

Vegetables

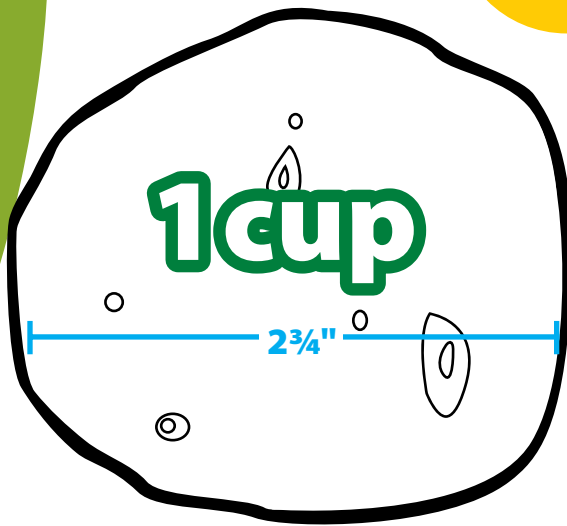
cup equivalents

What does 1 cup look like?

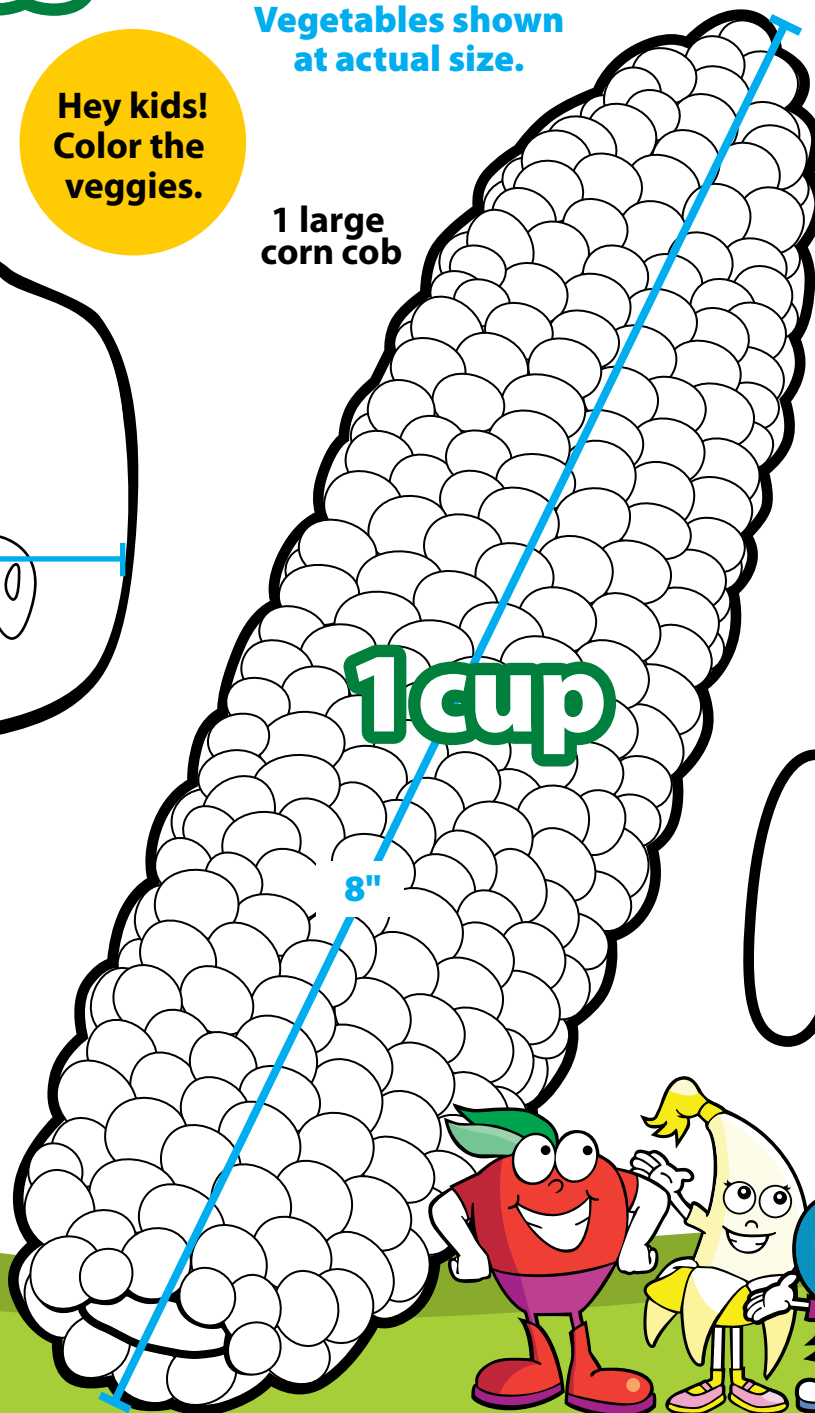
Vegetables shown at actual size.

Hey kids!
Color the
veggies.

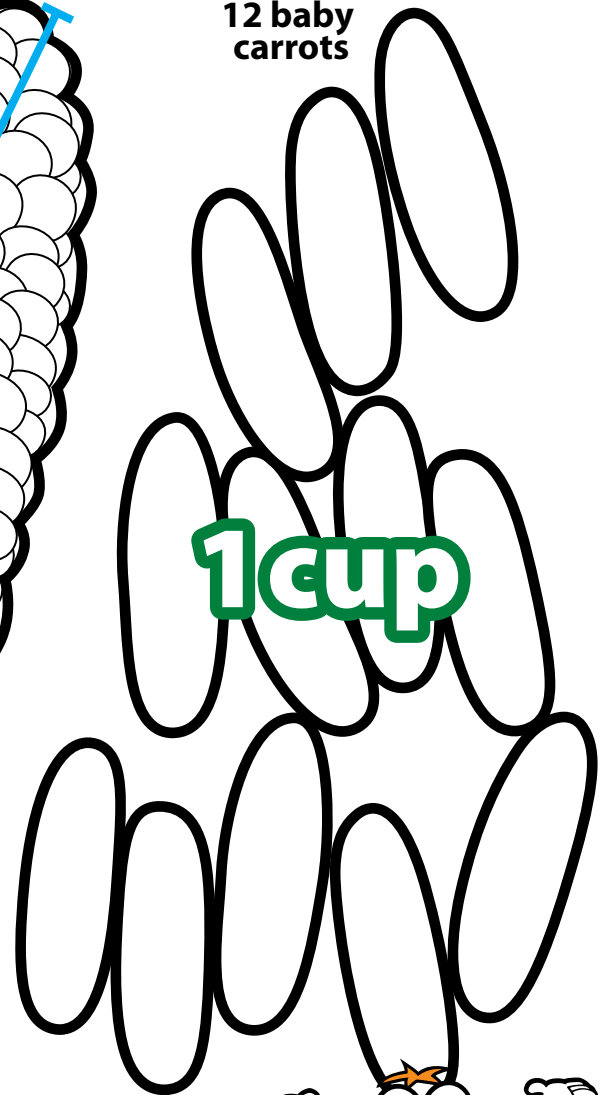
1 small potato



1 large
corn cob



12 baby
carrots



What about 1/2 cup?
That's just 1 cup
divided in 2!



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