



ONION AND LEEK TALKING POINTS

1. Introduction of the Onion and Leek

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2. A Slice of History about the Onion and Leek

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3. How do Onions and Leeks grow?

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4. What season do we pick Onions and Leeks?

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5. Vitamins and Minerals from Onions and Leeks

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6. How do you pick a good Onion or Leek?

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7. Let's try some Onions and Leeks! (instructions on what the students do next)

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