

Stem veggies make a healthy snack.



Lesson 4

Stand Strong with Stems

The stem supports the plant just like our bones support our bodies. How can you keep your bones strong?



Name _____



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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