**Just Eat It: Radishes**

Investigate how a radish can improve your health, add nutrients to your meals and is a welcomed addition to nearly any course of any meal.

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| List 10 nutritional benefits of eating a ½ cup serving of radishes | |  |  | | --- | --- | | 1. | 6. | | 2. | 7. | | 3. | 8. | | 4. | 9. | | 5. | 10. | |
| Describe how radishes can be eaten throughout the day. | |  |  | | --- | --- | | Meal of the day | An example of a dish for this meal using radish bulbs or greens | | Breakfast |  | | Lunch |  | | Snack |  | | Dinner |  | |
| Include a recipe for an innovative dish using radishes. Include the nutritional information of the dish, if available. |  |