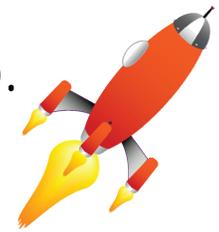
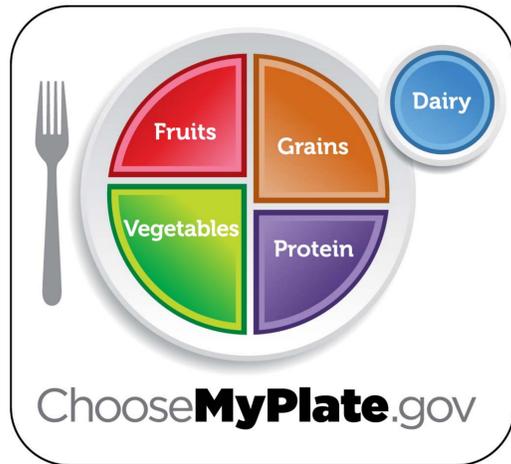


Fuel up with fruits and veggies. And soar through your day like a rocket ship.



# Green is for Veggies



**Aim for dark green or orange veggies like...**



**Carrots**



**Sweet potatoes**



**Greens**



**Broccoli**

**Did you know?**

“Rocket” is the name of a salad leaf. It is often called arugula in the U.S. Add it to your salad for a peppery kick!

## Guess this Veggie!

See if you can guess the veggies below from the picture and riddle. Lift the flaps to see if you are correct.



Prickly Pear



Bitter Melon



Chayote

Cafeteria Connections

**Look in this pocket to find fun activities!**

Smart Cafeteria Foods – Veggies

**Look in this pocket to find smart cafeteria foods with veggies!**