

**Eating a variety of vegetables.**

Which would be the best way to get the vegetables we should have in a day?



I think the best choice is...

- A.
- B.
- C.



- Choices:**
- A. Salsa with chips for a snack, and spaghetti with tomato sauce for dinner.**
  - B. Raw carrots at lunch, and sweet potatoes and green beans for dinner.**
  - C. French fries for lunch, and a lettuce salad and mashed potatoes for dinner.**

**Choose One: What answer would YOU choose?**