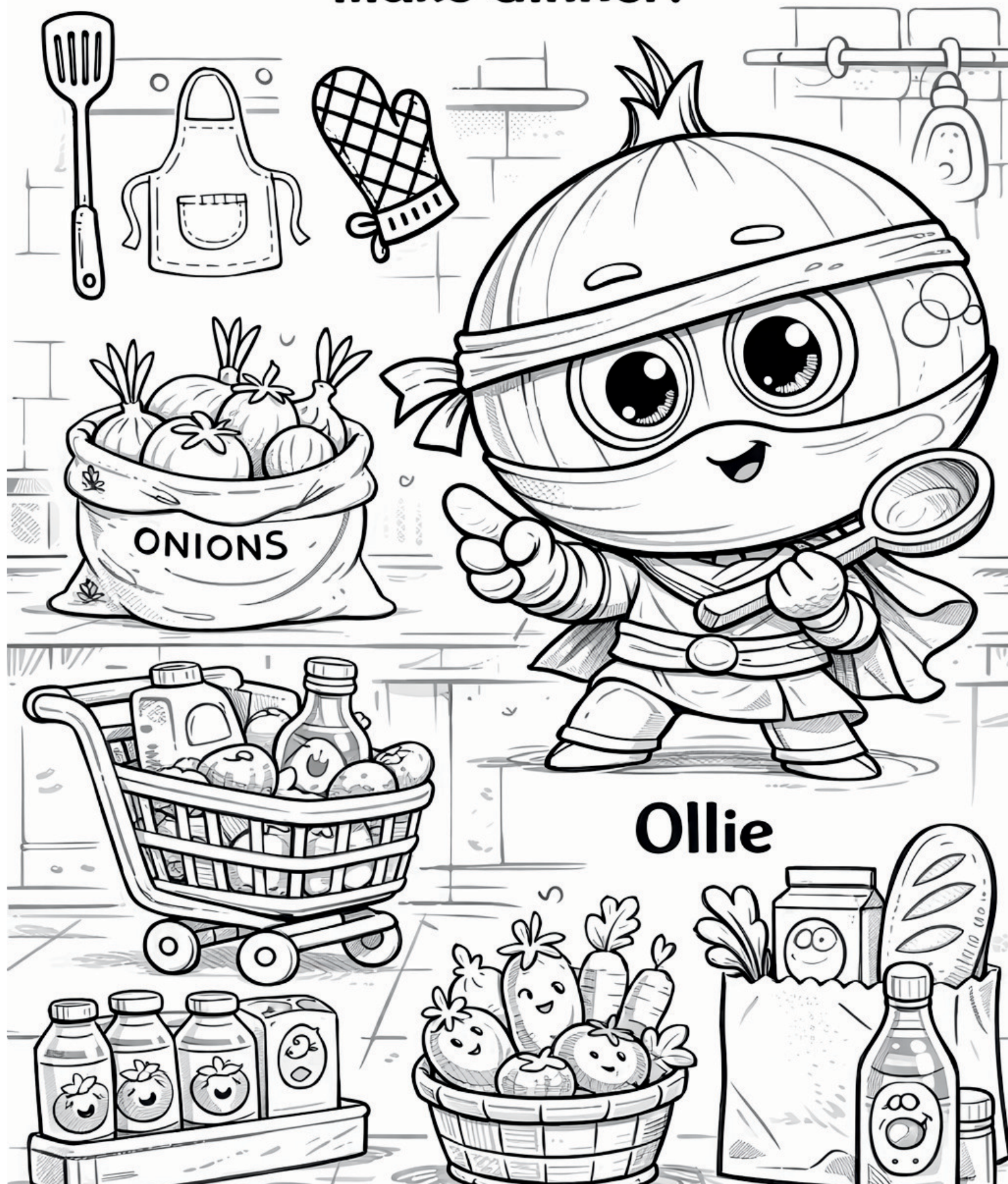


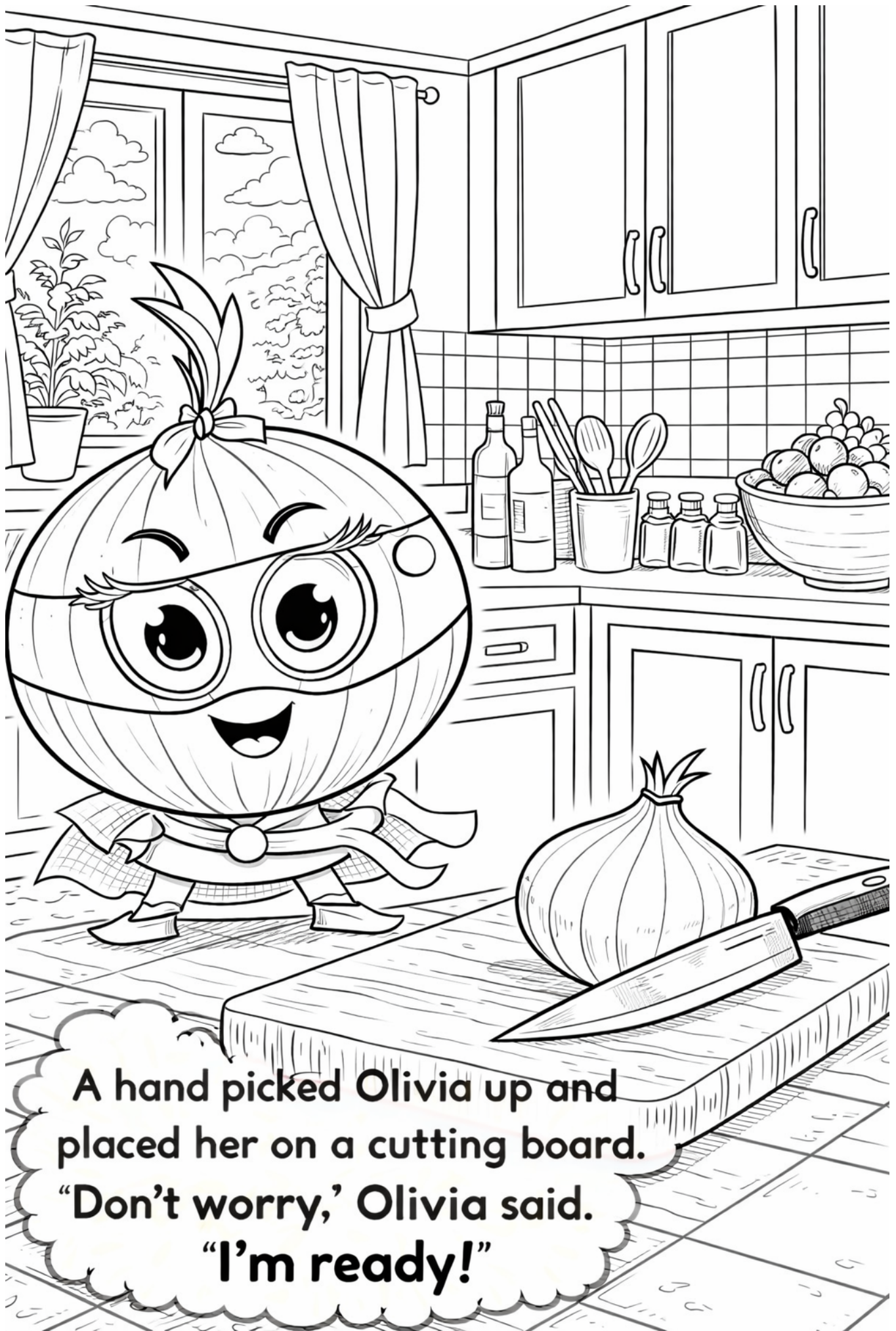
Ollie and Olivia's Kitchen Adventure



A coloring book by the
National Onion Association

**"Today," said Ollie, "I'm helping
make dinner!"**





A hand picked Olivia up and placed her on a cutting board. "Don't worry," Olivia said. "I'm ready!"

"Now I can be part of dinner,"
Ollie said proudly.





Ollie jumped into a pot of tomato sauce.
Bubble, bubble!
"I'm helping spaghetti taste great!"

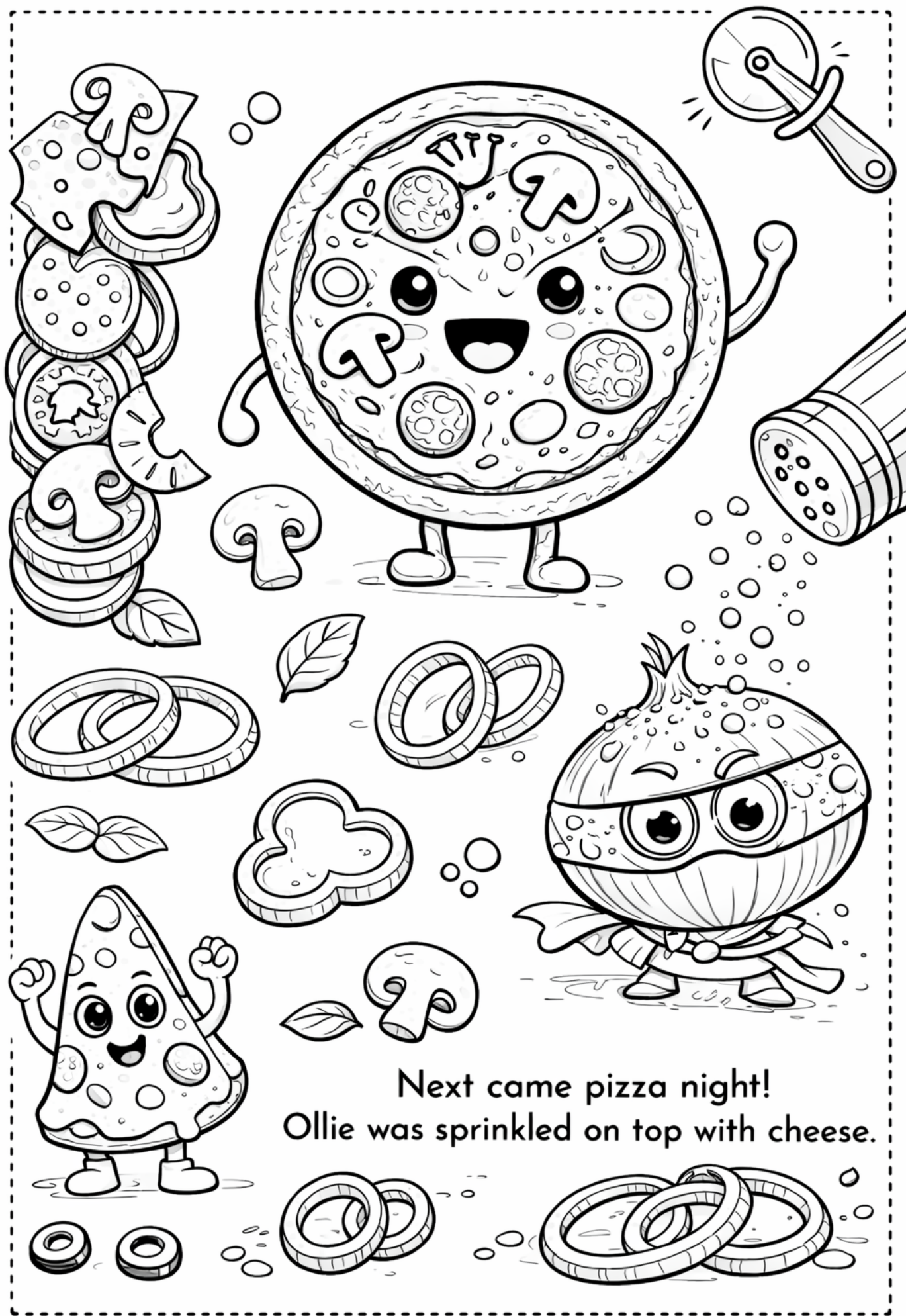


"It's fiesta night! We're going into tacos, salsas, and burritos!"





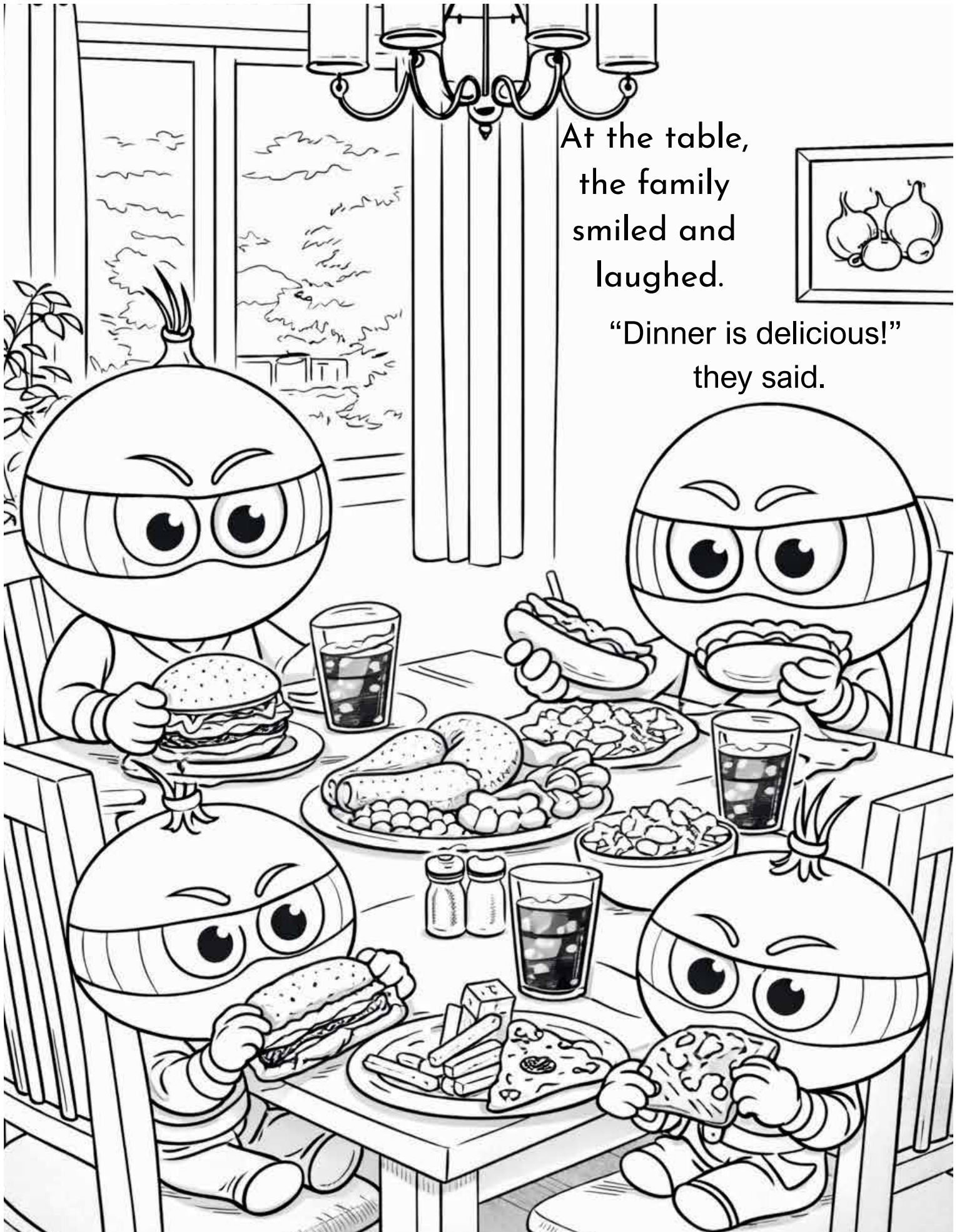
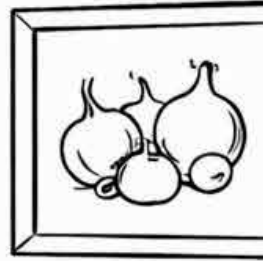
On a chilly day, Olivia
met carrots and celery.
Splash!
They all jumped into the soup pot.

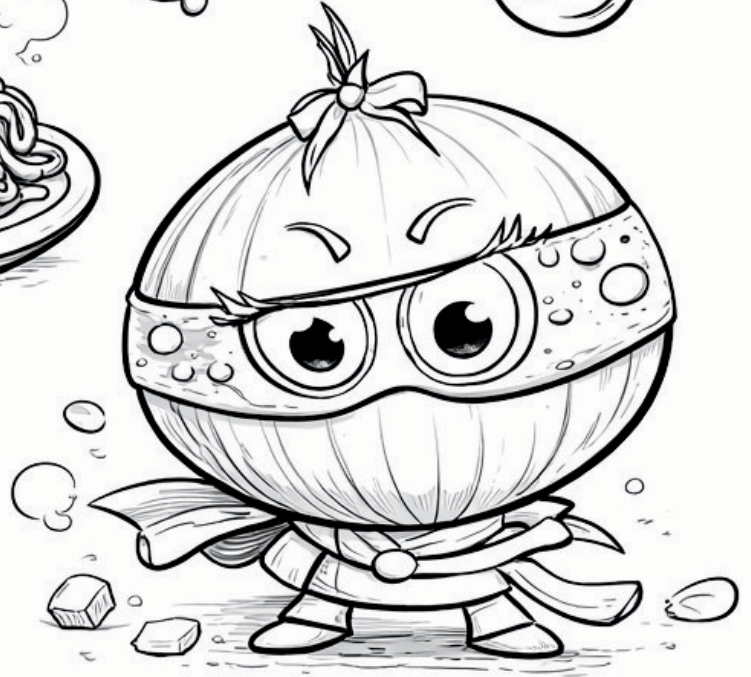
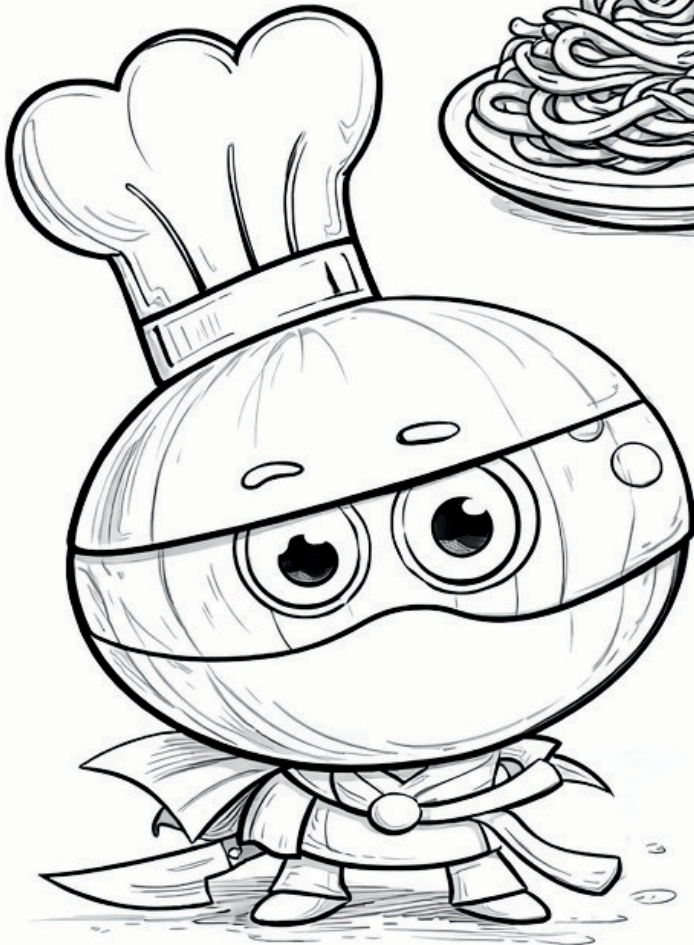
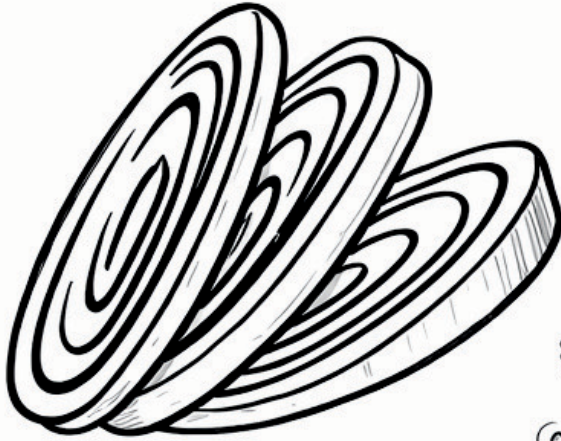
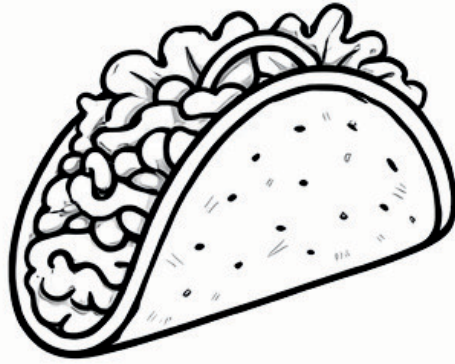


Next came pizza night!
Ollie was sprinkled on top with cheese.

At the table,
the family
smiled and
laughed.

“Dinner is delicious!”
they said.





“Chopped, sliced, or
cooked soft,”
they thought,
“We help make food
even better.”

Ollie and Olivia have many
vegetable friends.

“Each of us helps your body,”
Ollie said.

“Carrots help your eyes see.”

“Broccoli helps you grow
strong.”

“Spinach gives you energy.”

“And I help your heart and your
body fight disease,” Ollie smiled.

When you eat all your
vegetables, you help your body
run, play, learn, and grow.





National
Onion Association

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