These long, skinny pods grow on a vine. They are usually green, but can also be white, purple, yellow, or red. They are good sources of Vitamins C and K, which help keep bones strong and bodies healthy. When you eat this green vegetable, you are eating the leaves of a flowering plant. The cartoon character, Popeye, is famous for eating this vegetable. It is full of Vitamin A, which helps with eyesight.

When you eat this vegetable, you are eating the seeds that have been milled to produce flour or polished to remove the hull. This grain grows in a field and looks like tall grass. This is a fruit that grows on a vine, but people eat it as a vegetable. It is typically red. It is found in ketchup, salsa, and pizza sauce. It is high in Vitamin C, which helps protect us from disease.

When you eat this vegetable, you are eating seeds. The varieties we eat are typically yellow or white and come canned, frozen, and straight off the cob! This is a fruit that grows on a vine, but people eat the petals of the plant that attaches the leaves to the stem. When you eat this vegetable, you are eating the petals of the plant that attaches the leaves to the stem.

When you eat this vegetable, you are eating the tuber that grows underground. This tuber is the swollen end of an underground stem. French fries are made out of this vegetable. It is usually green, but can also be white, red, or purple. It is high in Vitamin C. This tuber is the swollen end of an underground stem. French fries are made out of this vegetable. It is usually green, but can also be white, red, or purple. It is high in Vitamin C.