

# Keep calm and carrot on eating veg!



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**go** Fresh  
club

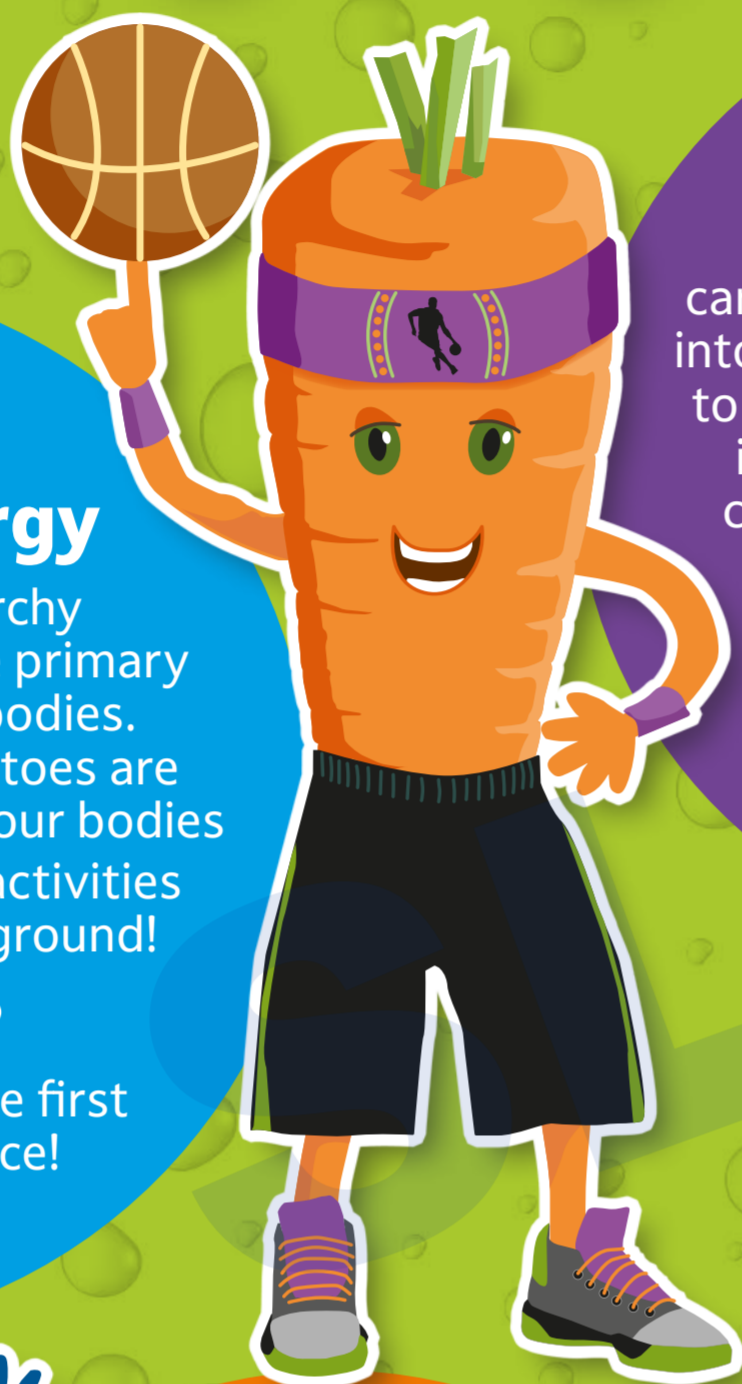
Becky Broccoli, Chris Corn and Colin Carrot all know the super health benefits you and your body receives from eating a variety of different vegetables. They want you to know too!

## Potatoes – energy

Potatoes are rich in starchy carbohydrates which are the primary source of energy for our bodies. When boiled or baked, potatoes are virtually fat free and provide our bodies with fuel to carry out daily activities such as playing in the playground!

### Did you know?

In 1995 potatoes were the first veg to be grown in space!



## Carrots – eyes

Carrots are rich in beta-carotene which our body converts into Vitamin A. Vitamin A is proven to help maintain healthy eyesight including night vision! So yes, carrots do effectively help you see better at night!

### Did you know?

Carrots come in a variety of colours including purple, white and yellow.



## Broccoli – bones

Broccoli contains Vitamin K which plays a crucial role in having healthy bones. Vitamin K helps ensure calcium is distributed where it is needed in your body to ensure your bones are strong.

### Did you know?

The largest broccoli ever recorded was 2 and half stone!



## Sweetcorn – tummy

Sweetcorn contains lots of fibre. Fibre makes your tummy feel fuller for longer and also helps your body process food well.

### Did you know?

Corn is grown in every continent in Earth apart from Antarctica.



## Tomatoes – heart

Tomatoes contain anti-oxidants which help keep our heart healthy. These vitamins help stop the cells inside your body becoming damaged and also promote a healthy heart within your body.

### Did you know?

Tomatoes are actually a fruit...



## Spinach – ears

Spinach is rich in magnesium. Magnesium helps improve blood flow around your body including to your ears to ensure you have good hearing!

### Did you know?

Spinach may be in your salad and you don't even realise!



## Peppers – skin

Peppers contain Vitamin A and Vitamin C which are essential to keep your skin hydrated. Vitamin C helps your body produce collagen which helps maintain your skin elasticity helping you to look younger for longer!

### Did you know?

Green and red peppers are the same plant. Green peppers are picked when unripe, if unpicked the pepper will change colour until eventually staying red.



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