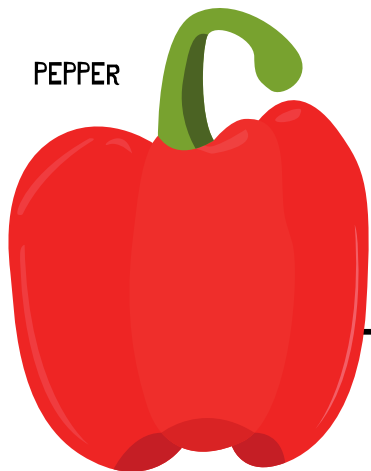


Veggie Face-Off!

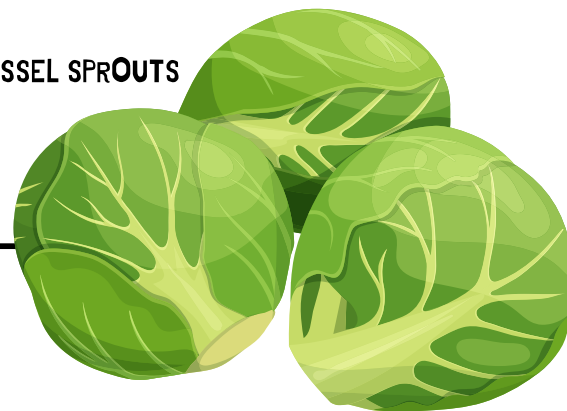


Vote as a family!
Which veggie has been
your favorite? How did you
try it (Steamed? Roasted?
Raw?) Draw the winner
in the middle!

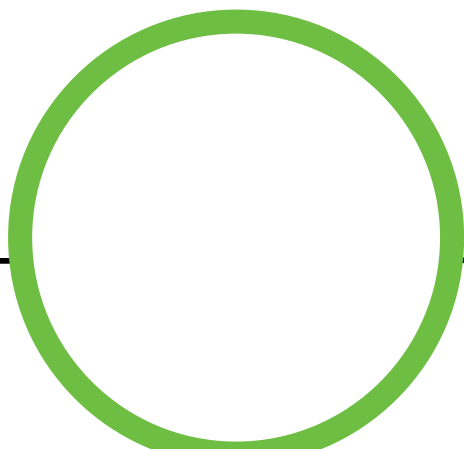
PEPPER



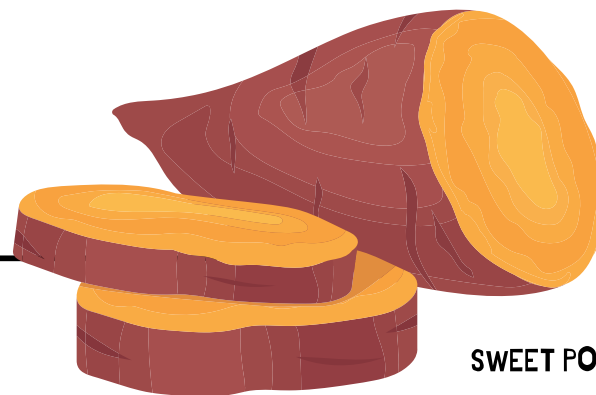
BRUSSEL SPROUTS



DRAW HERE



CAULIFLOWER



SWEET POTATO

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GROWN-UPS:

Are your kids trying a new food for the first time? Start out with little, pea-sized bites. It won't feel as overwhelming! Looking for more? Head to our Facebook page for livestreams, recipes, and tips at facebook.com/cookingmatters.national