

Did you know?



Beat-head BEET

JOKE

Wh did the veggie band sound horrible live?
They were missing a beet.

Parents,

This month in the cafeteria we are sampling beets. Dips are a great way to introduce small tastes of a new food to your child. Beets are naturally sweet, and they add a vibrant color to this dip making it very kid friendly. This dip is ideal paired with sliced apples; however, if you have a grain lover try dipping a whole grain cracker. Get your child involved in making the dip and adding the ingredients to the blender!

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 -1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

- Nitrates in beets help increase blood flow to your muscles, brain and heart.
- The part of the beet that we eat is the root that grows under the ground. It has thin, feeder roots attached to it that grow into the soil to soak up the nutrients and water that it needs.
- The red color in beets is a compound called betanin which is very good for the body but it does stain your fingers unless you wear gloves.

RECIPE

Can't Be BEET Dip

Ingredients

- 1 medium beet, peeled and roasted, or 2 or 3 small packaged cooked beets
- 1 medium banana
- 2 tablespoons plain yogurt
- 1 tablespoon honey

Directions

Combine all the ingredients in a blender and blend into a sweet creamy dip! Add more yogurt if you want a thinner consistency.

