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1945

## Vegetables (1945)

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# VEGETABLES

Vegetables are very good tooth building foods.

Green leafy vegetables are rich in the minerals that help to build strong teeth.

Root vegetables are also very healthful foods.

Some vegetables must be cooked, but some vegetables should be eaten raw every day.

We should eat two vegetables besides potatoes every day.

## KINDS OF VEGETABLES

### LEAFY

Lettuce	Brussels sprouts
Spinach	Dandelion greens
Cabbage	Water cress
Beet greens	Celery
Turnip tops	Cauliflower

### ROOT, FRUIT AND SEED

Beets	Tomato
Carrots	Squash
Turnips	Peas
Potatoes	Beans
Onions	Pumpkin

## Q U E S T I O N S

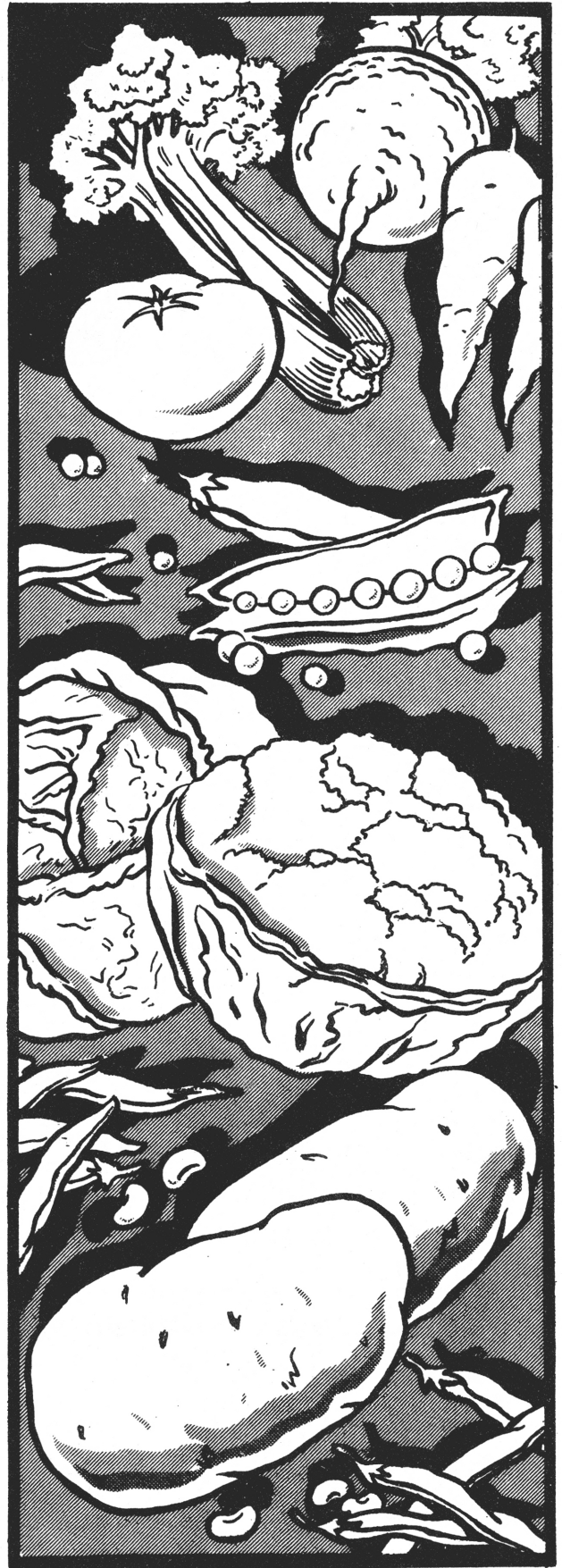
How many leafy vegetables are named in this lesson? \_\_\_\_\_

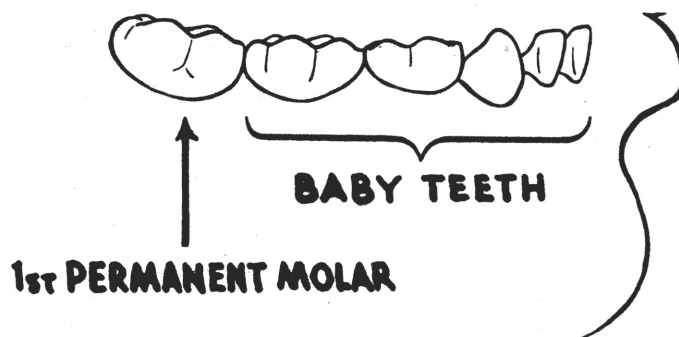
How many root vegetables are named in this lesson? \_\_\_\_\_

How many fruit and seed vegetables are named in this lesson? \_\_\_\_\_

How many vegetables are named in this lesson? \_\_\_\_\_

How many vegetables besides potatoes should we eat each day? \_\_\_\_\_

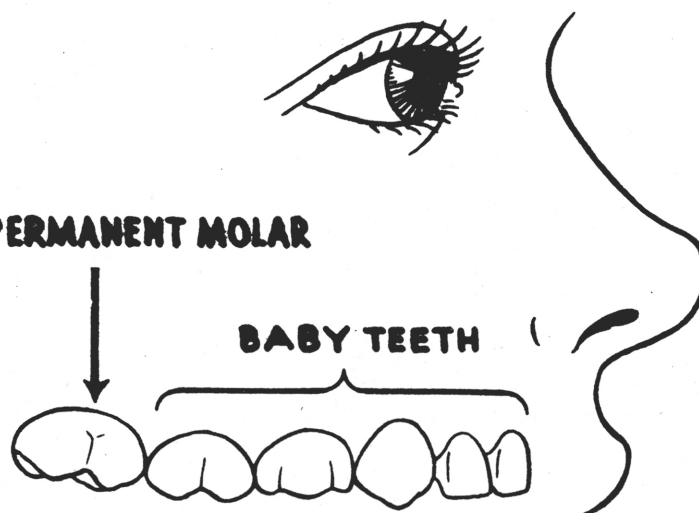




**The first permanent molars are the most important teeth in the mouth.**

FOLD ALONG THIS LINE

**1st PERMANENT MOLAR**



FOLD ALONG THIS LINE