

5-6Fenn Persuasive Writing

Snow Peas Are the Best Vegetable

Do you get annoyed having to wait months or months to grow a vegetable? Well, snow peas are the best vegetable for you.

Snow peas are a green, crunchy and delicious vegetable that you can have cooked or raw. Snow peas are just like a pod with peas on the inside. They are in the legume family. The scientific name for snow peas is 'saccharatum' which means sweet. Snow peas take up to 21 to 30 day to sprout and 8 to 10 weeks to fruit. Snow peas are most certainly the best vegetable in my opinion.

By Gemma

Carrots

Do you want night vision like a cat? Than carrots are the vegetable for you. Carrots come in all different colours such as white, red, yellow and purple.

Carrots were originally grown as a medication. They came from Asia and Europe. Carrots are a root vegetable and they're the most delicious, scrumptious natural food in the whole entire world.

By Mason

Shallots

Sick of onions making you cry? Well, try shallots. They won't make you CRY!!! And they taste basically the same. So, try them... they're amazing. The taste is just oh so delicious! You can even eat their leaves. They're a bit spicy, salty and sweet, but pretty good.



By Ethan

Potatoes

Do you like fish and chips? Well, you could easily make your own chips out of some potatoes. And it's cheaper than buying them from a fish and chips shop.

Potatoes are an underground stem called a tuber. Potatoes come from the nightshade or Solanaceae family. There are several different colours of potatoes like white, purple, yellow, blue and red. There are over 200 varieties of potatoes. It takes about ten weeks for potatoes to grow. I hope you love them as much as I do. Try one today.

By Lillian

Carrots Are the Best Vegetable

Are you looking for a yummy, scrumptious and tasty snack? Well, I've got the snack for you.

Carrots are just orange goodness with a green leafy top. When you eat a carrot you hear a slight crunchy, orange snap. The snap you hear will make you satisfied. Trust me! It always happens.

Also, carrots are root vegetables. You pull them out of the ground. Carrots are in the umbellifer family with other good vegetables like, parsley and celery, but to me, carrots are the best.

By Spencer

Brussels Sprouts

Are you struggling to find a healthy food that will help keep away cancer? Brussels sprouts are the right vegetables for you.

Brussels sprouts are green and look like miniature cabbages. They are buds that grow in the axils of each leaf on the plant. Brussels sprouts can be grown all over the world during the cooler months. Scientists have named them *Brassica Oleracea* var. *gemmifera*.

I really love the taste of Brussels sprouts because they are healthy, leafy and green balls of goodness. They are great so why don't you give them a try?

By Breanna



Potatoes Are the Best Vegetable

Do you want to have carbohydrates and protein in your diet every day? Then potatoes are the vegetable for you.

Potatoes are a delicious, nutritious and tasty vegetable that come in many different colours like red, yellow, brown, and purple. Potatoes can be cooked in many different ways as well, like mashed and baked, but there are many more ways. Potatoes are a starchy, tuberous crop that grows in the ground. Potatoes are filled with things like carbohydrates, fibre, protein, calcium and vitamin C and I know you will love them as much as I do.

By Chelsey

Pumpkins



Would you like a vegetable that is full of fibre and potassium that supports your heart health? Well, pumpkin is the veggie for you.

Pumpkins are delicious vegetables to eat. Pumpkins originated in Mexico. The name pumpkin comes from the Greek word for "large melon". Pumpkins are from the cucurbits family and in this family there are about 965 different species with things like cucumber and watermelon.

I absolutely love this veggie because it's squashy, sweet and splendid to steam and fry. I also make pumpkin soup and pumpkin scones. You've got to love that. [Go Pumpkins!!](#)

By Maya



Carrots

Are you sick of waiting for your veggies to grow? Well, try carrots - they only take 11 weeks to grow. Carrots are a beautiful orange colour. When I bite into the crunchy carrot, it brings happiness to my mouth.

People first grew carrots as a medicine. Carrots can be traced back about 5000 years through historical documents and paintings. No one knows exactly when the first carrot appeared because many people mistook them for parsnips, a close relative of the carrots.

By Zali



Corn 🌽 Is the Best Vegetable 🌽

Do you like snacks, but struggle to find a healthy snack? Try corn 🌽. Corn 🌽 is a yellow, soft and crunchy vegetable 🌽. Corn 🌽 is a common vegetable and is from the grasses family, so it grows above ground on a big stalk. I know you will love it just like I do, especially with butter.

By Tobias 🐸

Potatoes

Would you like a vegetable that can support heart health? Well, potatoes are for you. A potato is a starchy, tuberous crop from the perennial nightshade *Solanum tuberosum* family, which also includes eggplant, tomatoes, capsicum and “the deadly nightshade”, which is the belladonna.



I think potatoes are better because they are versatile, varying and, for me, vital. In many contexts, potato refers to the edible tuber, but it can also refer to the plant itself. Common or slang terms include tater, tattief and spud.

It is also a root plant that comes in many different colours and sizes. They can be purple, white or, the most common, yellow. The best time to grow them is in early spring, but they are good anytime. I think you will love them like me, so try some as soon as possible.

By Toby



Carrots Are the Best Vegetable

Are you sick of having greens? Then have a carrot. They're sweet, healthy and energetic. Are you sick of being fat? Then have some carrots because they're full of fibre and vitamins. Are you sick of bumping into everything at night? Then have a carrot. They can give you night vision like a cat.



Carrots have been orange for most of their existence, but a long time ago they were purple. Carrots get their colour from Carotene; the more Carotene in a carrot, the darker it is.

Carrots are healthy, full of protein and delicious. I like eating them before and after my bike ride because they keep me healthy, give me more energy and strength.

Some people eat them every day. Carrots are good for dinner, lunch and desert.

By Eric



Potatoes

Do you want a vegetable which covers half the vitamin C you need for your body? Then eat delicious potatoes. Potatoes are tubers that grow in the ground and come in different colours. Potatoes are from the nightshade family. You grow potatoes in spring and summer because they are frost sensitive.

Potatoes are a very delicious, delightful and irresistible vegetable. They are just a taste sensation, especially when mashed or baked. Another upside is that you can cook potatoes in a lot of different ways. Potatoes are by far my favourite vegetable.

By Jacob

Carrots



Would you like a vegetable that could give you healthy eyesight? Then carrots are the veg for you.

Carrots are a root vegetable, usually orange in colour, though purple, black, red, white and yellow cultivars exist. They are in the umbellifer family. It takes 70 to 80 days to grow carrots and they are constant, crunchy coolness in your mouth.

By Mayson



Potatoes

Do you want a delicious vegetable that is low in fat and covers half of the vitamin C that you need for the day? Then eat potatoes.

Potatoes are the most popular food and the most normal food. Potatoes can be many different colours and they originated from Peru. They are satisfying, scrumptious and delicious and there are numerous ways to use them in cooking.

They are grown in the ground with dirt surrounding them and, because dirt is healthy, then potatoes are healthy. If you want, you can eat them with dirt, but I wouldn't recommend it.

You grow potatoes in early spring. Although they are in the nightshade family they are still edible.

Try One Today!

By Taygan

Carrots

Are you sick of eating chips for a treat? Well, eat a carrot instead, because it is healthy and you will get a lot of fibre.

Carrots are my favourite snack to have if I get hungry. I have one or two carrots at home to have each day and they are delicious. Carrots are mostly orange and they grow in the ground by roots.

By Cooper

Sugar Snap Pea Is the Best Vegetable

Do you like a sweet, crunchy, antioxidant and vitamin C rich snack? Well, if you do, sugar snap peas are for you!

Sugar snap peas are just a type of edible seed pod. They are part of the legume family. Some members of the legume family are snow peas, dwarf beans, kidney beans, broad beans and chickpeas.

Sugar snap peas are green, sweet and crunchy. You can eat them pod and all! Their scientific name is *Pisum Sativum* var. *Macrocarpon*. Some people get mixed up with sugar snap peas and snow peas but, sugar snap peas are usually fatter and have thicker pods. I love the sweet, crunchy flavour, especially straight off the vine! I'm sure you will too.

By Londe