

Why are  
**VEGETABLES?**  
so good for us!

Vegetables are packed with important nutrients such as vitamins, minerals and dietary fibre, which our bodies need in order to function, grow and keep fit. Vegetables are important for maintaining a daily balanced diet. You should also eat one portion of raw vegetables per day, e.g. tomatoes, radish, cucumber or kohlrabi. What's more, different types of vegetables will add colour to your meal and brighten up your plate.



**CARROT**

Carrots are particularly healthy in a salad. When beta carotene (which gives the carrot its wonderful orange colour) and fat (such as the oil in a salad dressing) come together, our bodies are able to absorb lots of Vitamin A. This is important for our eyesight.

**TOMATO**

Did you know that tomatoes are 94% water? They also contain Vitamin C, which helps our immune system function.



**PEAS**

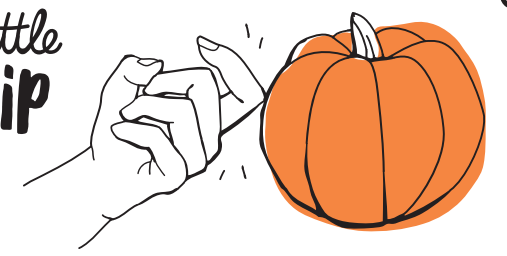
Peas are one of the oldest crop plants on the planet. They are very high in protein, dietary fibre, vitamins and minerals. Fresh peas must always be removed from the pod before they are cooked.

**SQUASH**

Squash is related to the cucumber, courgette and melon, and is very popular either in soup or roasted. Just like the carrot, the squash gets its orange colour from beta carotene.



little  
**Tip**



Give it a tap: If the squash sounds hollow, it's ripe and ready to eat.

**POTATO**

Potatoes come in many guises, including waxy, mashed, roesti, fries, roast and potato salad. There are few other vegetables that are as diverse as the potato. The potato is loaded with carbohydrates, which is why it is also known for being a source of energy.



**BROCCOLI**

You can eat the entire broccoli, including the florets and the peeled stem. Broccoli is high in Vitamin C and folic acid. Folic acid is a vitamin that is important for healthy blood formation and can be found in almost all green vegetables.



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