

CORN



When is corn
like a little
quiz?

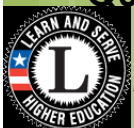
Why should I eat corn?

1. Vitamin B in corn can help your **memory**, which will make you **smarter** in school.
2. Corn can make your **heart stronger** when you grow up so you can run **marathons**.
3. **Antioxidants** in corn may help fight diseases like cancer.
4. Vitamin A in corn can help give you sharp **vision** and your skin a **healthy glow**.
5. Corn is **fun** to eat and a good summer **treat**!

When it's
popped!

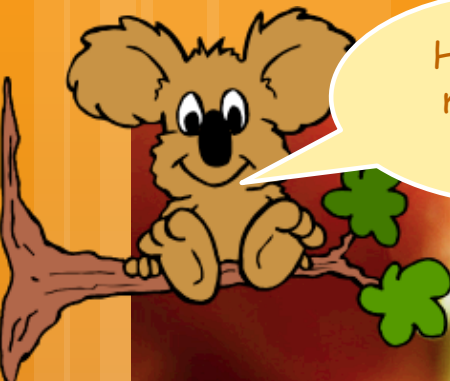


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CARROTS



How do you
make soup
gold?

Why eat carrots?

1. Carrots contain **beta-carotene**, which may help with your **vision**.
2. Carrots are the **root** of a plant so they have a lot of nutritious **minerals**.
3. **Dietary fiber** in carrots may help reduce **heart disease**.
4. Carrots are an easy and delicious **snack**!



*You put in
fourteen
carrots!*



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What do you call a mix between a gorilla and an ape?

GRAPES

Why are grapes delicious?

1. Red grapes contain a type of anti-oxidant that may help **prevent allergies**.
2. It also may reduce swelling which makes you **recover faster** if you get hurt.
3. The color is nutritious! The darker the **color**, the richer it is in essential **vitamins** for your eyes, heart, and brain.
4. They can help jumpstart your **metabolism** so that you are ready to compete in **sports** and focus in school.

A gr-ape!



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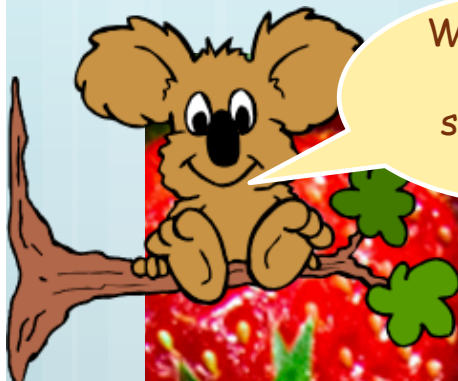


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Strawberries

Why eat strawberries?

1. Strawberries have lots of **Vitamin C** that may help your body fight off diseases.
2. **Folate** in strawberries may help improve your mood so you feel happier and more **energized**.
3. **Potassium** in strawberries may help keep your muscles and **heart** healthy.
4. Strawberries are a **low calorie** and **fat free** food!



Why was the little strawberry crying?



Because he and his friends were in a jam!

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When do you
stop at green
and go at
red?



WATERMELON

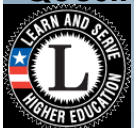
Why is watermelon good for you?

1. Watermelon is full of **lycopene** which may help fight off **cancer**.
2. If you have asthma, **antioxidants** in watermelon may alleviate asthma attacks.
3. **Vitamin B** in watermelons can lead to improving your **mood** and **memory** so you can do well in school.
4. Watermelons can also help maintain healthy **eyes**!

When you are
eating a
watermelon



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Wheat

Why eat wheat?

1. Wheat comes in all sorts of forms. The **flour** ground from wheat can be used to make bread, pasta, crackers, and cookies.
2. "**Whole wheat**" foods are the most nutritious and contain **dietary fiber** and **protein** which can help keep your belly full longer.
3. Whole wheat contains lots of **manganese**, which can help you grow big and strong!
4. Eating whole wheat helps your **heart** and may lower your **cholesterol**, two very important things for a long and healthy life.



What did the
oat say to the
grain of
wheat?



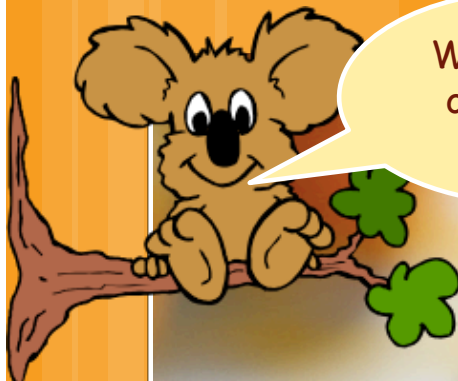
*You're
sweat!*

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ORANGES



Why did the
orange get
tired?

What's so great about oranges?

1. Oranges are loaded with **vitamin C**! This may help you from getting sick.
2. Oranges have **beta-carotene**, which can help you maintain healthy cells.
3. **Fiber** in oranges can help you digest other foods.
4. Oranges are super **juicy** so they keep you hydrated.



*Because it
ran out of
juice!*

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BLACK BEANS

Why should I eat beans?

1. Beans have tons of **molybdenum**, which fights preservatives that make you sick.
2. You need the **iron** in beans to be a fast runner.
3. Black beans contain an **anti-stress vitamin** that can help you stay happy and healthy.
4. The **fiber** in beans can help you stay full until your next meal so you don't get tired and hungry.
5. Small amounts of **copper** and **zinc** can help protect your immune system, skin, bones, and heart.

*A human
"bean"!*

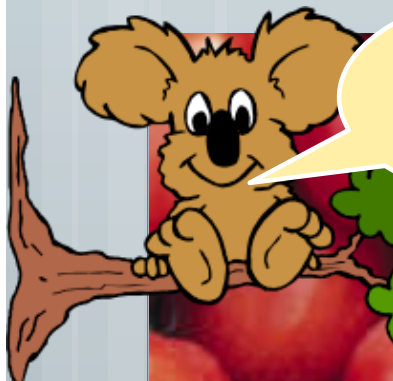


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TOMATOES



How do you
fix a broken
tomato?

Why are tomatoes good for you?

1. Tomatoes contain **lycopene**, which can help protect your skin from getting sunburnt.
2. Snacking on 2 tomatoes a day can provide the body with 60% of its daily need of **Vitamin C**.
3. One tomato has as much **fiber** as a slice of whole wheat bread! This fiber can help the body digest food.
4. Tomatoes come in all sorts of different forms, like **ketchup, salsa, soup, and sauces**.

Did you know...

Tomatoes are actually a **fruit**!



*Tomato
paste!*

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