



■ Salad Greens

Salad greens are vegetables.
Salad greens have vitamin A.
Vitamin A helps keep your eyes healthy.

Salad greens grow on the ground.

- Watch this video to learn about a farmer who grows spinach!
<http://bit.ly/1NCzqD8>



- What is your favorite salad green?
Draw a picture of your favorite salad green below.

See the *Spinach Cranberry Salad* recipe in *Tasting Trios*



We Love Water!

You have more of a chance of getting cavities if you drink sugary drinks. Drink water instead of sugary drinks. Water is good for your health.

Draw a circle around the drinks that do not have added sugar. Draw an "X" on the drinks that have added sugar.



Instead of _____

I will try to drink _____

more _____