

Yummy Veggies

Directions: Circle the vegetables below.



What I ate today:

My Lunch Grade:



V is for Vegetable

Directions: trace the letter v below.

V is for
vegetable

Parent Corner

Fruits and vegetables are essential for kids' nutrition. But it's no secret that many kids are picky eaters, and fruits and vegetables aren't their first choice of favorite foods. One way to encourage kids who are picky eaters to eat fruits and vegetables is by serving them often.

