

A photograph of children in a classroom setting, engaged in a learning activity about vegetables. In the foreground, a young boy with dark hair, wearing a brown and orange striped shirt, is smiling and looking towards a girl. The girl, with dark hair and a red headband, is also smiling and looking at the boy. They are surrounded by fresh vegetables, including carrots, radishes, and leafy greens, which are placed in baskets and bowls on a wooden table. In the background, another child is visible, also engaged in the activity. The overall atmosphere is bright and educational.

Grow healthy habits with your children.

In both the class garden and at your table, your child can learn about fruits and vegetables.

This month, give them chances to try swiss chard, carrots and spinach.