This green vegetable has fiber to help digestion of food. It is often snapped in 2-inch pieces and boiled. Sometimes it is cut French-style.

The dark green color of this vegetable is a clue that it is a good source of Vitamin A and Vitamin C. Some people call them “trees.”

This leafy vegetable is used to make salads. The darker green the leaves, the more nutritious!

This orange-colored vegetable has a lot of Vitamin A to help your eyes stay healthy. Rabbits like them too.

A good source of Vitamin C, this vegetable is great raw or cooked. Its name means “cabbage flower.”

This vegetable can be red, yellow or green. Also called “sweet,” they are good cooked in stews, soups and casseroles or sliced raw.
This sweet yellow vegetable has fiber and is often eaten on the cob.

A good source of Vitamin C and potassium, this vegetable is popular fried. To get all the fiber with little extra fat, eat baked, mashed or boiled.

This is a tropical fruit grown in Hawaii. It looks like a big pine cone and has Vitamin C to help your body fight infection.

This fruit has a funny name, fuzzy brown skin, and black seeds. It is a source of potassium, fiber and Vitamin C.

When you eat the skin on this fruit, you get lots of fiber. They come in red, green and yellow. The most popular variety in the U.S. is Red Delicious.

This red, juicy fruit has its seeds on the outside. They are a source of Vitamin C, folic acid and fiber.
You peel this common fruit before you eat it and it is a great source of Vitamin C to help cuts heal faster. It makes great juice.

These fruits come in red and green and can be dried to make raisins – a great source of fiber.

This sweet melon is orange on the inside, reminding us that it is a good source of Vitamin A.

This fruit grows in bunches and is loved by many humans and monkeys. It is a great source of potassium.