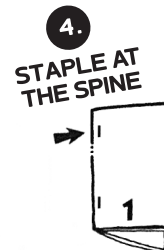
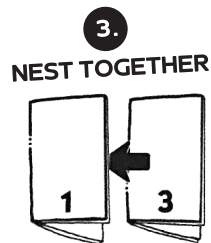
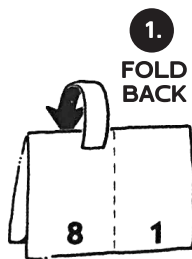
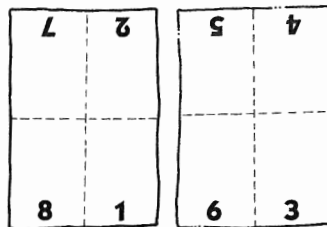


# Assembling Mini Books



Mini books offer valuable content information in a kid-friendly format. Each student can be given his or her own book to keep. They can also color, draw, or annotate the book as instructed by their teacher. These books also provide a great home link, as students can take them home and share the information they are learning with their family.

To assemble a book follow these simple instructions.

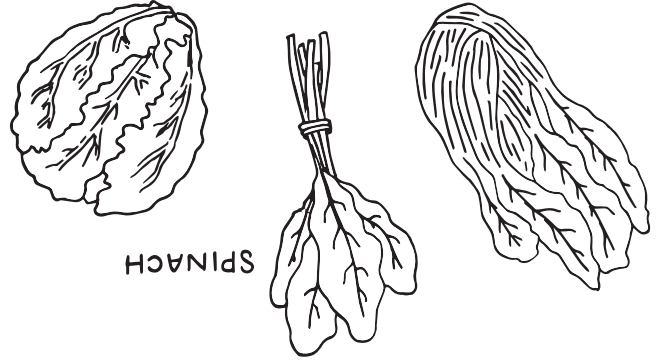


There are many types of vegetables. Some of the vegetables we eat are the stems, roots, or seeds of a plant. Some vegetables are actually the leaves of the plant, and we call these vegetables "leafy greens." Lettuce, cabbage, spinach, kale, and bok choy are examples of leafy greens.

BOK CHOY

LETTUCE

SPINACH



2

1

Spinach can be eaten fresh in a salad. Chopped spinach is a common ingredient in a variety of foods like ravioli, omelets, or calzones. The cartoon sailor Popeye, who would eat spinach to boost his strength, made spinach popular in the 1930s.



7

8



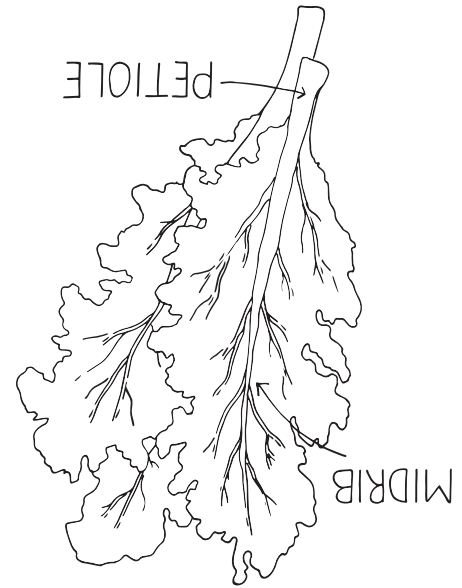
Leaves are necessary for plants, and they are important for us too. There are many different leafy greens to try, and each type contains vitamins and nutrients that are essential for a healthy diet.

# Leafy Greens

TOO GOOD  
TO "BE-LEAF"

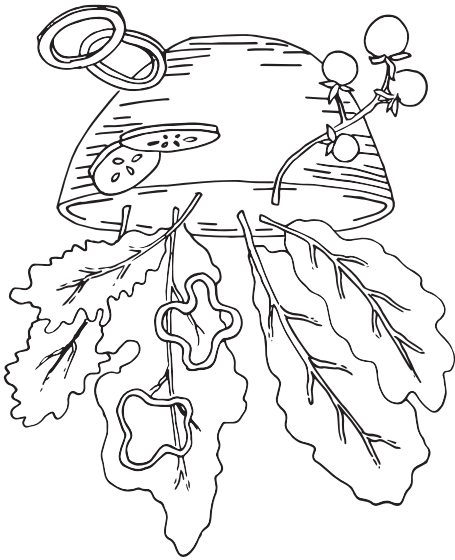


Some parts of the leaf help the plant keep its shape. The midrib is the thick, large single vein that runs down the middle of a leaf. The petiole is the stalk that connects the leaf to the stem of the plant.

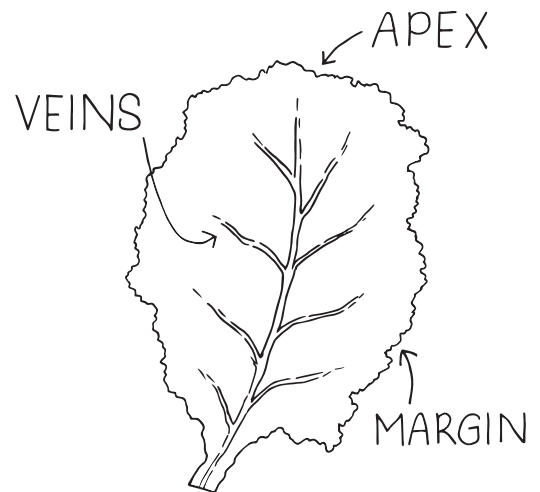


4

Lettuce is one of the most popular leafy green vegetables. Varieties like Romaine, crisphead, and butterhead are used for salads or sandwiches. Many people enjoy the crisp texture of lettuce.



5



3



CABBAGE

Red or green cabbage can be prepared fresh, like in coleslaw, or cooked. Some people celebrate St. Patrick's Day by eating corned beef and cabbage. In Ireland, cabbage was traditionally boiled and served with butter.

Leafy greens come in different colors, sizes, and shapes. They all have the same basic parts. The apex is the tip of the leaf and the margin is the edge of the leaf. Veins carry food, water, and energy to the rest of the plant.

6