



What's the New Food?

It's Chunky Vegetable Stew

What's in chunky vegetable stew?

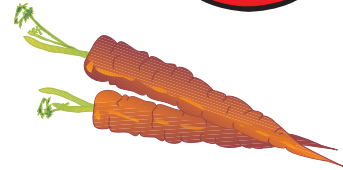
Tomatoes

Tomatoes have lots of vitamin C to help you heal cuts and scrapes. Vitamin C can also help you fight infections.



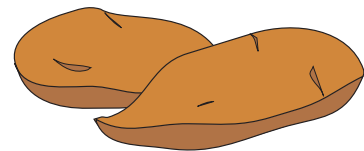
Carrots

Carrots have a lot of vitamin A, which helps keep your eyesight good.



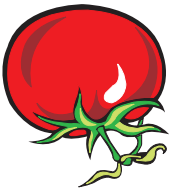
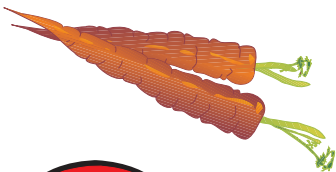
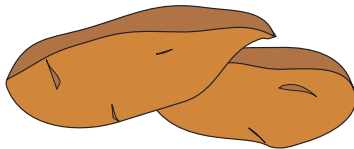
Sweet Potatoes

Sweet potatoes are packed with energy to help you run, dance, and think. They are also rich in several vitamins and minerals such as potassium, which is very important for working muscles.



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).



for working muscles.

Sweet potatoes are packed with energy to help you run, dance, and think. They are also rich in several vitamins and minerals such as potassium, which is very important

Sweet Potatoes

eyesight good.

Carrots have a lot of vitamin A, which helps keep your

Carrots

Tomatoes have lots of vitamin C to help you heal cuts and scrapes. Vitamin C can also help you fight infections.

Tomatoes

What's in chunky vegetable stew?

What's the New Food?

It's Chunky Vegetable Stew

