

## Flashcards For Vegetables PDF

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What is a common green vegetable that is often used in salads and has a crisp texture?

Lettuce

Which vegetable is known for its orange color and is rich in beta-carotene?

Carrot

What leafy green vegetable is often used in smoothies and is known for its high iron content?

Spinach

Which vegetable is a staple in Italian cuisine and is often used in sauces and salads?

Tomato

What vegetable is known for its strong flavor and is often used in cooking to enhance dishes?

Onions

Which vegetable is typically green, long, and crunchy, often used in stir-fries?

Green beans

What root vegetable is commonly used in soups and stews and has a sweet flavor?

Sweet potato

Which vegetable is known for its high fiber content and is often eaten raw or cooked?

Broccoli

What vegetable is often used as a base for dips and is known for its creamy texture when cooked?

Cauliflower

Which vegetable is a common ingredient in Mexican cuisine and is known for its spicy flavor?

Jalapeño