

Hi Kids, I'm
MC Spuds,
here to welcome you to...

Veggies Got Talent!

It's a fun-filled book to help you get to know us veggies!
To know us is to love us! And, just like you kids, each of
us veggies is unique in our own way and full of talent!

So have fun exploring the pages:

- Color us in
- Recite our rhymes
- Do the Fun Activities
- Try out our recipes with your parents or teachers.

They're easy to make and yummy for your tummy!

To start - post the Veggie Tracker (p. 8) on your fridge,
and see how many vegetables you can try! And
remember, it may take up to 10 tries before you come
to like a new food, so if at first you don't succeed -
try, try, try again!

Turn to Page 10 to meet
your new veggie friends...
starring in:

Veggies Got Talent!

