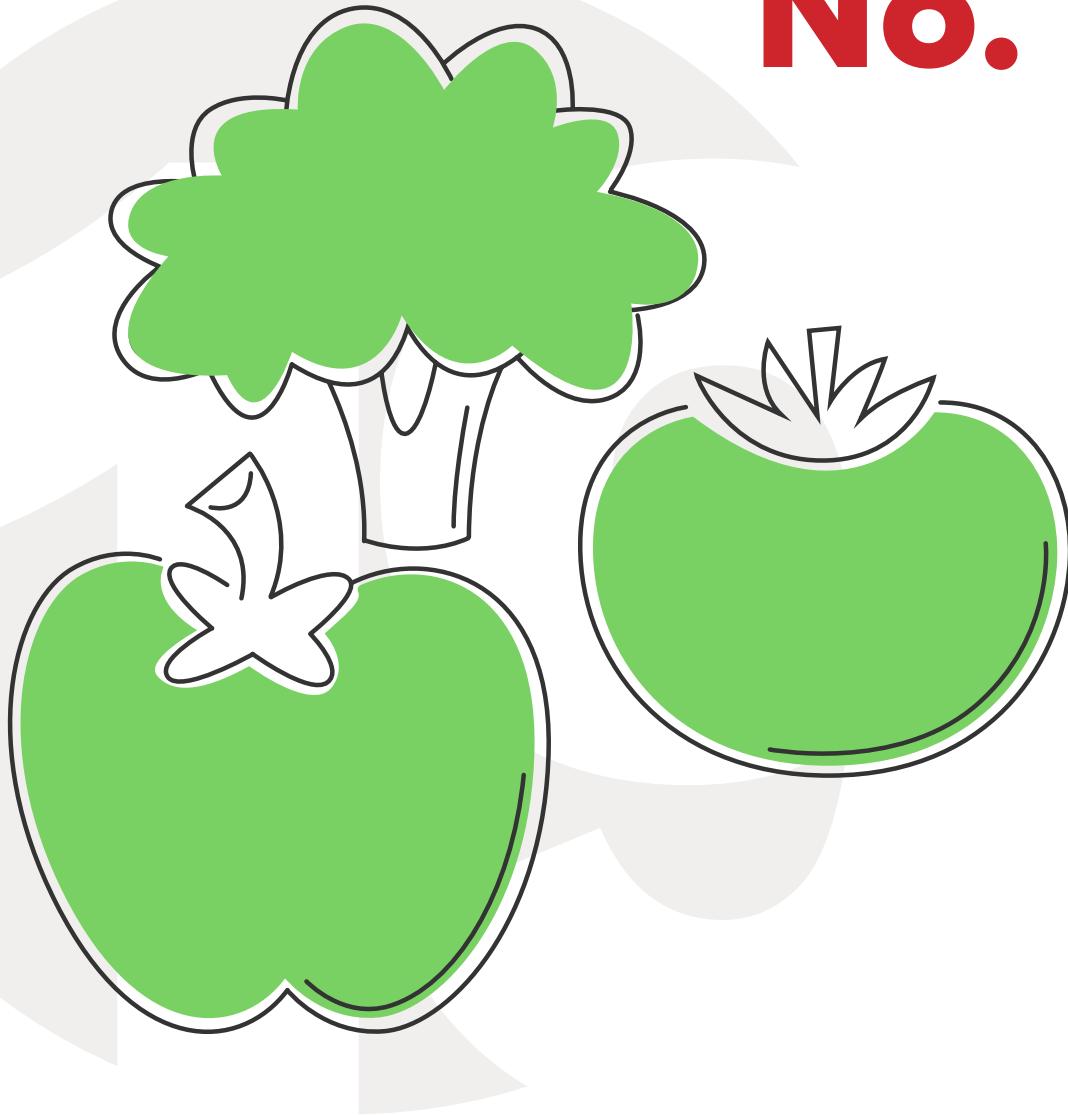


# No. 19



We know vegetables are healthy, but how many of us are eating recommended amounts? Not enough! On average, fewer than 1.5% of children eat as many nonstarchy vegetables as recommended for good health.

# No. 19

## Directions:

Guide students to name different vegetables and list them on the board. Take a survey to find out which vegetables are favorites of your students. Create a graph or line plot of the results. If desired, plan special snack days in which different vegetables are served.