**Beneficial Bites:**

☺This root vegetable is packed with healthy nutrients including more than twice your daily need for Vitamin A!

☺ They are filled with lots of antioxidants which will help you stay healthy during these long wintermonths.

**Interesting Facts:**

☺ Although it may be called a sweet potato, this root vegetable is not related to the potato family at all! It is actually related to the morning glory family.

☺ North Carolina is the leading supplier of Sweet Potatoes in the United States.

☺ You would have to eat 23 cups of broccoli to get the same amount of Vitamin A that is found in just one sweet potato!

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**

**Sweet Potato Word Search**

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ANTIOXIDANT FRIES

BEAUREGARD HARVEST

CANNING JEWELL

CARVER MORNING GLORY

CASSEROLE SOUTH CONVOLVACEAE STARCH

CROP YAM

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