

Beetroot







Beetroot is a root vegetable meaning that the part that we eat is the deep red root that grows under the ground.

3 whole baby beetroot count as 1 of your 5 a day.



Fact 2



Because of its beautiful colour, beetroot pigment can be used as a natural food colouring.

After eating beetroot, your urine may even turn pink but this is only temporary and isn't a problem at all!



Fact 4

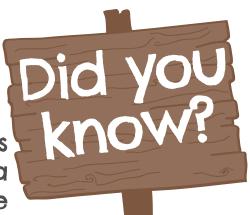


Beetroot is a superfood because it is high in antioxidants!

Fact

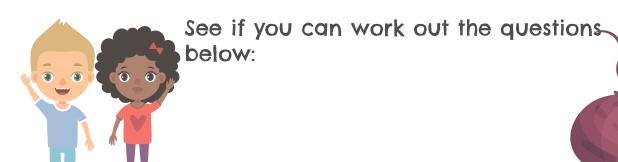
International Fact

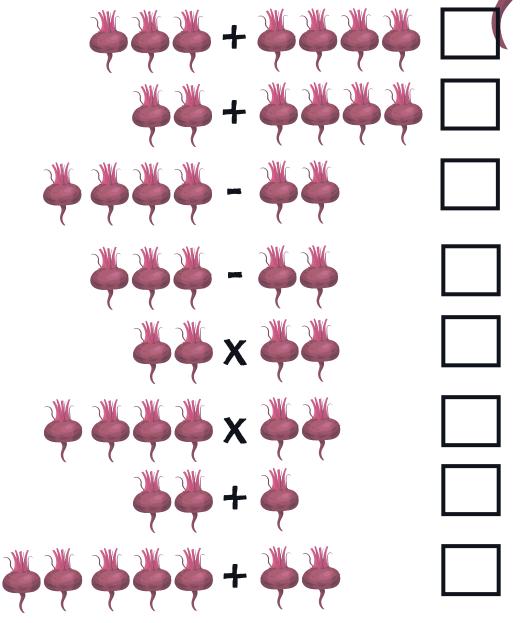
Beetroot was first cultivated by the Romans who believed that falling in love was a result of a couple eating from the same beetroot.





How good are you at Maths?





Name: School Name:

Class:



Recipe from Home

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



NAME OF DISH

INGREDIENTS



METHOD

Name: School Name:

Class: