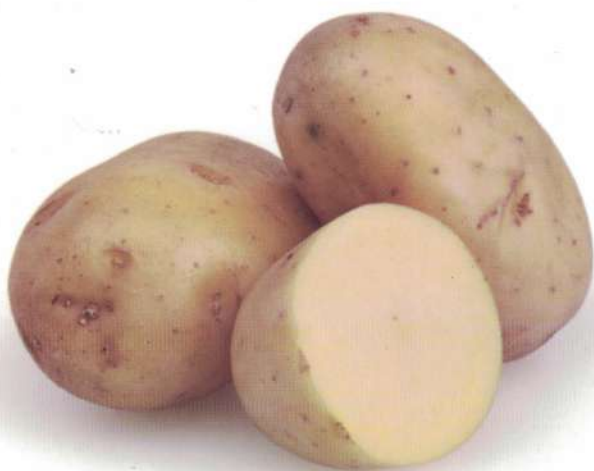




Potato



Pumpkin



Turnip



Spinach

Plant



Root Vegetable - Grows
Under Ground

Benefits

Keeps Bones Strong

Plant



Grows Above Ground

Benefits

Boost Immunity & Improves
Eyesight

Plant



Root Vegetable - Grows
Under Ground

Benefits

Good for healthy Skin & Eyesight

Plant



Grows Above Ground

Benefits

Promotes healthy glowing skin &
boost Immunity



Radish



Tomato



Beans



Bitter Gourd

Plant



Root Vegetable - Grows
Under Ground

Benefits

Strengthens Immunity & good
for Skin

Plant



Grows Above Ground

Benefits

Beneficial for overall heart
and brain health

Plant



Grows Above Ground

Benefits

Boost Immunity

Plant



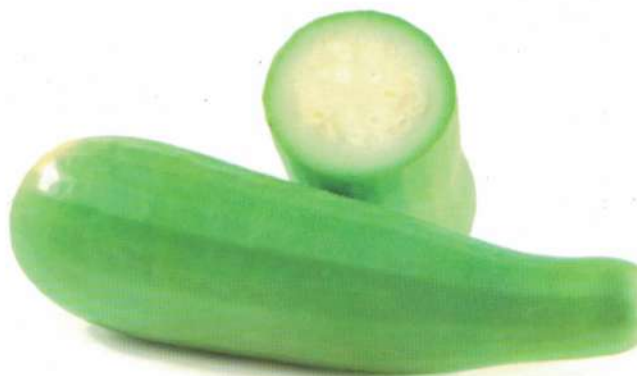
Grows Above Ground

Benefits

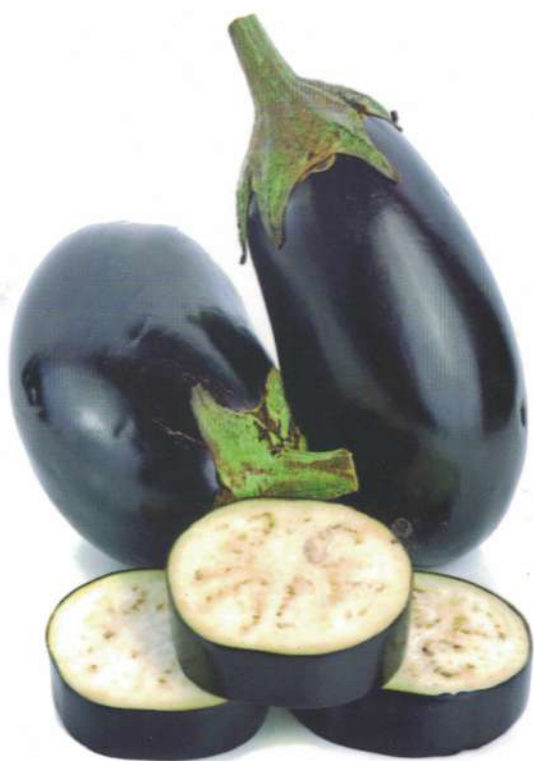
Helps in healing wounds



Broccoli



Bottle Gourd



Brinjal



Beetroot

Plant



Grows Above Ground

Benefits

Good for hair
keeps bones healthy & strong

Plant



Grows Above Ground

Benefits

Good for Skin & Hair

Plant



Grows Above Ground

Benefits

Keeps Brain Healthy

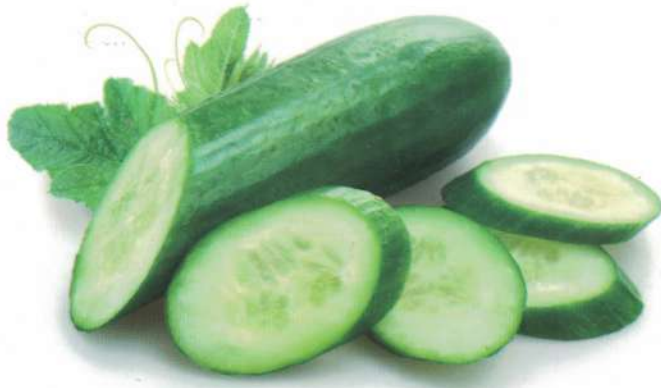
Plant



Root Vegetable - Grows
Under Ground

Benefits

Helps to increase Stamina



Cucumber



Cabbage



Corn



Coriander

Plant



Grows Above Ground

Benefits

Helps to keep Body healthy

Plant



Grows Above Ground

Benefits

Good for Skin

Plant



Grows Above Ground

Benefits

Helps in Growth

Plant



Grows Above Ground

Benefits

Good for eyesight & healthy skin



Ginger



Lady Finger



Carrot



Capsicum

Plant



Stem Vegetable

Benefits

Helps in cough & cold

Plant



Grows Above Ground

Benefits

Good for Eyes & Skin

Plant



Root Vegetable - Grows
Under Ground

Benefits

Improves body Immunity

Plant



Grows Above Ground

Benefits

Good for Eyes & Skin



Chilli



Cauliflower



Garlic



Mint

Plant



Grows Above Ground

Benefits

Good for Eyes & Skin

Plant



Grows Above Ground

Benefits

Good for Bones

Plant



Root Vegetable - Grows Under Ground

Benefits

Helps in Cough & Cold

Plant



Grows Above Ground

Benefits

Prevent Allergies



Mushroom



Onion

Match the Vegetables

- **Potato**
- **Carrot**
- **Tomato**
- **Onion**



Peas

Plant



Grows Above Ground

Benefits

Good for Skin & Hair

Plant



Root Vegetable - Grows Under Ground

Benefits

Build strong Immunity & promote Hair Growth

DID YOU KNOW?



I have lycopene

RED
food help make your
HEART STRONGER



I have Vitamin A

ORANGE
food help your
EYES SEE BETTER



I have Vitamin C

YELLOW
food help make your
BODY HEAL CUTS



I have Potassium

GREEN
food help make your
BODY FIGHT GERMS



I have Antioxidants

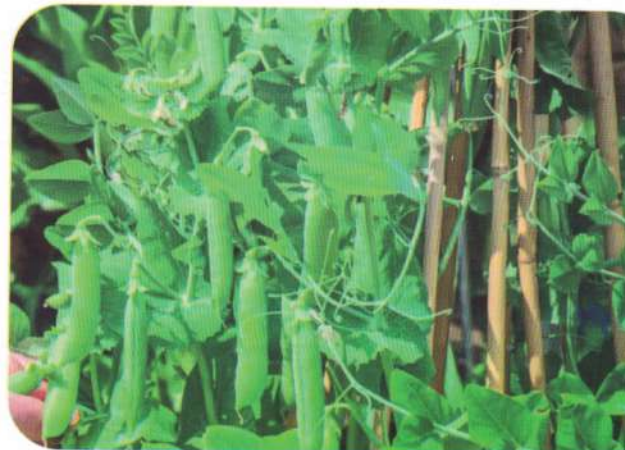
BLUE
food help make your
BRAIN THINK BETTER



I have Carbohydrates

BROWN
food help give your
BODY ENERGY

Plant



Grows Above Ground

Benefits

Good for eyesight & prevents hair loss