

Vegetables

10 FUN LEARNING POSTERS



Carrots

Rabbits may enjoy this healthy snack, but so can you!



Try it!
This tasty vegetable boasts a sweet, slightly earthy flavor with a crunch that lets everyone know what scrumptious snack you are eating!

**Veggie
FUN!**



Fun Facts:

- Carrots are the root of the plant
- Carrots come in lots of colors - orange, purple, red, white, & yellow!



Nutrition

Eating carrots gives you loads of needed vitamins. Vitamin A helps you to grow. Vitamin K helps you when you get hurt and stops your bleeding.

Cauliflower

It might not be the prettiest flower, but at least it's edible!



Try it!
Although very mild in flavor, try to identify the sweet and nutty taste in this crunchy treat!

**Veggie
FUN!**



Fun Facts:

- Cauliflower is an actual flower!
- It will turn yellow if it grows in the sun.



Nutrition

Cauliflower provides you with more Vitamin C than oranges! This helps your immune system to keep you from getting sick. It also gives you strong bones and teeth.



Tomato

Sink your teeth into this incredibly juicy snack!



Try it!
The tomato has a very complex taste with flavors of sweet, sour, salty, and savory. All these flavors combine to form one good snack!

**Veggie
FUN!**



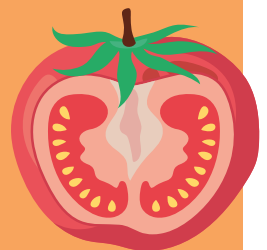
Fun Facts:

- Tomatoes are 95% water.
- Although tomatoes are actually a fruit, they are eaten and regarded as a vegetable



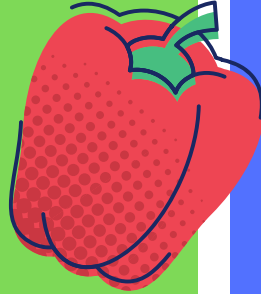
Nutrition

Tomatoes are high in an antioxidant called lycopene. This helps your heart stay healthy and protect you from cancer.



Bell Peppers

Colorful and crisp!
Perfect for creating
some edible art!



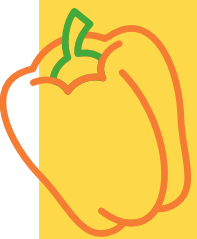
Try it!
Both crunchy and
juicy, bell peppers
satisfy your taste
buds with their sweet
taste!

**Veggie
FUN!**



Fun Facts:

- Bell peppers are the only kind of pepper that is not spicy.
- They grow year round!



Nutrition

This fantastic veggie contains iron which helps your blood carry oxygen to your body, allowing it to do its job to give you energy for the day!

Broccoli



This veggie may have a bad reputation, but might not be as bad as you think! Be brave, eat broccoli!

Try it!

Broccoli has a grassy, earthy flavor that can be mildly bitter. This vegetable is a great snack with dip.

**Veggie
FUN!**



Fun Facts:

- Thomas Jefferson grew broccoli in his garden, possibly the 1st American to do so.
- Broccoli is a flower!



Nutrition

Broccoli is packed with lots of nutrients! One of them is called folate and it is needed for growing as well as giving you energy.

Mushrooms

These funny-looking snacks are a delicious bomb of vitamins and minerals!



Try it!
Mushrooms have a unique "meaty" or savory flavor. Their flavor makes them very versatile to be used in many dishes, salads or just by themselves!

**Veggie
FUN!**



Fun Facts:

- Mushrooms are actually a fungus, not a vegetable.
- There are 10,000 different types of mushrooms in North America!

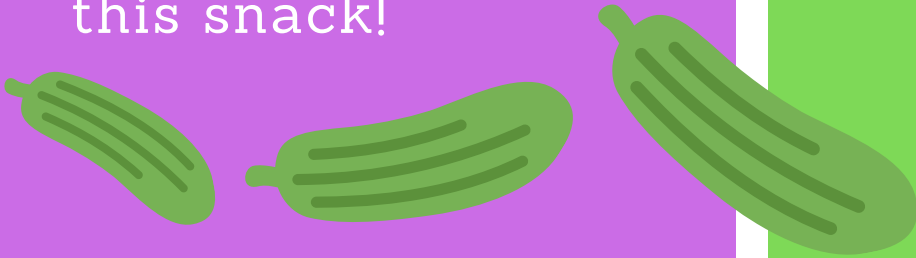
Nutrition

Containing a blast of nutrients, mushrooms are a good source of Vitamin D which helps your bones become strong as well as keeping your muscles in good working order!



Cucumber

You can be as cool as a cucumber when you treat yourself to this snack!



Try it!

This tasty snack has a mildly sweet, fresh melon and grassy taste. It is juicy and crisp!

**Veggie
FUN!**



Fun Facts:

Cucumbers contain sugars and electrolytes, perfect for re-hydrating after working up a sweat!

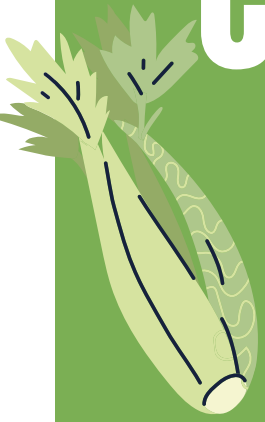
The inside of a cucumber can be 20 degrees cooler than the outside air.



Nutrition

One of the benefits of cucumbers is their ability to re-hydrate you since they are 96% water. There are a lot of diseases and conditions that can develop if you are dehydrated too much and this little veggie helps you avoid them!

Celery



Crunch, crunch, crunch! Let the world know you're munching on this very crunchy veggie!

Try it!

Being the crunchiest veggie out there, celery also has a fresh earthy taste that might be mildly bitter.

**Veggie
FUN!**



Fun Facts:

- The darker the color the stronger the celery flavor
- Although celery is used in many cooking dishes, historically it was used for as medicine.



Nutrition

Fiber is the main benefit celery gives you. It helps feed the good bacteria in your gut so that they can help you with digestion and keep you healthy!

Radish

While some think its taste is too strong, radishes add some spice to your life!



Try it!
This peppery and slightly sweet tasting veggie is great to munch on with dip!

**Veggie
FUN!**



Fun Facts:

- Like a carrot, the radish is a root!
- Radishes come in different colors - white, yellow, pink, red, purple, and black!

Nutrition

Your heart loves radishes! Radishes contain nutrients that keep your heart pumping and reduce the risk of heart disease.



Avocado

This unique food is a treat to your body because it is packed with nutrients. Go ahead and treat yourself with this yummy snack!



Try it!

Avocados are very mild in flavor and has a creamy, buttery texture.

**Veggie
FUN!**



Fun Facts:

- Avocado trees can live over 400 years!
- Avocados are botanically a fruit and are in the same plant family as cinnamon.



Nutrition

Avocados have a high fat content, but all this fat is actually very beneficial! It keeps you full and helps your body take in other nutrients it needs.

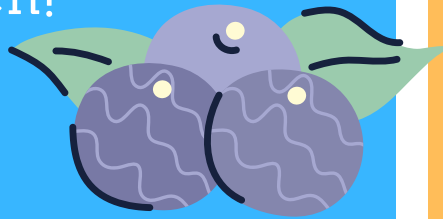
Fruit

10 FUN LEARNING POSTERS



Blueberries

This fruit loves you
berry much!



Try it!

These berries might be small, but they have a powerful taste! Juicy and sweet with a small tang is the memorable flavor of blueberries that will make you keep reaching for more!

**Fruit
FUN!**



Fun Facts:

- They are native to America - show your patriotism by eating blueberries!
- The US is the world's largest producer of blueberries.

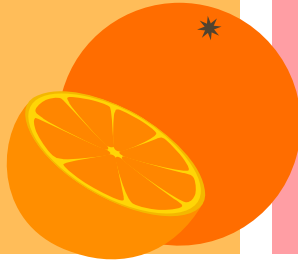


Nutrition

Antioxidants are the special stuff in blueberries that give your brain a boost! They increase blood flow to the brain, increasing memory and keeping your mind sharp.

Oranges

Orange you glad
you tried this fruit?



Try it!
Sweet and sour
and very juicy, an
orange is good
whole or juiced!

**Fruit
FUN!**



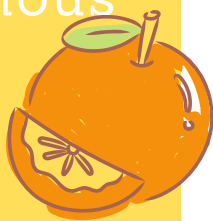
Fun Facts:

- Christopher Columbus was the 1st one to bring orange seeds to America.
- The color orange is named after the fruit!



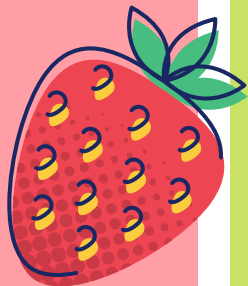
Nutrition

Vitamin C and its
ability to boost your
immune system
(helping you fight
colds) is what
oranges are famous
for!



Strawberry

Rabbits may enjoy this healthy snack, but so can you!



Try it!
Strawberries have a memorable smell and taste that is complemented by vanilla and cinnamon. Try them plain or as a yogurt topping!

**Fruit
FUN!**



Fun Facts:

- Strawberries are the first fruit to ripen in the spring.
- These berries are related to roses!



Nutrition
Eating a strawberry gives you superpowers! Not exactly, but it does contain manganese and other nutrients to help you heal after a cut and makes your bones strong!

Peach

You might find that this fuzzy friend can be your favorite snack!



Try it!

Be sure to have a napkin when you try this juicy fruit!



Fruit
FUN!

Fun Facts:

- A peach is also known as a "stone fruit" because of its pit.
- There was once a tradition where people gave peaches to their best friends.

Nutrition

Like many fruits, the peach provides a number benefits that keeps you from getting sick and helps you feel great!



Banana

Learn a trick from the monkeys! You don't have to be upside-down to enjoy a banana!



Try it!

Bananas have a creamy texture and a sweet, tropical taste. No wonder why we are bananas about bananas!

**Fruit
FUN!**



Fun Facts:

- Store bananas are seedless, but wild ones have big, hard seeds!
- Bananas help ripen other fruits and vegetables. Just place them side-by-side!

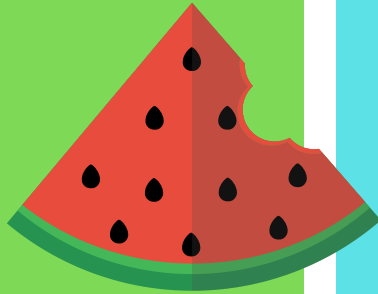
Nutrition

Bananas contain a lot of a mineral called potassium. This is important to your muscles and helps you move!



Watermelon

This fruit screams
"Summer is here!"
So grab this
snack if you
love summer!



Try it!
Although its flavor is
delicate-sweet, the
juicy crispness is
something you can't
beat!

**Fruit
FUN!**



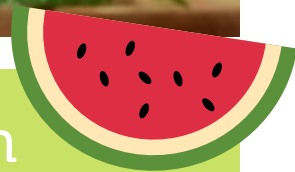
Fun Facts:

- They can grow very big - the largest one recorded was 350 lbs!
- Watermelon is just that, lots of water! 92% water in fact!



Nutrition

Watermelon is a very good hydration snack, perfect for getting the extra water you need on a hot summer day! The nutrients it contains are beneficial for keeping your muscles working properly.



Pears

This juicy fruit makes for a "pearfect" snack!



Try it!
Similar to an apple, but a pear is less crisp and more buttery in texture as well as juicier.

Fruit
FUN!

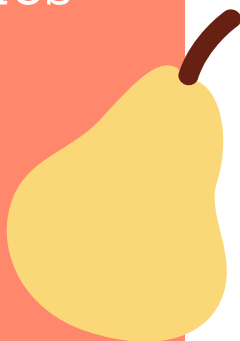


Fun Facts:

- Pears ripen best off the tree, which is opposite of most fruit.
- There are over 3,000 varieties of pears!

Nutrition

Pears help you build strong bones by increasing absorption of calcium.



Apples



You probably have tried this fruit before, but have you tried all 7,500+ kinds?

Try it!

Crisp and sweet, apples make for a refreshing snack! And you can never get tired of them because there are so many kinds and each one has a different taste!



**Fruit
FUN!**



Fun Facts:

- The apple peel is the most nutritious part!
- The average American eats 18 pounds of apples in a year!



Nutrition

This favorite fruit has many things to keep you in tip-top shape.

Fiber to help your digestion, antioxidants to prevent cancer, and vitamins and minerals to keep you jumping & running!

Cherries

This little fruit makes for a *cherrific* snack!



Try it!
Bite into this sweet snack- but watch out!
There is a pit inside this lovable fruit!

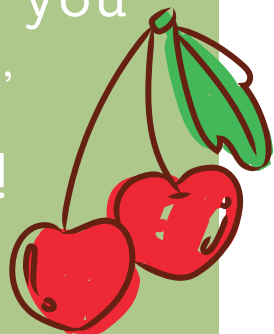
**Fruit
FUN!**



Fun Facts:

- Cherries come from one of the most beautiful trees when they are in bloom!
- Sweet and tart cherries are the two main types, so eat whichever kind you like best!

Nutrition
Cherries help you sleep better because they contain melatonin. So if you can't fall asleep, have this for a midnight snack!



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Pineapple



The prickly outside might be intimidating, but the juicy sweetness is worth it!

Try it!

One bite of a pineapple gives you a burst of fresh tropical flavor, perfectly balanced of sweet and tart.



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**Fruit
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Fun Facts:

- It takes almost 2 years for one pineapple to grow!
- Pineapples are used in deserts but also are used in main food dishes like pizza.

Nutrition

Pineapples contain enzymes that give it that tangy taste, but they also help improve your digestion and improves your immune system to help fight colds.



References:

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[HTTPS://WWW.HEALTHLINE.COM/](https://www.healthline.com/)

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