

Healthier Me



I Eat Healthy



I eat vegetables.

I eat vegetables because they keep me healthy and strong. There are many different types of vegetables. I can choose my favorite vegetables to eat.

- Some vegetables can be eaten raw, and others need to be cooked.
- Each vegetable has a different taste and texture.
- After washing vegetables, they can be used in different recipes.



KOHL'S ♥ Cares

RWJBarnabas
HEALTH

**Children's
Specialized
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