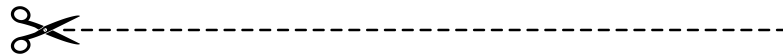



# TOP TRUMPS

Your next mission:

1. Cut along the dotted lines to make your own pack of cards to use to play against friends.



2. Battle against your friends to see who has the highest nutrients or the coolest fact to score points.



## CARROTS

**SUPER-SKIN**

**GOOD FOR: VITAMIN A**


**PERCENTAGE OF DAILY VALUES (IN ONE CUP)**

- Vitamin A: 428%
- Vitamin C: 13%
- Vitamin K: 21%
- Vitamin B6: 9%
- Vitamin E: 4%


**GROWING THE VEG**

- Sow: February - July
- Harvest: May - October
- Conditions: plenty of sun in fertile well-drained soil

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



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## BROCCOLI

**SUPER-STRENGTH**

**GOOD FOR: VITAMIN K**


**PERCENTAGE OF DAILY VALUES (IN ONE CUP)**

- Vitamin C: 135%
- Vitamin A: 11%
- Vitamin K: 116%
- Folate: 14%
- Magnesium: 5%

**GROWING THE VEG**

- Sow: April - July
- Harvest: February - April and July - October
- Conditions: fertile, well-drained, moisture-retentive soil.

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



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# PEAS

## SUPER-BRAIN

### GOOD FOR: VITAMIN B

#### PERCENTAGE OF DAILY VALUES (IN ONE CUP)

Vitamin A: 34%  
 Vitamin C: 13%  
 Vitamin K: 24%  
 Iron: 7%  
 Folate: 12%

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

### GROWING THE VEG

- Sow: February - June
- Harvest: June - October
- Conditions: plenty of sun with good drainage



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# SWEETCORN

## SUPER-SPEED

### GOOD FOR: MAGNESIUM

#### PERCENTAGE OF DAILY VALUES (IN ONE CUP)

Vitamin C: 17%  
 Vitamin B6: 4%  
 Magnesium: 14%  
 Folate: 18%  
 Iron: 4%

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

### GROWING THE VEG

- Sow: April - June
- Harvest: July - October
- Conditions: a sheltered sunny spot protected from wind, in fertile soil.



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# TOMATOES

## SUPER-MEMORY

### GOOD FOR: LYPOCENE

#### PERCENTAGE OF DAILY VALUES (IN ONE CUP)

Vitamin A: 25%  
 Vitamin C: 32%  
 Vitamin K: 15%  
 Potassium: 10%  
 Vitamin B6: 6%

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

### GROWING THE VEG

- Sow: February - April
- Harvest: July - September
- Conditions: needs to be watered regularly to keep soil evenly moist.



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# RED PEPPERS

## SUPER-SIGHT

### GOOD FOR: VITAMIN C

#### PERCENTAGE OF DAILY VALUES (IN ONE CUP)

Vitamin A: 93%  
 Vitamin C: 317%  
 Vitamin K: 9%  
 Vitamin B6: 22%  
 Vitamin E: 12%

'Peperone' is the Italian word for bell pepper, so ordering a 'pepperoni' pizza in Italy will get you a pizza covered in peppers.

### GROWING THE VEG

- Sow: February - April
- Harvest: July - October
- Conditions: can be grown in containers or the ground in a sheltered, sunny spot.



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