



Name: _____

PEAS ON MY PLATE

_____ Learning Worksheet _____

Healthy Foods Help Us Grow

Vegetables give our bodies important nutrients that help us grow, stay strong, and stay healthy. Eating a variety of vegetables can be part of a healthy lifestyle.

WORD BANK

healthy • Brother • plate • Father • dinner
peas • Mother • loves

COMPLETE THE SENTENCE

- 1 Gracie _____ peas.
- 2 The family sat down together for _____.
- 3 _____ put meat on Gracie's plate.
- 4 _____ put potatoes on Gracie's plate.
- 5 Gracie still did not begin eating the _____ or potatoes.
- 6 _____ offered to put peas on her plate.
- 7 Gracie's face lit up with a _____ when she got peas.
- 8 Gracie said she could not enjoy her dinner until she had _____ on her plate.

WHAT DO YOU THINK?

What is your favorite vegetable and why do you like it?
