

Name: _____

What's Hiding in My Harvest Dinner?

Draw a line to match each food to what it helps your body do!

FOODS



Sweet Potato



Apple



Red Onion



Pork Loin



Bread

WHAT THEY HELP WITH



Helps support healthy eyes



Helps build muscles and grow



Gives your body energy to play and learn



Helps support a healthy heart



Helps support your immune system



FOOD SCIENCE CORNER

Scientists have discovered special compounds in foods called **bioactives**. These help support our bodies!



Sweet Potatoes

Beta-Carotene

Helps support healthy eyes and immune function.



Apples

Quercetin

Helps support heart and immune health.



Red Onions

Quercetin

Helps support heart and immune health.



Pork Loin

Protein

Helps build muscles and supports growth.



Bread

Carbohydrates

Gives your body energy to play and learn.

BONUS QUESTION!

Circle the food you were most excited to eat!



Sweet Potatoes



Apples



Red Onions



Pork Loin



Bread