

Vegetable Flashcards 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 often associated with improving vision?

Carrot

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

Spinach

Which vegetable is typically red or green and is often used in sauces and salads?

Tomato

What vegetable is known for its strong flavor and is often used in soups and stews?

Onions

Which vegetable is a staple in many cuisines and is known for its starchy content?

Potato

What vegetable is often used in stir-fries and has a crunchy texture?

Bell Pepper

Which vegetable is known for its high vitamin C content and is often eaten raw?

Broccoli

What vegetable is commonly used in pickling and has a sour taste?

Cucumber

Which vegetable is often used in Mediterranean dishes and has a distinctive flavor?

Eggplant