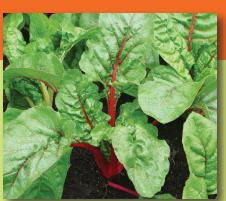


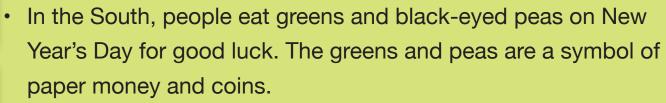
# Hey kids, become a FOOD EXPLORER and check this out!

# Greens

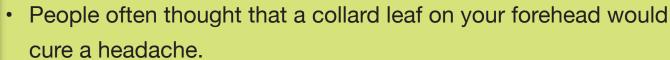


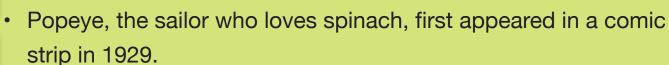


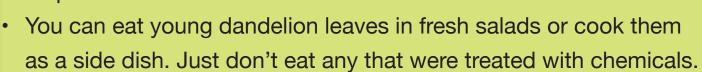
## Did you know...?















# **DELICIOUS AND NUTRITIOUS**

Besides the color, the word "green" means fresh, support for the environment. Greens are also fresh and good for our bodies. They're low in cost and high in vitamin A, vitamin C, and fiber.

### **A SUPER SNACK IDEA**

Make a spinach quesadilla! Fill a tortilla with spinach and cheese. Then heat it in a toaster oven or microwave.

### **GREENS HUMOR**

What happened to the yellow vegetables that grew in the collard garden?
They got collard green!