**Broccoli**

"I can't believe she did it again," I thought. I was sitting at the dinner table looking at my sister, Jenny, as she stared down into her glass of milk. She had dropped her broccoli into her drink to hide it. What a mess! My sister doesn't like broccoli. In fact, she doesn't like much of anything!

Just the other day, Mom tried to tell her that eating her vegetables would make her smart, but Jenny just looked at her. Of course, Jenny also didn't get up from the table until she ate her carrots - a slow process. Mom stood by her, making sure the food ended up in Jenny's mouth rather than in her milk.

If Jenny were big like me, she'd know that eating her vegetables makes you healthy and trim. I'm living proof. Every day, I eat my vegetables because I want to be the strongest man on the planet. Of course, sometimes I have to trick myself into liking them. I'll cover them with cheese sauce or honey, or mix them with my mashed potatoes. It may seem a little weird, but I'm not shy about eating them that way-it works. It's starting to pay off, especially in how I play sports. In basketball, I can jump high and tip the ball into the basket a lot. I play tug-of-war with my big dog and hold my own, and I lifted a log off a toad once (I thought he was getting squished.) So I say, put the veggies in, and muscles come out. I just wish that would work with chocolate chip cookies!
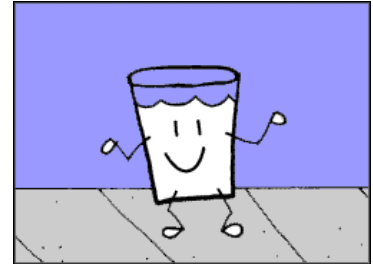
QUESTIONS:

1. What did Jenny hide in her milk?

2. What kind of vegetables did Jenny have to finish while her Mom is watching?

3. What is one of the things that Jenny's brother does to make his vegetable taste better?

4. Why did Jenny`s brother lift a log?

5. Do you always eat vegetables?

6. Do you eat fruit every day?

7. Do you like peas and carrots? How about spinach or brocolli?

8. What food do you hate? Why do you hate it?

9. What foods do you love?

10. What foods have you tasted which you will never forget for the rest of your life?