

# The Vegetable Group

Provides the body with carbohydrates, minerals, and vitamins A, B, C, E, and K. Fresh vegetables are low in fats.



**3–5 servings**

1. Name the vegetables that grow above the ground and those that grow below the ground.
2. Name other vegetables that are not shown above.

**STUDY QUESTION:** Find out about vegetables, such as the winged bean, that are being promoted as new, rich sources of protein.