

# Incredible Edible Leek!

**What makes foods healthy?**



# What makes food good for us?

- Food gives us energy to learn and grow
- Healthy food gives us the right mix of things our bodies need
- Our bodies need vitamins, minerals, fats, proteins, carbohydrates, fibre and sugar in different proportions

# Fruits and Vegetables

These are a really important part of a healthy diet because they contain...

**VITAMINS**

and

**FIBRE**

# Introducing...



# Why is this Edible Leek Incredible?

The leek is superhero vegetable because it has:

**Lots  
of vitamins  
and  
minerals**

**Lots  
of fibre**

**Nearly no  
sugar or  
fat!**

**It tastes  
yummy!**

**It's grown  
in Britain  
nearly all  
year  
round!**

**But wait...**  
**there's more!**

# Superpower!

Our superhero leek is not only delicious, good for you, low in food-miles and available nearly all year round, it also has a hidden superpower...

It is a **prebiotic**

This means it helps all of the good bacteria in your tummy to get the best out of everything else you eat by keeping them healthy and working well.

**What a hero!!**

# The Incredible Edible Leek

- ✓ Yummy
- ✓ Good for your tummy
- ✓ Grown in Britain
- ✓ Seasonal

