



Take Home #9 Vivacious Veggies

Dear Parents,

Today we discussed the importance of getting a variety of different vegetables into your child's diet. We emphasized that every color is important because they are packed with all sorts of different vitamins and nutrients.

We had each student pick a vegetable they had not tried before and encouraged them to try it this week at home. You can help by taking your child to the grocery store and finding a way to incorporate that vegetable into one of this week's meals. If you are unsure how to prepare that particular vegetable, you can search online to discover new and exciting ways to prepare your veggies. By getting your child involved in the preparation process, they will be more likely to try it.

We also encourage you to help your child find a picture of the vegetable online and either cut and paste it in the section below or draw it with crayons or markers. We hope this gets both you and your child excited about eating vegetables!

In the box below, draw or cut and paste a picture of your new vegetable!

Name of your vegetable _____

A large rectangular box with a dashed green border, intended for a child to draw or paste a picture of a vegetable. The box is empty and occupies the lower half of the page.