

CARROTS

SUPER-SKIN

To keep your skin healthy and strong



GREAT FOR VITAMIN A

Carrots come in purple, red, white and yellow, not just orange!

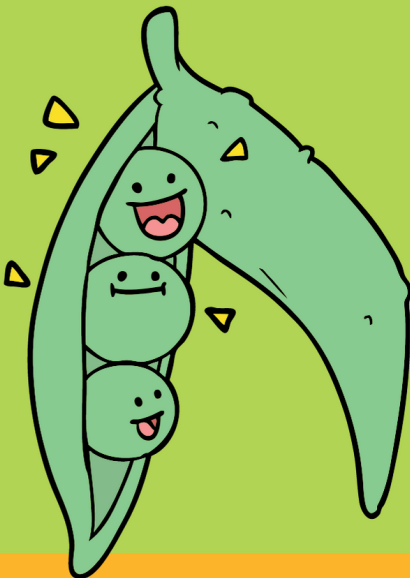
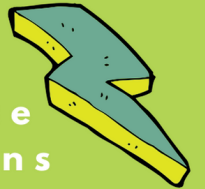
Eating carrots helps you see in the dark.



PEAS

SUPER-BRAIN

To help you answer those tricky homework questions



GREAT FOR VITAMIN B

Grow your own and eat them as soon as you pick them for a sweet taste.

On average, everyone in Britain eats nearly 9,000 peas per year



SWEETCORN

SUPER-SPEED

To give you energy to run at the speed of light



GREAT FOR MAGNESIUM



It can come in white, yellow, black, red and grey

Corn is grown on every continent in the world except Antarctica.

The cob of corn is part of the flower and the kernels are the seeds.



BROCCOLI

SUPER-STRENGTH

To keep your bones strong and healthy



GREAT FOR VITAMIN K



You can eat broccoli raw, it doesn't have to be cooked.

Broccoli contains a high amount of calcium to help build bone mass.

One cup of broccoli has more vitamin C than an orange.



TOMATOES

SUPER-MEMORY

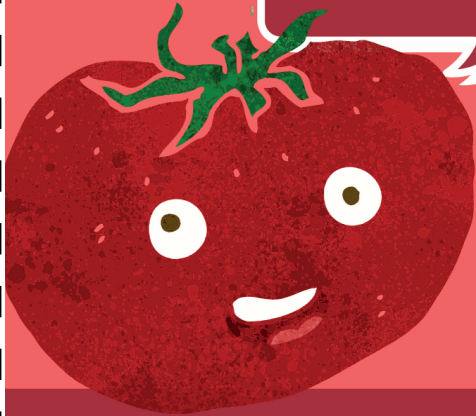
So you'll never forget to brush your teeth

GREAT FOR LYPOCENE



It's thought that tomatoes are originally from Peru, Central America.

La Tomatina is a festival in Spain where people throw tomatoes at each other.



Cooked tomatoes are actually better for you than raw tomatoes.



RED PEPPERS

SUPER-SIGHT

You won't miss a thing by eating these

GREAT FOR VITAMIN C



Grow your own in grow bags or in the garden.

Red peppers have the highest amount of vitamin C.



Red peppers are sweeter than green ones because bell peppers sweeten as they ripen.

