







# SUPER FACTS & FUN

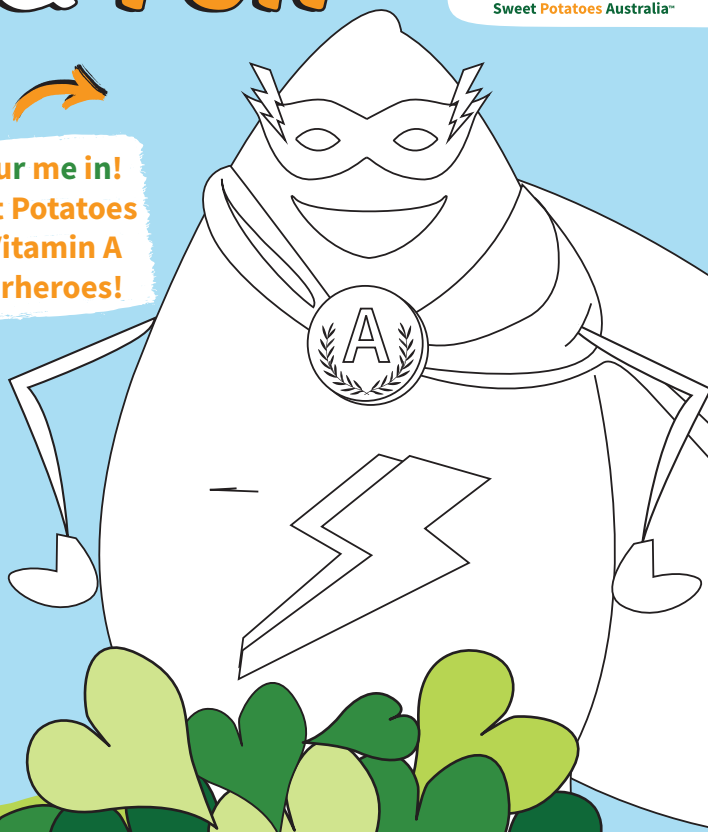


## Did you know...?

-  Our sweet potato farms are located in Bundaberg, Queensland.
-  Sweet potatoes are rich in the antioxidant beta-carotena – this is what gives them their bright orange colour.
-  Sweet potatoes grow large nutritious storage roots beneath the ground.
-  It takes around 16-18 weeks for sweet potatoes to mature in our warm, even climate.
-  Sweet potatoes are delicious and nutritious! They are packed full of vitamin A to help boost your immune system and keep your body healthy.
-  Our sweet potatoes are very versatile vegetables. You can toast them like bread, mash them and hide them in brownies, cakes and cookies, enjoy them in salads, or simply bake them in the oven. How do you like to eat your sweet potatoes?



**Colour me in!**  
Sweet Potatoes are Vitamin A Superheroes!



## Find all the sweet potato words below in our find-a-word puzzle

- |            |           |         |          |
|------------|-----------|---------|----------|
| SWEET      | ORANGE    | PRODUCE | VITAMINS |
| POTATO     | VEGETABLE | HEALTHY | LUNG     |
| QUEENSLAND | FRESH     | YUMMY   | HEART    |
| BUNDABERG  | HARVESTER | FARM    | COOK     |

S	D	X	F	G	H	I	M	P	H	S	E	R	F	T	U
W	R	L	O	R	A	N	G	E	A	C	R	E	R	T	O
E	E	Y	N	M	V	E	G	E	T	A	B	L	E	T	F
E	F	H	E	A	R	T	D	T	O	X	P	X	T	M	A
T	M	N	V	I	T	A	M	I	N	S	N	R	W	P	R
Q	U	E	E	N	S	L	A	N	D	C	V	T	K	L	M
Y	C	M	N	U	H	A	R	V	E	S	T	E	R	M	L
H	Y	Q	E	N	M	P	Z	E	G	J	S	K	R	T	U
N	U	L	Q	M	P	R	O	D	U	C	E	V	Q	J	L
B	M	U	S	F	X	N	M	T	Z	Y	U	N	I	P	M
C	M	N	V	B	B	U	N	D	A	B	E	R	G	Q	V
D	Y	G	C	N	V	A	Q	Y	G	T	G	A	H	C	M
I	U	S	R	T	C	O	O	K	W	E	O	F	G	Z	I
Y	H	T	L	A	E	H	A	X	R	Y	M	P	D	R	E