



Fact File

3rd – 7th November, 2008

Cucumber	Beetroot	Melon
Nutritional Information:		
Potassium Beta Carotene (converted into Vitamin A in the body)	Vitamin A, B & C Calcium Folic Acid Potassium, Magnesium, Iron Anti-carcinogenic substances	Potassium Iron Vitamin C Folic acid
Health Benefits:		
Cucumber contains a large amount of water and therefore is a fantastic diuretic. (aids urination) The nutrients in cucumber help to regulate blood pressure and also aides digestion. The potassium in cucumber benefits the nervous system and cellular growth.	Beetroot is great to help the bodies natural defence and strengthen the immune system. Raw beetroot is a powerful blood cleanser. Also excellent for digestive problems and particularly helpful in cleansing the liver.	All forms of melon are mildly laxative without being an irritant, making it a good food for children who are constipated. The deeper orange varieties of melon are antioxidant rich. Natural sugar, in form of pectin in melons, is an excellent natural form of energy for children.
Ways to incorporate the food into a healthy diet:		
Juice with carrot and apple for a cool and refreshing drink. Offer cucumber in slices and sticks with various dips. Add to a sweet and sour stir fry. However, cooking quickly dilutes the nutritional value of cucumber. If offering for the first time to a child, remove the skin before slicing to make more palatable.	Grate beetroot with carrot and courgette and mix into salads. Juice with apple and oranges. Add pureed beetroot to hommous for a yummy pink dip! Avoid offering pickled beetroot to children as it contains far too much hyperacid vinegar.	A cool refreshing treat. A large slice of melon beats any sugary drink for refreshment. Have children chop up their own pieces of melon to add to a fruit kebab. Puree with strawberries and freeze to make healthy iced lollies.