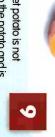
B: Christopher Columbus A: Superfoods

of the world's most popular what? fatty acids is therefore known as one dietary fibers, vitamins and omega-3

Century by which famous explorer? Europe from the Americas in the 15th thought to have been brought over to related to the potato and is

Kale is one of the most

nutrient-rich sources of





Peas grow on vines, have

variety of pea? However, which of these is not a be eaten in or out of their pods. white flowers and can

and sport. They are also used to make and are a key fuel source for exercise contain a lot of carbohydrates which popular snack? Potatoes are vegetables that

B: Brussel Sprout dating back to the 1600's. oldest vegetables, looks like a baby cabbage? What other related vegetable Cabbages one of the



B: Popeye

strength after eating the iron who possesses superhuman of the cartoon Sailor rich vegetable spinach? What is the name



tor centuries for what? "shoot" and has also been used language meaning "sprout" or comes from the Greek The name asparagus

C: Treating medical conditions

turns into Vitamin A. This is said

beta-carotene which the body

of chopped broccoli the Vitamin

Vitamin C, making 1 cup Broccoli is very high in

of sweetcorn will always

Did you know that an ear

have an even number of rows

C equivalent to what fruit?

best sources for Carrots are one of the

to be important for our what?

C: Orange

of the world apart from where? and is grown on every continent

A: Antarctica

Kole



Corrots

CHALLENGE 2: ANSWERS 10 vegetables marked on a map

Explore the Park • Find the Markers • Complete the Challenge • Have Fun Together

