



TEXAS FARM BUREAU



ONION

ACTIVITY BOOK

This book belongs to:

ONION Nutrition

Onions are a healthy vegetable that have a high amount of:

1. Vitamin C
2. Fiber
3. Calcium
4. Iron

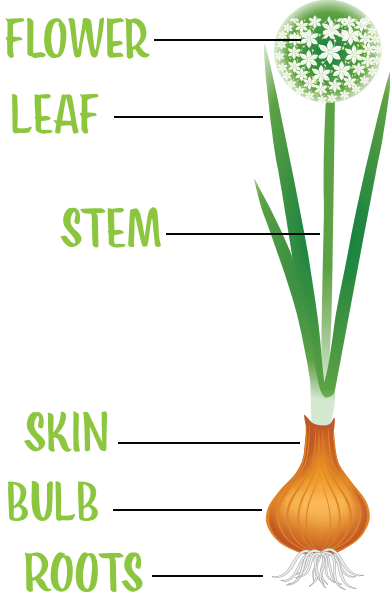


What's your favorite way to eat onions?

DRAW A PICTURE BELOW!



All about ONIONS



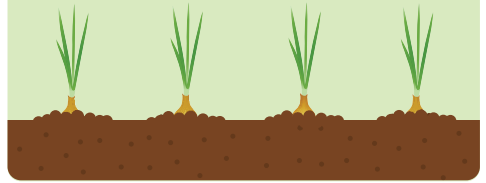
LOOK AT THE ONION BULB!

Where does it grow?

Is it above or below the ground?

That means it is a root vegetable.

Can you think of other vegetables that grow underground?



ONION Varieties



FUN FACT!

There are hundreds of different types of onions. Three of the most common are the yellow, white and red.

Label the varieties below and match the type to the way that it is most commonly used.



ONION Math

1. Farmer Paige picked **12 onions** on Monday and **9** on Tuesday. *How many did she pick in total?*

2. If you bought **4 bags** of onions with **6 onions** in each, *how many total onions did you buy?*

3. The chef used **3 onions** for one pot of soup. If she made **5 pots**, *how many onions did she use?*

4. There are **24 onions**. If **6** go in each box, *how many total boxes can you fill?*

ONION Trivia

TRUE or FALSE:

Onions are harvested by picking them from a tree.

TRUE or FALSE:

Onions have many layers inside.

TRUE or FALSE:

Onions are eaten all around the world.

TRUE or FALSE:

The outer layer of the onion protects it from drying out.