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# WHAT VEGETABLES DO FOR US

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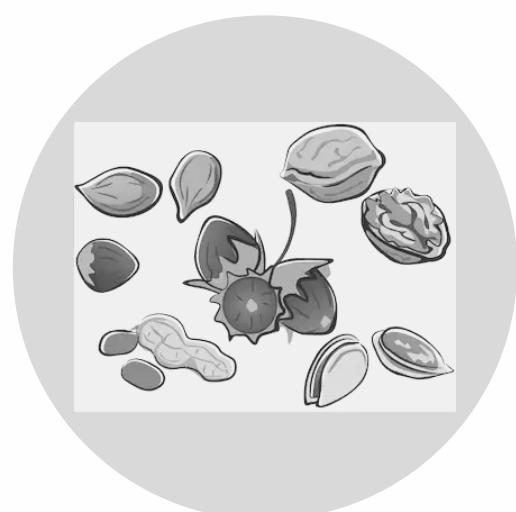
- MATCH THE VEGETABLE WITH THE CORRECT NUTRIENT AND FUNCTION •



SPINACH

VITAMIN A

HEALTHY BONES  
HELPS US GROW



NUTS AND SEEDS

VITAMIN K

HEALTHY IMMUNE SYSTEM  
HELPS FIGHT COLDS



BEETS

VITAMIN E

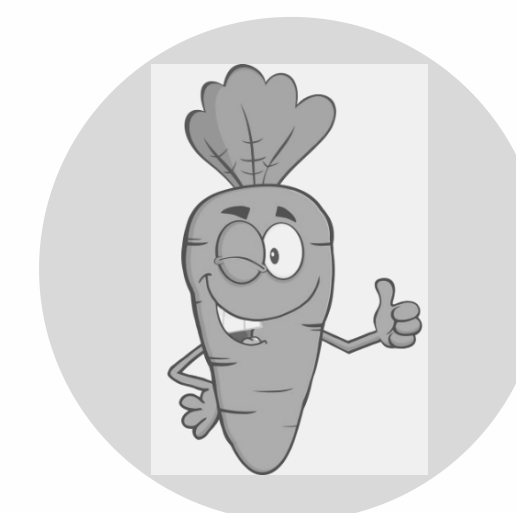
MORE ENERGY  
KEEPS US FOCUSED



LEAFY GREENS

VITAMIN B

BETTER EYESIGHT  
SEE CLEARLY



CARROTS

VITAMIN C

STRONG HEART  
HEALTHY BLOOD