**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. |

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| Describe how radishes can be eaten throughout the day. |

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| Meal of the day | An example of a dish for this meal using radish bulbs or greens |
| Breakfast |  |
| Lunch |  |
| Snack |  |
| Dinner |  |

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| Include a recipe for an innovative dish using radishes. Include the nutritional information of the dish, if available. |  |