





















Lesson 5 ♥ Activity 8

♥ Name _____

Vegetables

	GO	SLOW	WHOA
Vegetables	<ul style="list-style-type: none"> • Fresh, frozen, or canned vegetables with no sugar or fat added 	<ul style="list-style-type: none"> • Fresh, frozen, or canned vegetables made with vegetable oils • Vegetables with sugar added • Baked french fries and hash browns 	<ul style="list-style-type: none"> • Fresh, frozen, or canned vegetables made with solid fats • Fried battered vegetables • Fried potatoes, fried french fries, fried hash browns

Some examples of vegetables are:

asparagus 	celery 	okra 
beets 	chili peppers 	onion 
bell pepper 	collard greens 	peas 
broccoli 	cucumber 	potato 
cabbage 	eggplant 	spinach 
carrot 	lettuce 	squash 
cauliflower 	mushrooms 	zucchini 