These long, skinny pods grow on a vine. They are usually green, but can also be white, purple, yellow, or red. They are good sources of Vitamins C and K, which help keep bones strong and bodies healthy.

When you eat this green vegetable, you are eating the leaves of a flowering plant. The cartoon character, Popeye, is famous for eating this vegetable. It is full of Vitamin A, which helps with eyesight.

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