

All About Vegetables

with Robbie the Rabbit

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



Guiding Stars
Nutritious shopping made simple!



All About Vegetables

with Robbie the Rabbit



This book belongs to

My name is Robbie and I'm a rabbit. Rabbits love carrots...but I love ALL veggies.





It's true...carrots really can help you see in the dark! Carrots are loaded with Vitamin A, which is known to prevent "night blindness".

Let us eat lettuce! Did you know that lettuce is a member of the sunflower family? It's one of the oldest known vegetables.



People eat almost 30 pounds of lettuce each year. Wonder how much rabbits eat...

Tomatoes are the most popular vegetable in the United States!



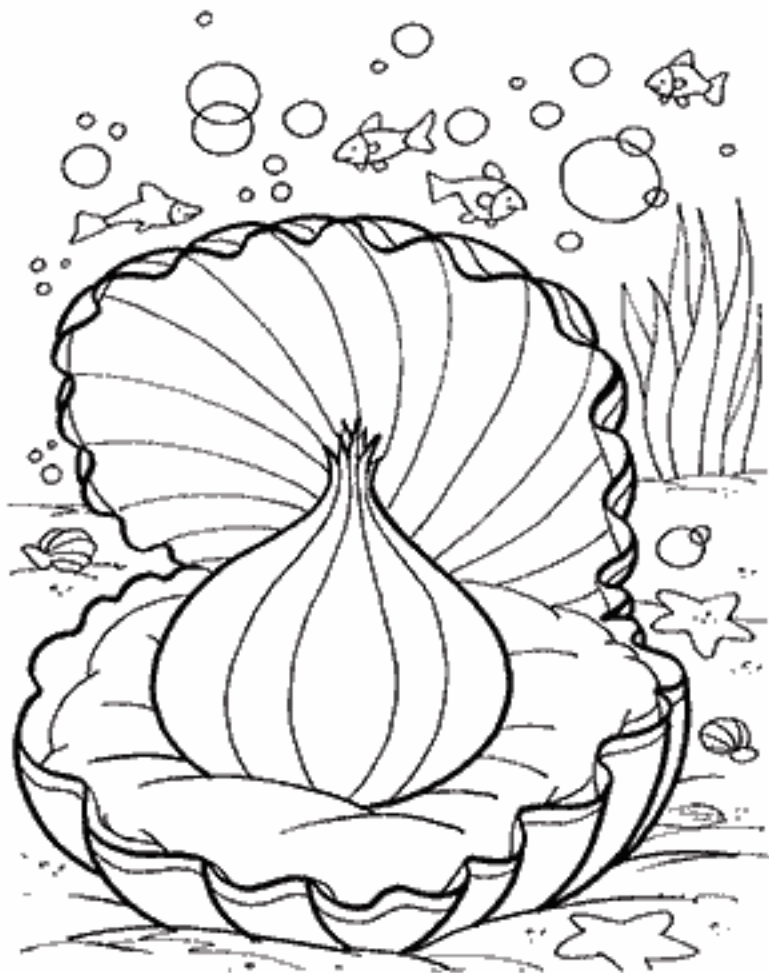
But they weren't always a veggie. The tomato was termed a fruit and it took a ruling by the Supreme Court in 1893 to turn it into a vegetable.

Bell peppers are usually green, but they can also be red, purple or yellow.



Did you know that veggies that have bright colors are filled with lots of healthy vitamins and nutrients?

The onion is named after a Latin word meaning large pearl.





Asparagus is a member of the lily family, which also includes onions, leeks, and garlic. But asparagus doesn't taste anything like its onion cousins.

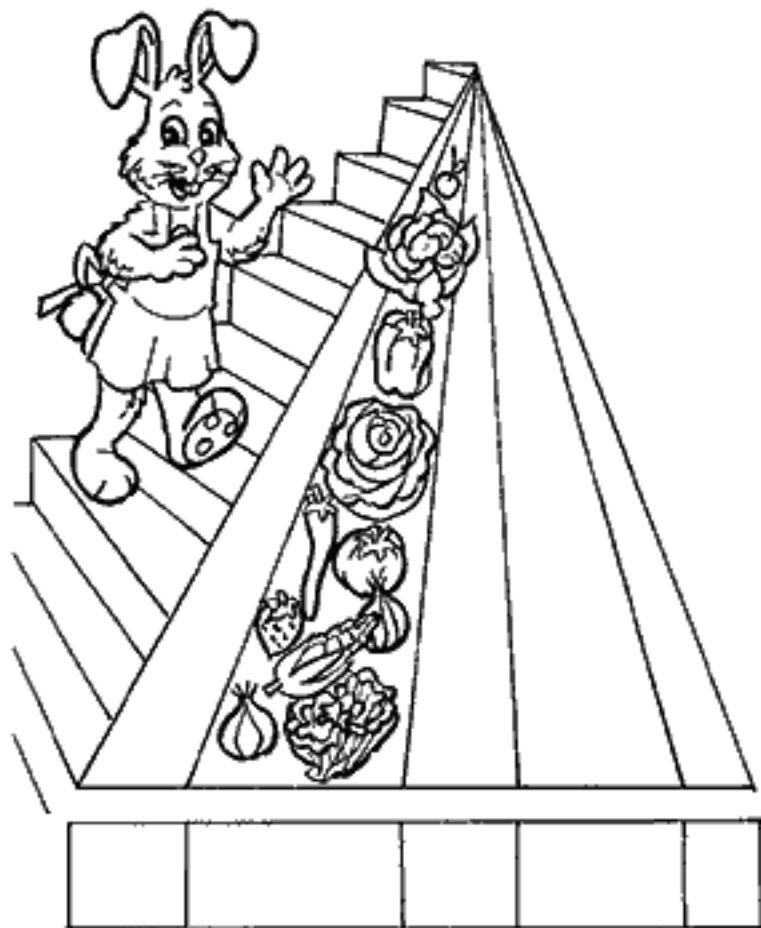
Spinach is a dark green leafy vegetable whose leaves can be eaten raw or cooked.



Spinach is a super vegetable, packed with important vitamins and nutrients.

**Broccoli and cauliflower are related.
Broccoli looks like a small green tree while
cauliflower looks like a white soccer ball.**

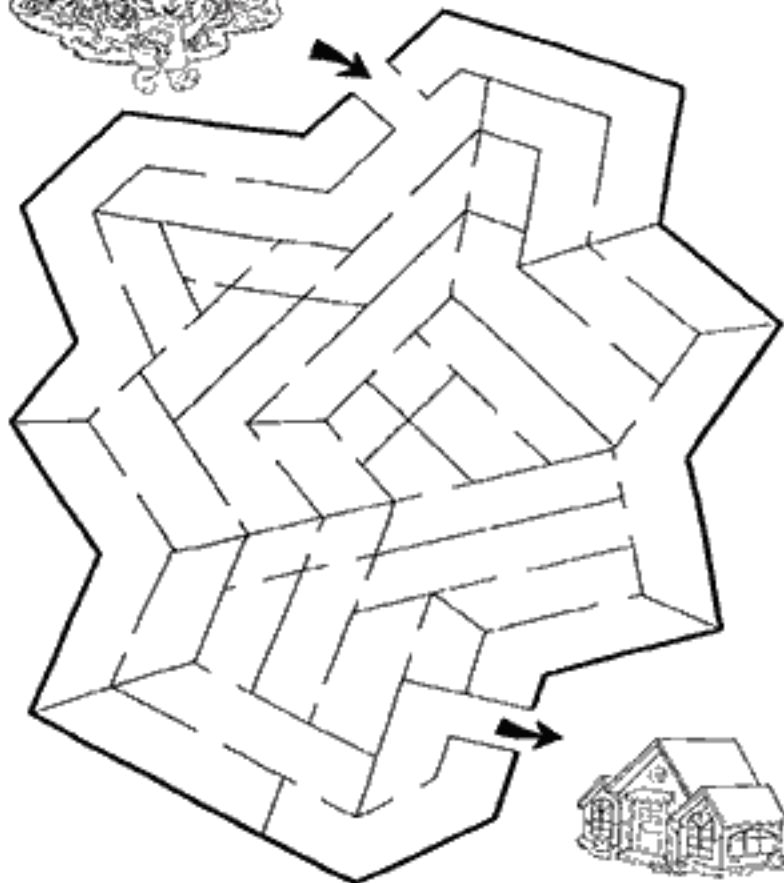




Everyone, including rabbits, should eat at least five servings of vegetables and fruit a day to stay healthy and happy.

A-MAZING!

Help Robbie go from the vegetable garden to his house.



THE WORDS ARE ALL MIXED UP



Can you unscramble them?

HINT: The word begins with the letter in black

1. roac**s**rt _____
2. nin**o**o _____
3. maot**o**t _____
4. uct**e**let _____
5. nhp**i**sca _____
6. pr**p**epe _____
7. cir**b**oclo _____
8. ke**l**e _____

FILL IN FUN

Fill in the missing word.



- 1. The brighter the _____, the healthier the vegetable.**
- 2. You should eat five _____ of vegetables and fruit a day.**
- 3. The _____ is the most popular vegetable in the US.**
- 4. Most people eat 30 pounds of _____ every year.**
- 5. Carrots have a _____ that is good for eyesight.**

WHAT'S THE DIFFERENCE?

Robbie is eating a big salad.
What's different about him?



Time to Laugh!

Some of Robbie's favorite veggie funnies.

QUESTIONS:

1. Why did the celery turn red?
2. What did Popeye say to the potato?
3. What vegetable can't go on a boat?
4. What do you get when two peas fight?
5. What's the strongest vegetable in the world?
6. Why do rabbits love to dance to the vegetable band?
7. How do you know that carrots are good for your eyes?
8. Why did the girl mushroom go out with the boy mushroom?



ANSWERS:

1. Because it saw the salad dressing. 2. I yam what I yam. 3. Leeks. 4. Black-eyed peas. 5. Munchy sprouts.
6. Because it had a good beat. 7. You never see a rabbit wearing glasses. 8. Because he is a fungi.

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*I promise to eat at least five
servings of healthy vegetables
and fruit every day.*

Sign your name here



Conforms to ASTM D-4236
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