

VEGETABLES

GUIDELINES

What?

Vegetables are an excellent source of essential vitamins and minerals, and they are high in fiber. They also provide a wide range of health-boosting antioxidants. They provide different macro and micro nutrients for healthy growth of children. For example, dark green leafy vegetables, such as kale and sprouts, provide valuable iron while citrus fruits provide vitamin C.

Why?

Child should become familiar with the names of the vegetables and its nutritional values.

The child should be taught the need to have a balanced diet with fruits and vegetables as snacks.

The child also should be provided with information about fried snacks and unhealthy fast foods.

How?

A vegetable market would be a good place to show the child different vegetables.

Use pictures of vegetables to explain various vegetables.

If children are not aware or exposed to junk food or packet food, give a brief idea about them.

If they are addicted to foods like noodles then take your time and explain that they are ok to eat in moderation and would be unhealthy in the long run.

Do you like to eat crunchy carrots?

Or a juicy, cool cucumber?

Do you know where vegetables are
bought from?

Yes! From the vegetable market

Would you like to join Gouri to the vegetable market?

Looks like Gouri's mother wants to cook a delicious lunch but she is short of vegetables.

She only seems to have onions

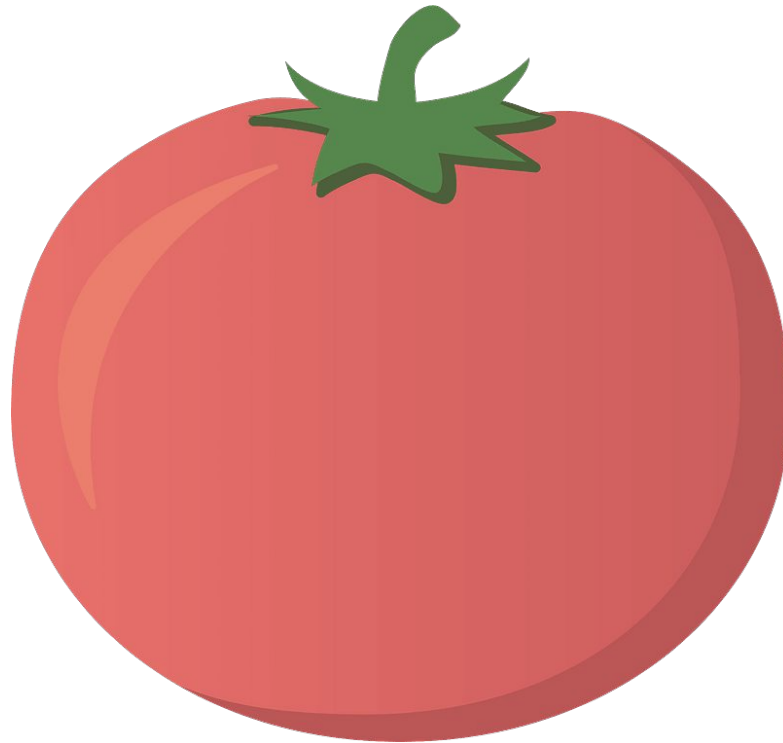


Shall we accompany Gouri to the market?

Wow, look at Gouri's list of vegetables!

Shall we read it out to the vegetable vendor?

Tomatoes are red in colour and look like a small ball and tastes a little sour.

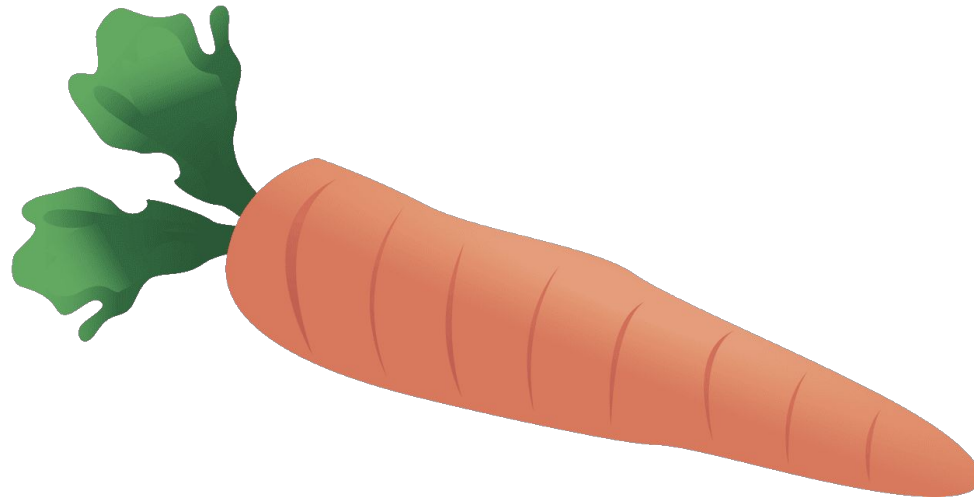


Potatoes - Do you know that they grow below the earth?
They are a good source of carbohydrates.



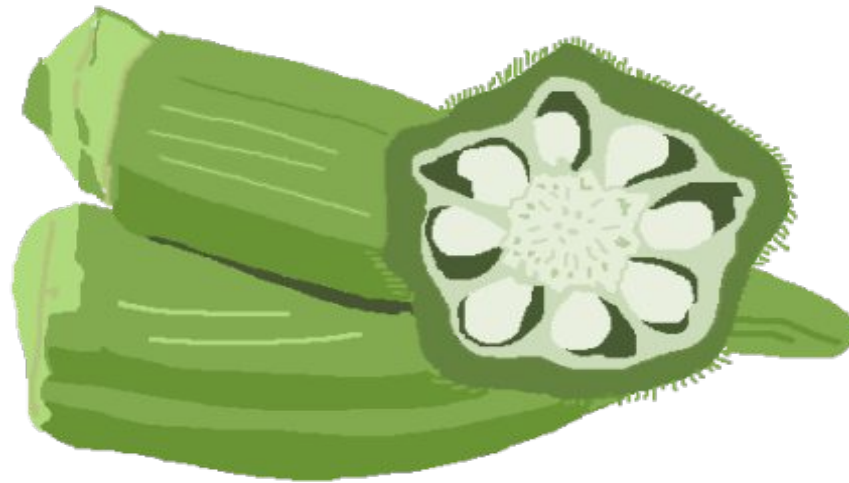
Carrot can be eaten raw.

Make sure you wash it really well and peel the skin before your eat.

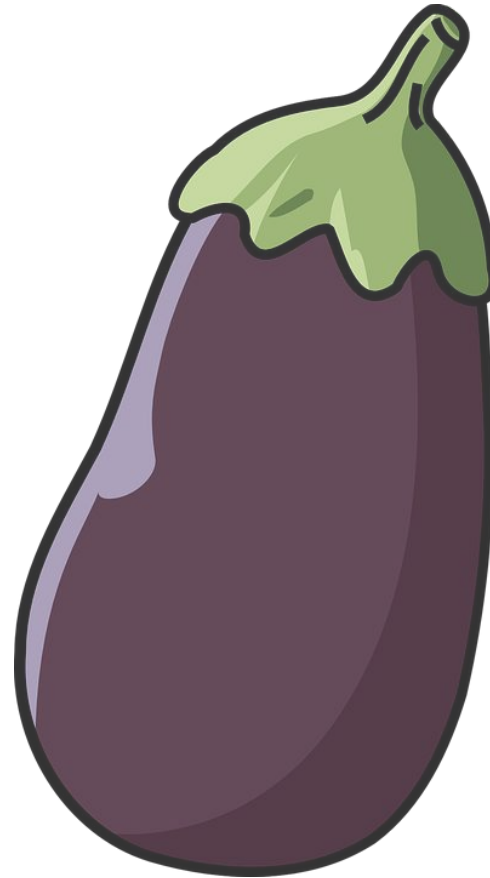


Lady's finger

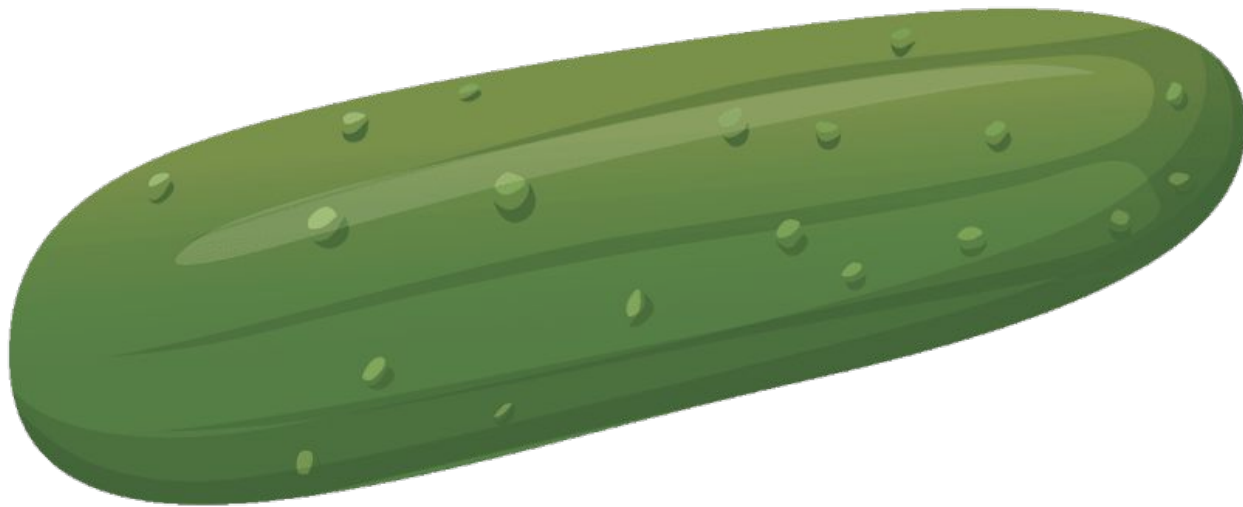
Yes! They look like the fingers of a lady! Funny right?
I am sure you enjoy it with your roti or rice.



Brinjal is a nutritious vegetable and it can be grown in your home.



Cucumber is delicious to enjoy with curd, pepper or alone.
It contains a lot of water and keeps you well hydrated.



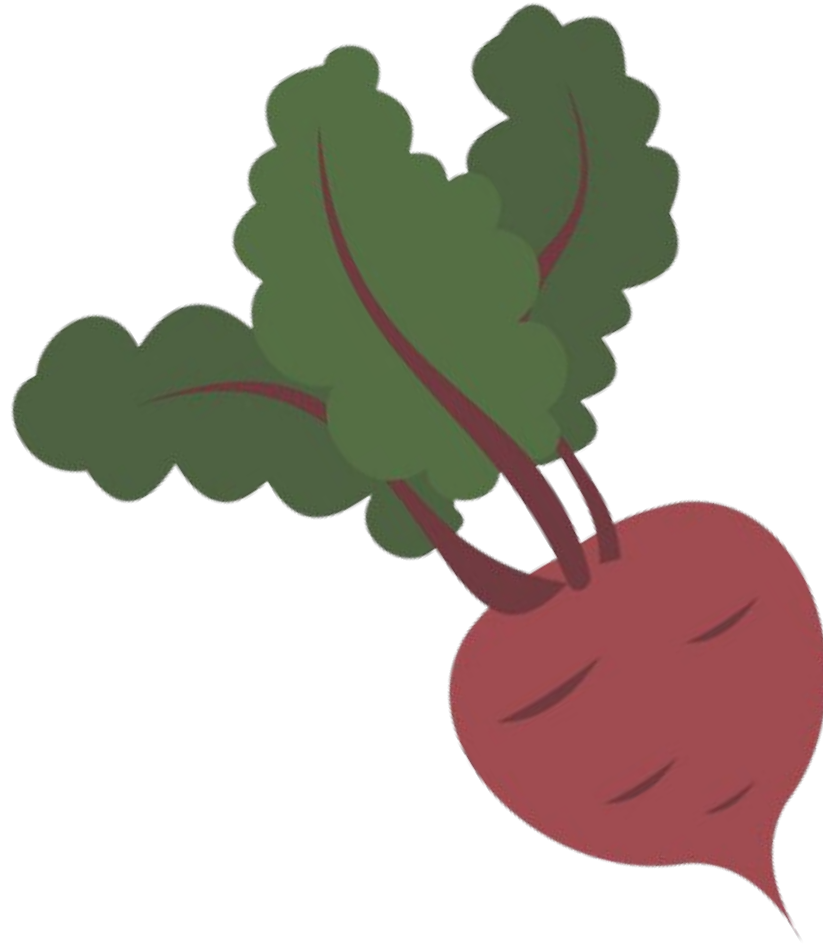
Pumpkin is a big round vegetable. Pumpkin soup is yummy. Have you tried it?



Cabbage can be eaten raw and with salads.
Salads are very healthy.



Beetroot is good for your skin. You can eat it in a salad or cooked in your favorite dish.

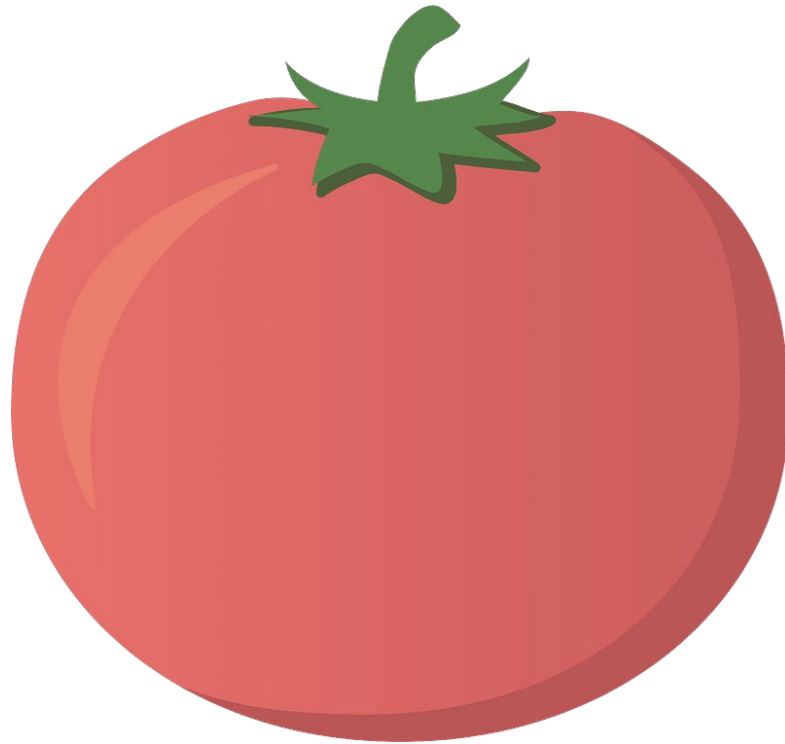


Awesome! I hope you have all these vegetables packed in the cloth bag?

Let us head home as Gouri's mother is waiting to cook the meal.

Shall we learn all the
vegetables once again?

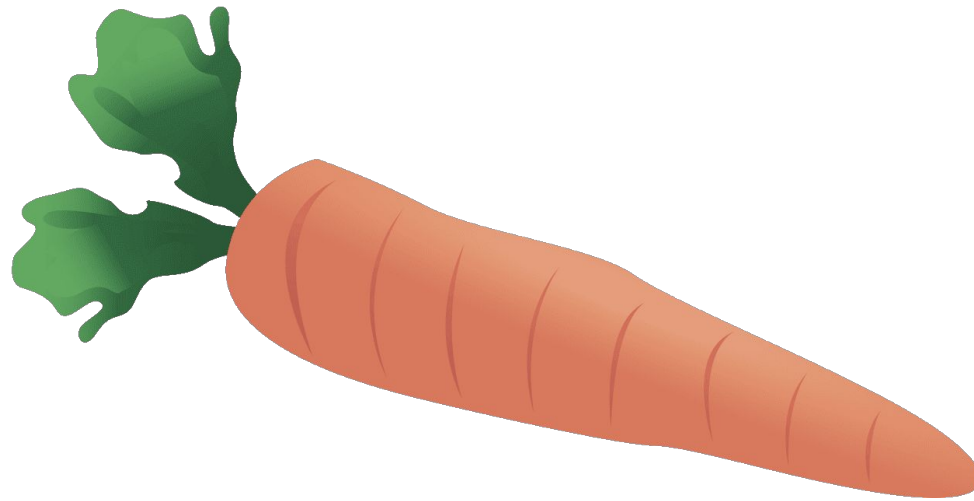
Tomato



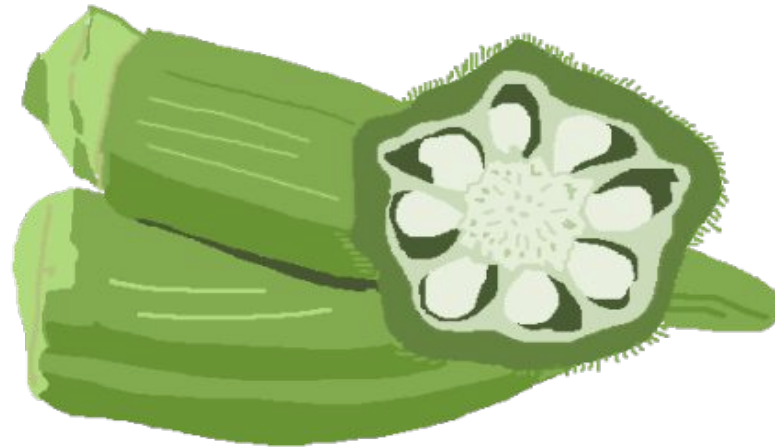
Potato



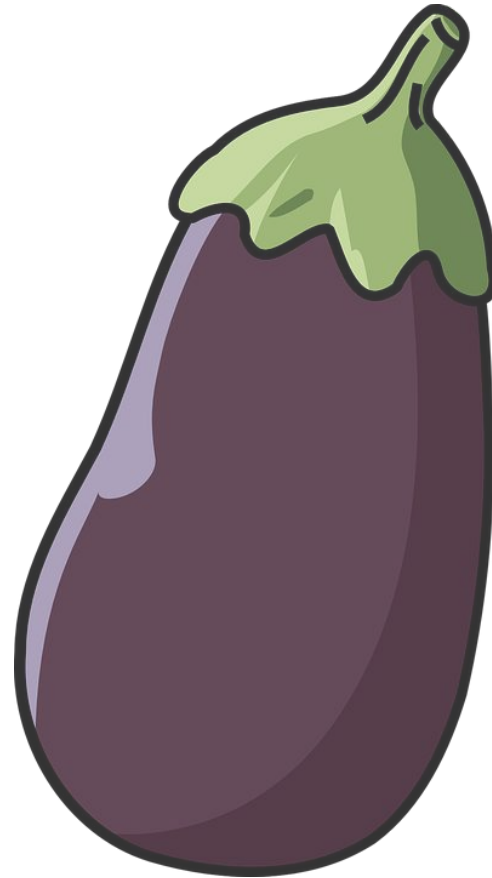
Carrot



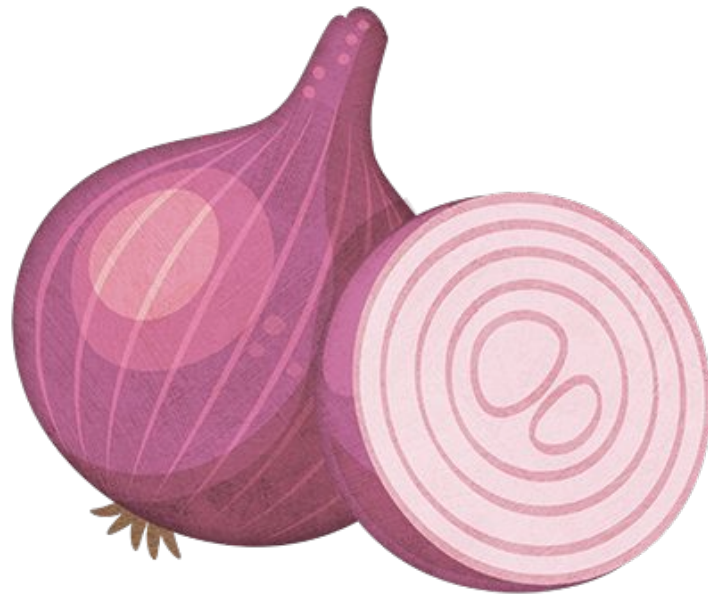
Lady's finger



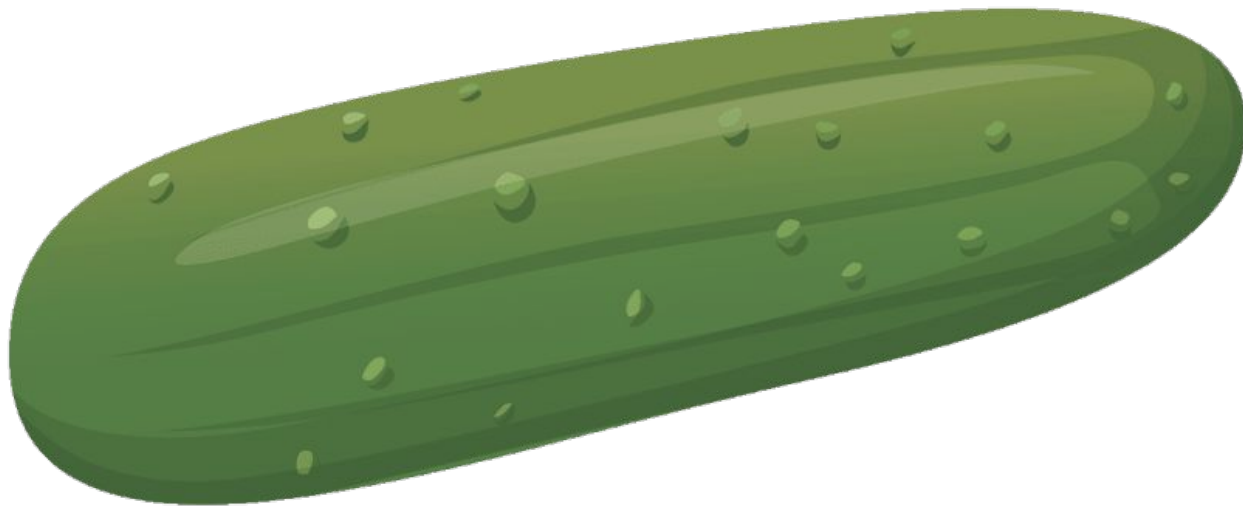
Brinjal



Onion



Cucumber



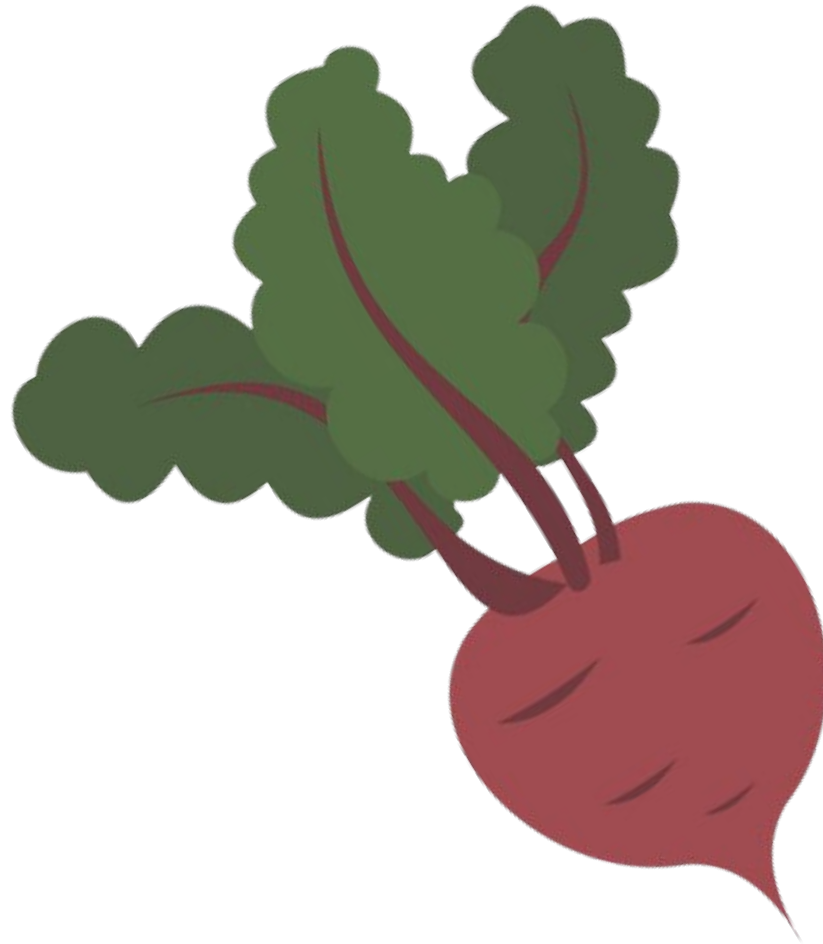
Pumpkin



Cabbage



Beetroot



Can you say the names aloud? Keep practicing :)



Eat a lot of vegetables and salads :)