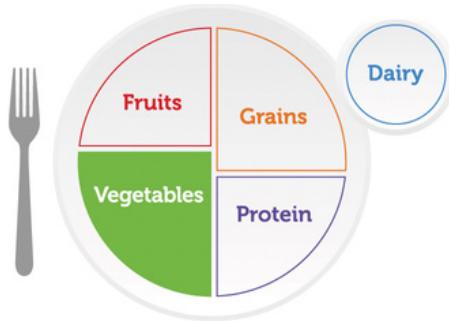




Cauliflower



MyPlate.gov

VARY YOUR VEGGIES

Make half your plate fruits and veggies!

Cauliflowers count as a vegetable. Try cauliflower and other colorful vegetables to stay healthy!



WHAT IS IT?

Cauliflower is a vegetable whose name means 'cabbage flower.' It comes in many colors. Enjoy it fresh in cool seasons or frozen year-round.

FUN FACTS & TIPS



Cauliflower was very popular in the U.S. in 1946 and is popular again now in new recipes like cauliflower rice.



Crunch it! Add cauliflower to salads for a tasty bite.



Dip it! Try cauliflower with ranch, hummus, or your favorite dip.



Scan QR code to find more NE Team Nutrition resources.



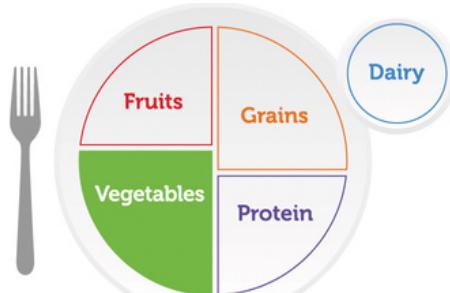
This resource was created based on similar MyPlate Food Fact Cards developed by the USDA, which can be accessed at https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177.

This project was funded using U.S. Department of Agriculture grant funds.

This institution is an equal opportunity provider.



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VEGETABLE WORD SCRAMBLE

Look at the pictures and unscramble the letters to find the vegetable names.



OILBRCOC



HSARID



RFAULCLOWEL



CMUCUBRE



ACJIMA



PGLATNGE

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