

Patrick Potato Pitches a Poem



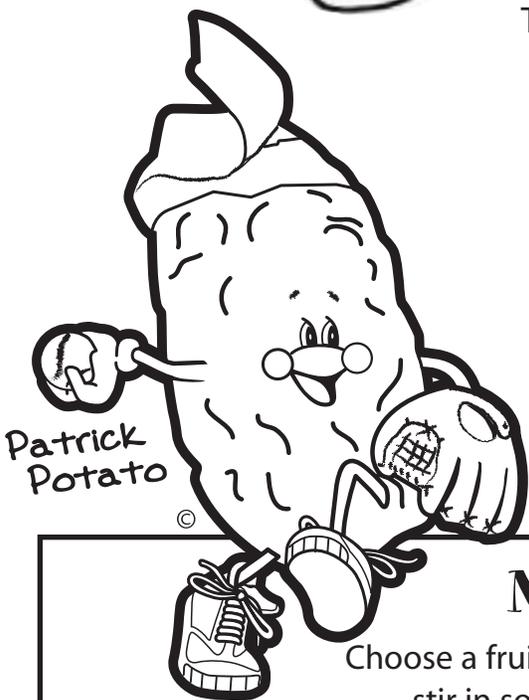
My name's Patrick Potato,
and I'm very proud to say:
Potatoes are the most popular veggie
in the whole US of A!

A source of fiber and potassium
and good old vitamin C,
potatoes make you strong and healthy
and give you lots of energy!

Baked, boiled, mashed or steamed,
potatoes are very nutritious.
They're fun, easy and quick to cook
and always very delicious.

Hey, don't forget to eat the skin,
it's filled with fiber and more.
Just scrub it down and cook it up
for a taste you will adore.

I hope you've listened closely
to what I've had to say,
and I hope you'll make potatoes
part of your **5 A DAY!**



Now, you write a poem!

Choose a fruit or vegetable that you like a lot, add in some facts,
stir in some rhymes, mix in fun, and see what happens.
