

# FOOD FESTIVAL

By Aspens

## February



## Beetroot

# Beetroot



**Fact  
1**

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**



**Fact  
3**

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**



**Fact  
5**

Beetroot is a superfood because it is high in antioxidants!



**Fact  
6**

## 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.

**Did you  
know?**



## How good are you at Maths?



See if you can work out the questions below:



$$\begin{array}{c} \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \\ + \quad \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \end{array}$$

$$\begin{array}{c} \text{Beetroot} \quad \text{Beetroot} \\ + \quad \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \end{array}$$

$$\begin{array}{c} \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \\ - \quad \text{Beetroot} \quad \text{Beetroot} \end{array}$$

$$\begin{array}{c} \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \\ - \quad \text{Beetroot} \quad \text{Beetroot} \end{array}$$

$$\begin{array}{c} \text{Beetroot} \quad \text{Beetroot} \\ \times \quad \text{Beetroot} \quad \text{Beetroot} \end{array}$$

$$\begin{array}{c} \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \\ \times \quad \text{Beetroot} \quad \text{Beetroot} \end{array}$$

$$\begin{array}{c} \text{Beetroot} \quad \text{Beetroot} \\ + \quad \text{Beetroot} \end{array}$$

$$\begin{array}{c} \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \quad \text{Beetroot} \\ + \quad \text{Beetroot} \quad \text{Beetroot} \end{array}$$

Name:

School Name:

Class:



# FOOD FESTIVAL

By Aspens

## 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: