

Fresh Vegetables

Most vegetables have **very little** fat, sodium and sugar. They also have **very few** calories and carbohydrates. Look at the columns for **fiber, protein, vitamin A, vitamin C, calcium and iron.**

Which vegetables do you think are the healthiest? Why?

Bell peppers—a lot of vitamin C

Look at the vegetables you wrote. Which vegetables do you eat now? How do you eat them?

Bell peppers—I put bell peppers in scrambled eggs.

What new vegetables can you try? How can you eat them?

Radishes—I can try radishes on a salad.



