



Hi, I'm Ostrinach, and I'm here to tell you all about ostriches and spinach!

Ostriches are big birds that live in sunny Africa. They can run REALLY fast to escape danger, but they can't fly. They also have the BIGGEST eyes of all land mammals! Ostriches enjoy eating plants and yummy seeds. I bet they'd LOVE spinach, too!



Spinach is super tasty and super healthy. It's a leafy green plant that is yummy in salads, soups and even pasta. It contains lots of iron, which helps to keep your muscles big and strong.

Spinach also gives you energy so you can run and jump, just like an ostrich.

You can be a superhero for the animals and eat plants like spinach!

