

# VEGETABLES



## WHAT IS FOOD NUTRITION?

Food nutrition is about the healthy things in food that help our bodies grow and stay strong. These healthy things are called nutrients. They give us energy, help us feel well, and make our bodies work properly. Eating vegetables every day helps us stay strong and healthy. They give our bodies what they need to grow, play, and learn. It is good to eat different colours of vegetables to get all the nutrients we need. Vegetables are a very important part of a healthy diet. They help us feel our best and keep us full of energy for all the fun things we do.

## WHY ARE VEGETABLES GOOD FOR US?

Vegetables are full of important nutrients like vitamins, minerals, and fibre. Vitamins help our eyes, skin, and other parts of our body. Minerals like calcium make our bones strong. Fibre helps our stomachs digest food.

## DIFFERENT TYPES OF VEGETABLES

Vegetables come in many shapes, sizes, and colours. Carrots are orange and good for our eyes. Spinach is green and gives us iron, which helps our blood. Potatoes are brown and give us energy. Eating many types of vegetables keeps us healthy.

## HOW TO EAT VEGETABLES

Vegetables can be eaten in many ways. Some, like cucumbers, can be eaten raw. Others, like peas and broccoli, can be cooked. Soups, salads, and stir-fries are all tasty ways to enjoy vegetables.

## FIND OUT MORE...

### Facts about Vegetables

#### EXAMPLE QUESTIONS:

1. What are nutrients, and why are they important?
2. What nutrients do vegetables give us to help our bodies?
3. Can you name three different vegetables and how they help our bodies?
4. How can vegetables be eaten in different ways?
5. Why is it important to eat vegetables every day?