

Know Your Vegetables

Some animals eat only meat and they are called carnivores. Other animals eat only plants and these animals are called herbivores. The rest of the animals, including humans, are omnivores. Omnivores eat all kinds of food, both meat and plants. This means in order to be healthy, people must eat a variety of foods. Vegetarians are people who don't eat meat.

Adults and kids need to eat vegetables so they can get the important vitamins and minerals that vegetables contain. Kids need to eat foods that contain the mineral calcium for strong bones and healthy teeth. Kids grow fast and their bones grow fast too. Kids need calcium to build healthy adult teeth after they lose their baby teeth. Broccoli and spinach are two vegetables that contain lots of calcium.

Bright colored vegetables contain lots of vitamins and minerals. What are some bright colored vegetables? Red and yellow peppers are certainly brightly colored. So aren't orange carrots. Carrots and bright red tomatoes help to keep the heart healthy. Green beans and lettuce are good for keeping the heart healthy too. Other healthy bright green vegetables are green peas, broccoli and celery.

Vegetables that grow underground are healthy because they get minerals from the soil. These root vegetables include carrots, beets, potatoes, sweet potatoes, turnips, parsnips and onions.