



FUN WITH FRIENDS

VEGETABLES



Call a friend and plan to come to school together.

Friend's Name _____

Telephone Number _____



Plan to meet a friend at the library.

Look for books about foods. Show your children which foods are vegetables. Check out books to read later at home.



Go on a neighborhood adventure with a friend.

Visit a vegetable garden together. Talk to your children about how vegetables grow.



Invite a friend over to your house.

Get together and make vegetable soup. Have your children help put the vegetables in the pot.



Plan a community outing with a friend.

Go to a vegetable stand together. Have your children pick out some vegetables to make some vegetable soup when you get home.



Work with a friend to make the world a better place to live.

Take some vegetable soup to an elderly neighbor.