

# Vegetable Riddles



## ANSWER KEY

### 1. TOMATO

#### Nutrition Trivia:

- Rich in Vitamins A and C, potassium and niacin.
- Cousins of the potato.

#### Did you Know:

Although we think of a tomato as a vegetable, it is botanically a fruit

### 2. POTATO

#### Nutrition Trivia:

- Good source of vitamins C and B6, niacin, iron and iodine.

#### Did you Know:

First introduced in Europe, the potato was cursed as an evil food.

### 3. MUSHROOM

#### Nutrition Trivia:

- Fairly good source of potassium and niacin.
- Do NOT eat wild mushrooms.

#### Did you Know:

Mushrooms are grown in carefully designed, windowless buildings where temperature and humidity are controlled.

### 4. CUCUMBER

#### Nutrition Trivia:

- Moderate amounts of vitamin A, iron, potassium and fiber.
- Cucumbers are waxed to prevent rotting.

#### Did you Know:

Eaten by early Egyptians to protect against bites of deadly insects.

### 5. CELERY

#### Nutrition Trivia:

- Good source of potassium, also relatively high in sodium.
- Eaten raw it can aid dental health.

#### Did you Know:

The Greeks gave bunches of celery as prizes to victorious athletes.

### 6. CARROT

#### Nutrition Trivia:

- Color due to beta-carotene, a substance noted for cancer-preventing properties.

#### Did you Know:

Used by Greeks and Romans for medicine.

### 7. BROCCOLI

#### Nutrition Trivia:

- This member of the cabbage family is a rich source of vitamins A and C, also a good source of potassium, iron, calcium, niacin and dietary fiber.

#### Did you Know:

The name comes from Italian *brocco* meaning arm or branch.

### 8. CORN

#### Nutrition Trivia:

- Source of vitamin A (yellow kernels), potassium, niacin and protein, high in fiber.

#### Did you Know:

Over 200 varieties of sweet corn are grown in the US today.