Vegetable Riddles

1. This red veggie will keep your heart beating strong.
   You can eat me in all kinds of tasty foods like chili, soup, tacos and spaghetti.
   A fruit? A vegetable? Who cares as long as it's in the sauce on my pizza?
   What am I?

2. To eat me, you have to dig me up from the ground.
   I am a vegetable. I am brown on the outside and white on the inside.
   You can bake me or mash me or turn me into fries.
   What am I?

3. This white veggie helps your muscles stay strong and keeps you safe from germs.
   I grow wild in the forest but my wild cousins can be poisonous.
   I am a light brown vegetable with a stem and cap.
   What am I?

4. Some people like to make me into pickles.
   I am a vegetable with a shiny green skin.
   On the inside, I am white and juicy and filled with seeds.
   What am I?

5. Some people cut me into sticks and eat me with my friend, the carrot.
   I am a vegetable. I am light green, crunchy, juicy and a little stringy.
   For a tasty treat, you can fill me with a little peanut butter or cream cheese.
   What am I?

6. If you munch on me for lunch, I can help you see well in the dark.
   I am a vegetable. I am long, orange and very crunchy.
   I grow in the ground. Rabbits love to dig me up and eat me.
   What am I?

7. This bright green veggie helps you go to the bathroom.
   I also have a cousin named “cauliflower”.
   Some kids like to dip me in dressing and think I look like a little tree.
   What am I?

8. You wouldn't want to tell a secret in a field of this vegetable.
   I taste best when you pick my ears fresh from the garden in the summer.
   When you peel me, you see my ears which are covered with lots of kernels.
   What am I?

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.
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<th>Nutrition Trivia</th>
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<td>1. <strong>TOMATO</strong></td>
<td>- Rich in Vitamins A and C, potassium and niacin. - Cousins of the potato. <strong>Did you Know:</strong> Although we think of a tomato as a vegetable, it is botanically a fruit.</td>
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<td>2. <strong>POTATO</strong></td>
<td>- Good source of vitamins C and B6, niacin, iron and iodine. <strong>Did you Know:</strong> First introduced in Europe, the potato was cursed as an evil food.</td>
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<td>3. <strong>MUSHROOM</strong></td>
<td>- Fairly good source of potassium and niacin. - Do NOT eat wild mushrooms. <strong>Did you Know:</strong> Mushrooms are grown in carefully designed, windowless buildings where temperature and humidity are controlled.</td>
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<td>4. <strong>CUCUMBER</strong></td>
<td>- Moderate amounts of vitamin A, iron, potassium and fiber. - Cucumbers are waxed to prevent rotting. <strong>Did you Know:</strong> Eaten by early Egyptians to protect against bites of deadly insects.</td>
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<td>5. <strong>CELERI</strong></td>
<td>- Good source of potassium, also relatively high in sodium. - Eaten raw it can aid dental health. <strong>Did you Know:</strong> The Greeks gave bunches of celery as prizes to victorious athletes.</td>
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<td>6. <strong>CARROT</strong></td>
<td>- Color due to beta-carotene, a substance noted for cancer-preventing properties. <strong>Did you Know:</strong> Used by Greeks and Romans for medicine.</td>
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<td>7. <strong>BROCCOLI</strong></td>
<td>- This member of the cabbage family is a rich source of vitamins A and C, also a good source of potassium, iron, calcium, niacin and dietary fiber. <strong>Did you Know:</strong> The name comes from Italian <em>brocco</em> meaning arm or branch.</td>
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<td>8. <strong>CORN</strong></td>
<td>- Source of vitamin A (yellow kernels), potassium, niacin and protein, high in fiber. <strong>Did you Know:</strong> Over 200 varieties of sweet corn are grown in the US today.</td>
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