



# THE SCOOP ON SWEET POTATOES:

## THE HEALTH BENEFITS!

### Vitamin A

Boosts your immune system to fight off germs!  
Keeps your eyes healthy and skin happy!

### Vitamin C

Protects your body from sickness!  
Needed for growth and repair in your body!

### Vitamin D

Helps your bones, teeth, and muscles grow big and strong!

## ABOUT THE SWEET POTATO PLANT:

- Sweet potatoes grow best in warm climates with lots of sun, and well-drained soil!
- When you eat sweet potatoes you are actually eating the root of the plant, that stores all sorts of nutrients.
- Sweet potatoes have been grown since 8000 BC

## LABEL PARTS OF THE PLANT!



## WORD BANK

- ROOT
- LEAF
- FLOWER
- STEM

