable to
be grown in
space**



Here is another one of
my vegetable friends
that I like very much



She is called a
zucchini in
some places

And a **Courgette**
in others



**Here is one zucchini
that wants to look like
a banana**



**And here is one
who pretends
to be a football**

Zucchini has pretty flowers on top.



Sometimes we eat them too!



Stuffed zucchini flowers

Like zucchini, **capsicum**
also has two names.
They are sometimes
called **Bell peppers**

Bell peppers
are a vegetable
that like to
have fun



You can play traffic lights with them, because they come in the same colours as traffic lights

That's right!

Go and eat those yummy bell peppers up. You will find that they are really sweet

STOP



WAIT



GO



Now this next friend I am about to introduce is a little bit frightened and shy

He is called an **Onion**

Like potato, he also grows in the ground, where he is snugly and warm

When you chop him with a knife, he will make you cry. He really wishes you wouldn't do it



Here are **sweet peas**

Once the pods are well-filled with
peas, she is ripe for picking



She is high in **fibre**, which
helps move food through
your gut for easy digestion.

When frozen, you can find
her all year round

She makes me Hap-pea

Now, no talk about vegetables
would be complete without
talking about the most famous
vegetable of all.. My friend the

carrot

She is good for our eyes.

Isn't she lovely and strong?



She sometimes come in
funny shapes



This one looks like a
lobster holding up
his claws

But the best thing about
carrots must be that
everybody loves carrot

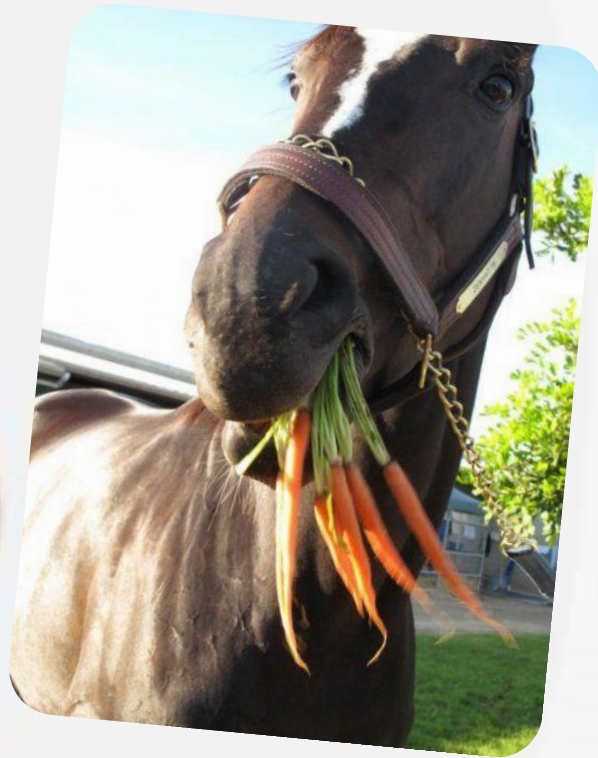
Rabbits love carrots



Goats love carrots



Horses love carrots



Marmots love carrots



Elephants love carrots
Yes, elephants!



And even dogs like carrots
Well, so it seems anyway



I hope you have enjoyed
meeting my vegetable
friends

They would
love to come
to your house
soon



THE
END



What is your
favourite vegetable?

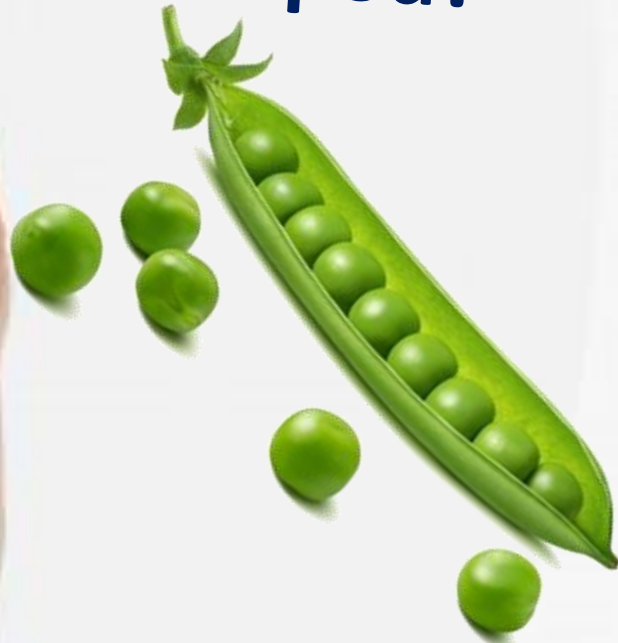
Why do you like it
so much?



Eat a variety of types and colours of produce in order to give your body the mix of nutrients it needs.



Which vegetable grows in a pod?



- ☐ Pea
- ☐ Squash
- ☐ Lettuce
- ☐ Cauliflower



Quiz

Which of these vegetable is a root that you eat?



- ☐ Tomato
- ☐ Aubergine
- ☐ Cabbage
- ☐ Carrot



Quiz

When you cut me open,
I look like a star. What
am I?

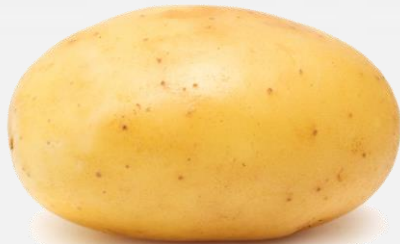


- ☐ Okra
- ☐ Oregano
- ☐ Onion
- ☐ Olive



Quiz

I am found under the ground and can be made into fries. I can also be baked!
Who am I?



- ☐ Potato
- ☐ Gooseberry
- ☐ Banana
- ☐ Melon



Quiz

**Which vegetable has
a flower that you can
actually eat?**



- ☐ Potato
- ☐ Beans
- ☐ Zucchini
- ☐ Carrot

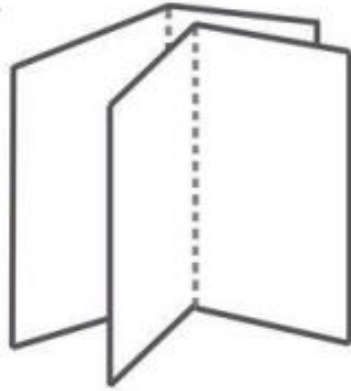


Activity

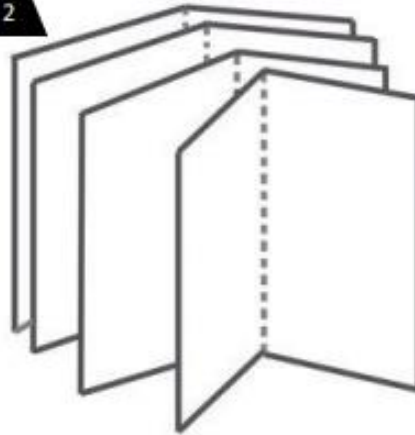
My Fruit Friends book

Make your own book titled 'My Fruit Friends' and describe each one of them.

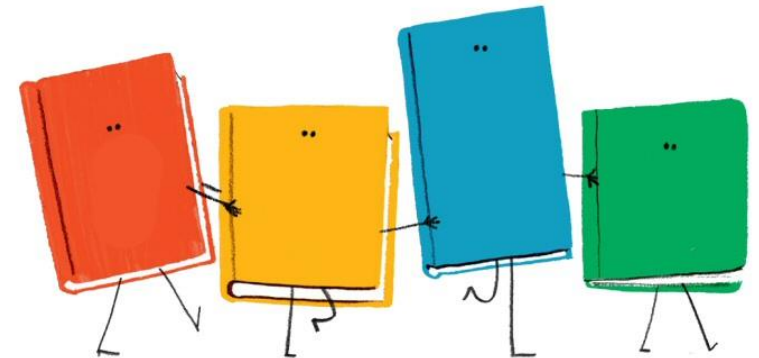
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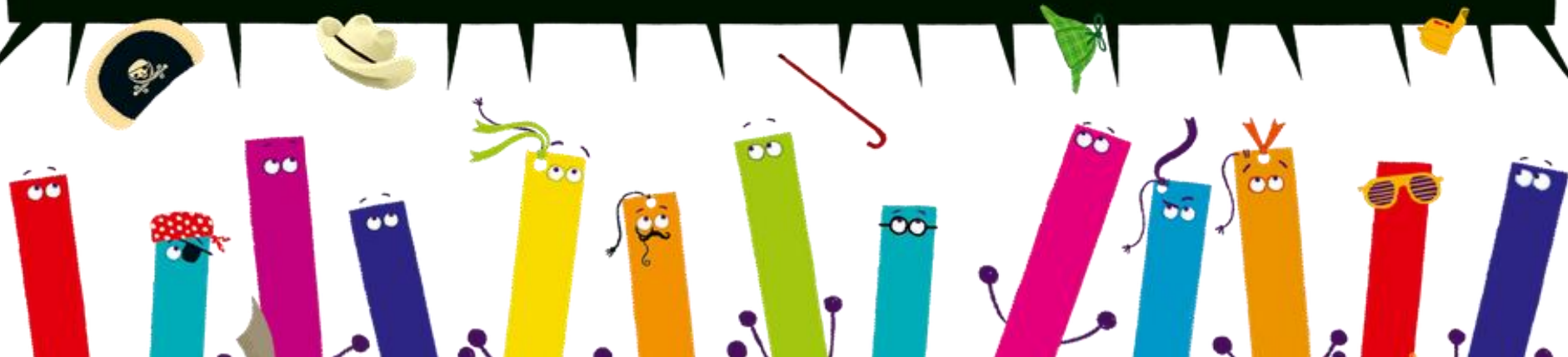
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3



IT'S WORLD BOOK DAY!



Thank You

<https://www.youtube.com/watch?v=kteZneJm1EI>

