

# Beets

Beets are an edible taproot, and though they are most commonly known for their red or pink color, they can be orange and yellow as well. Beetroot belongs to the family Amaranthaceae. This plant originates from India, Mediterranean areas and Atlantic coast of Europe, but it can be found all over the world today.



Beets are an excellent source of folate, and also contain high amounts of Vitamin C, potassium, and fiber. Beet greens have a great amount of Vitamin C, calcium and iron.



Beetroot has heart-shaped leaves. They are usually 2 to 8 inches long in wild plants and much longer in cultivated varieties.

Betaine is a substance isolated from beetroot. It is responsible for the purple color of the root. This substance is used in food industry to improve color and taste of desserts, jams, ice-creams, jellies, tomato sauces and breakfast cereals.

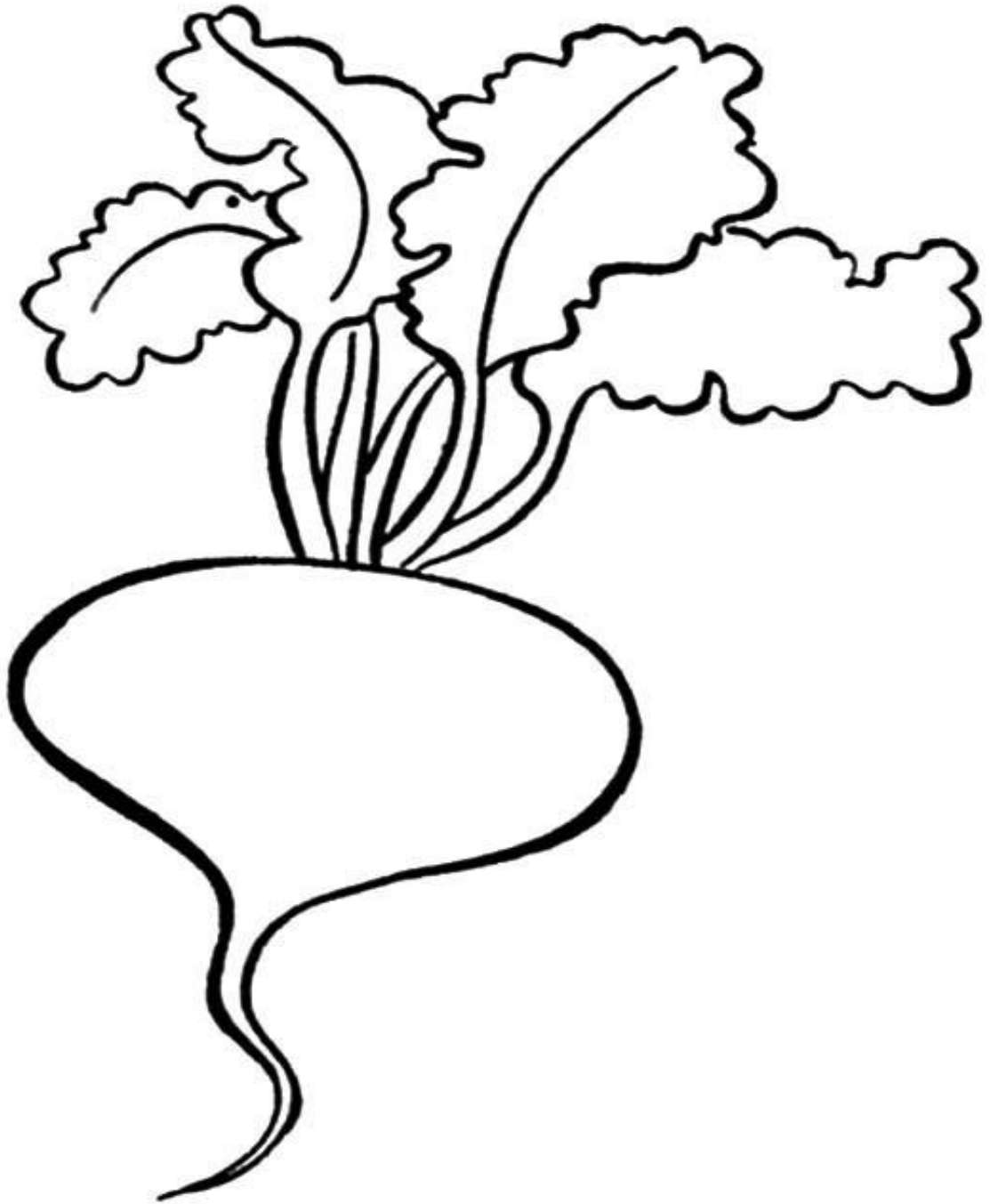


Beets are sweet! One variety of beet, called Sugar Beet, is used in making sugar. Beets have the highest natural sugar content among all other vegetables. You can make beet juice out of beets. It is packed with nutrients. Beet juice has also been used for red dye since the 16<sup>th</sup> century.

Color Me



# Beet



# Root or Not Root?

Can you identify the root and non-root vegetables?

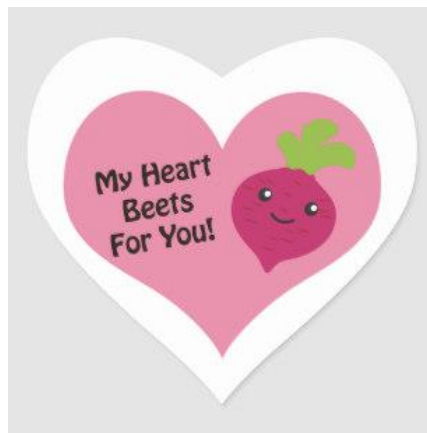


# B

## B is for Beets

Bring a beet of different color to the classroom to show the children. If allowed, cut the beets into pieces so everyone can try a bite. As they are trying the root, ask questions. For example:

- o Is it soft, crunchy, smooth, sweet, or salty?
- o How do beets grow?
- o Does anyone have a garden at home?
- o Has anyone tried to grow beets in their garden?
- o What part of the beets do we eat?
- o Can you identify words that start with the letter B?



# Story Time

\_\_\_\_\_ are an edible \_\_\_\_\_, and thought they are most commonly known for their red or pink color, they can be \_\_\_\_\_ and \_\_\_\_\_ as well. Beetroot belongs to the family Amaranthaceae. This plant originates from \_\_\_\_\_, \_\_\_\_\_ areas and \_\_\_\_\_ coast of Europe, but it can be found all over the world today.

Beets are an excellent source of \_\_\_\_\_, and also contain high amounts of Vitamin \_\_\_\_\_, potassium, and \_\_\_\_\_. Beet greens have a great amount of Vitamin C, calcium and \_\_\_\_\_.

Beetroot has heart-shaped leaves. They are usually \_\_\_\_\_ to \_\_\_\_\_ inches long in wild plants and much longer in cultivated varieties.

\_\_\_\_\_ is a substance isolated from beetroot. It is responsible for the \_\_\_\_\_ color of the root. This substance is used in food industry to improve \_\_\_\_\_ and \_\_\_\_\_ of desserts, jams, ice-creams, jellies, tomato sauces and breakfast cereals.

Beets are \_\_\_\_\_! One variety of beet, called \_\_\_\_\_ beet, is used in making sugar. Beets have the \_\_\_\_\_ natural sugar content among all other vegetables. You can make beet \_\_\_\_\_ out of beets. It is packed with nutrients. Beet juice has also been used for \_\_\_\_\_ since the 16<sup>th</sup> century.

# Answers

**Beets** are an edible **taproot**, and though they are most commonly known for their red or pink color, they can be **orange** and **yellow** as well. Beetroot belongs to the family Amaranthaceae. This plant originates from **India**, **Mediterranean** areas and **Atlantic** coast of Europe, but it can be found all over the world today.

Beets are an excellent source of **folate**, and also contain high amounts of Vitamin **C**, potassium, and **fiber**. Beet greens have a great amount of Vitamin C, calcium and **iron**.

Beetroot has heart-shaped leaves. They are usually **2** to **8** inches long in wild plants and much longer in cultivated varieties.

**Betaine** is a substance isolated from beetroot. It is responsible for the **purple** color of the root. This substance is used in food industry to improve **color** and **taste** of desserts, jams, ice-creams, jellies, tomato sauces and breakfast cereals.

Beets are **sweet**! One variety of beet, called **Sugar** Beet, is used in making sugar. Beets have the **highest** natural sugar content among all other vegetables. You can make beet **juice** out of beets. It is packed with nutrients. Beet juice has also been used for **red dye** since the 16<sup>th</sup> century.

