

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.