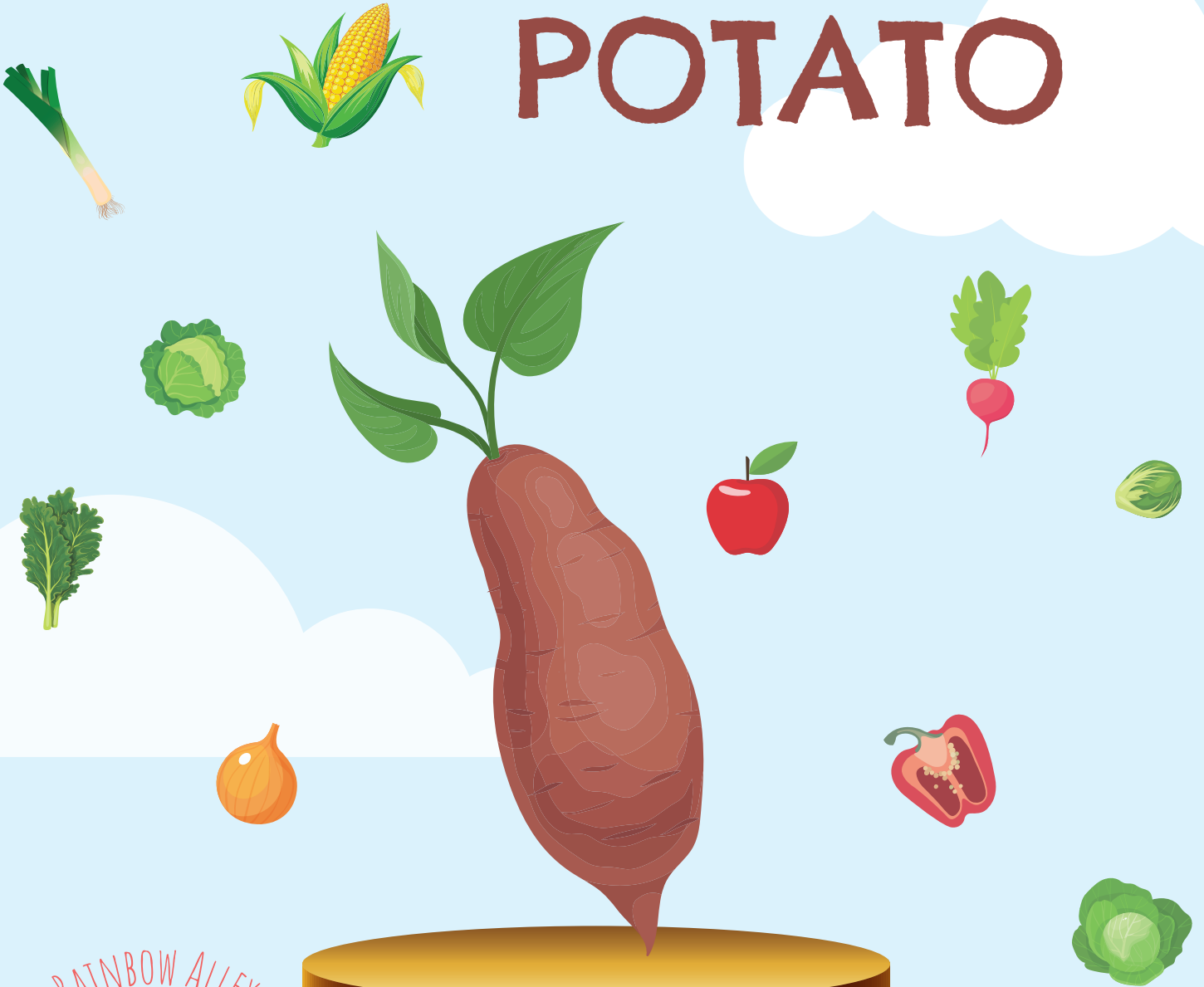




NOVEMBER

SWEET POTATO



RAINBOW ALLEY



SWEET POTATO

FUN FACTS

1. SWEET POTATOES GROW UNDERGROUND. THE PART WE EAT IS THE ROOT OF THE PLANT, AND IT'S FULL OF YUMMY NUTRIENTS.
2. SWEET POTATOES CAN BE ORANGE, YELLOW, PURPLE, OR EVEN WHITE! THEY COME IN DIFFERENT COLOURS LIKE A BOX OF CRAYONS.
3. SWEET POTATO PLANTS GROW LONG VINES WITH HEART-SHAPED LEAVES. IT'S LIKE A SECRET HIDEOUT FOR ANIMALS LIKE RABBITS TO EXPLORE!
4. THE "SWEET" IN SWEET POTATOES COMES FROM NATURAL SUGARS THEY HAVE. BUT THEY'RE A HEALTHIER KIND OF SWEET, LIKE A TREAT FROM NATURE.
5. SWEET POTATOES ARE SUPER HEALTHY. THEY'RE FULL OF VITAMINS AND FIBRE, WHICH HELP OUR BODIES GROW STRONG AND KEEP US FEELING GOOD.

Did you Know?
**INTERNATIONAL
FACT**

In America, sweet potatoes are a special part of Thanksgiving. They traditionally serve a sweet potato casserole with marshmallows.

SWEET POTATO ACTIVITIES

The vegetables have got their names all jumbled. Can you unscramble the letters to save their names?

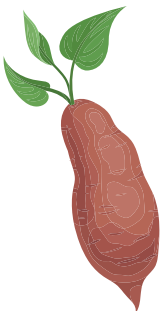
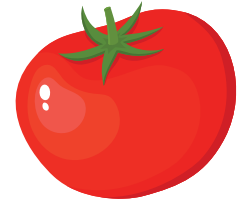


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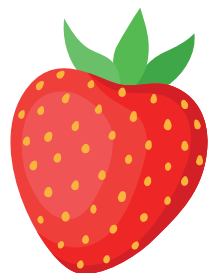


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RECIPE FROM HOME

Tell us your favourite recipe from home and hand it to a member of the Aspens Team. Make sure it includes SWEET POTATO!
The winning dish may feature on our menu.

Name of dish

Ingredients

Method

Name:

School Name:

Class: