

ROOT VEGETABLES

Did you know?

- Root vegetables are starchy veggies and are grown underground.
- They come in a rainbow of colours and many can be eaten raw or cooked.
- Carrots, sweet potato, parsnips, turnips and beets are all examples of this kind.
- They are a good source of fibre and antioxidants and are low in calories, fat, and cholesterol.
- Root vegetables are important staple food and used in cuisines all over the world.

AUGUST - 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

