

# Meet Mr. Swiss Chard

Hello! Nice to meet you !

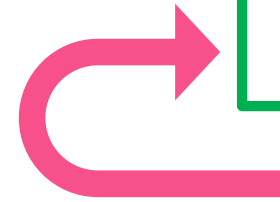
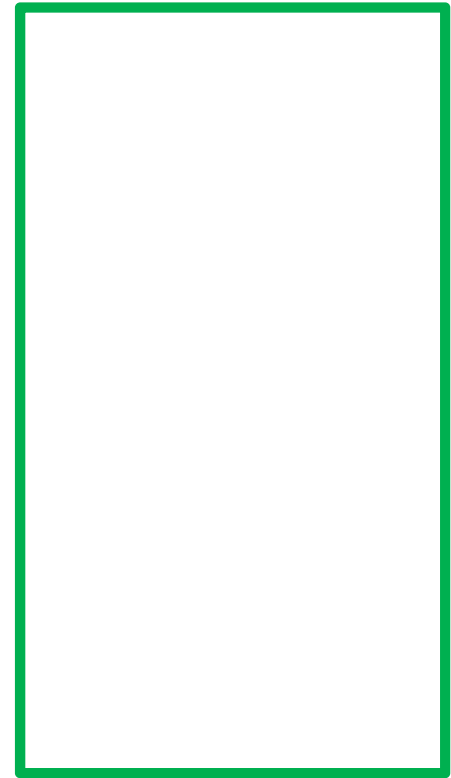


- I am full of vitamins A, C and K!
- My stem can be pink, yellow, orange or red!
- When I am a baby, eat me in salads. When I am fully grown, cook me!

Have you ever tried Swiss chard?  
Draw a ✓ in the box to answer.

YES

NO



Can you draw Mr. Swiss Chard?