



# Hey kids, become a **FOOD EXPLORER** and check this out!

## Beets



### Did you know...?

- In 1975, American astronauts were welcomed into space with a banquet prepared by Russian cosmonauts. They enjoyed beet soup in zero gravity.
- Since the 16th century, beet juice has been used as a natural red hair dye.
- The largest beet recorded was 62.6 lbs!
- In ancient times, beets were used as medicine to treat headaches and toothaches.

## DELICIOUS AND NUTRITIOUS

Beets contain a large amount of potassium, which can reduce the risk of cardiovascular disease.

### A SUPER SNACK IDEA

Blend a small beet into a banana smoothie.

### BEET HUMOR

Did you hear about the vegetable that lowers your blood pressure and increases your brain function? You can't beet that.