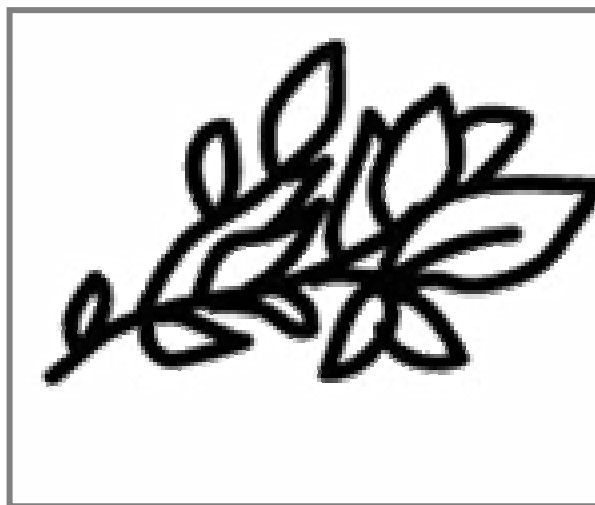




Learn about vegetables with Louis

- **What is the name and colour of this vegetable?**





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- **Spinach is:**
 - a) A leaf vegetable
 - b) A root vegetable
 - c) A fruiting vegetable





Learn about vegetables with Louis

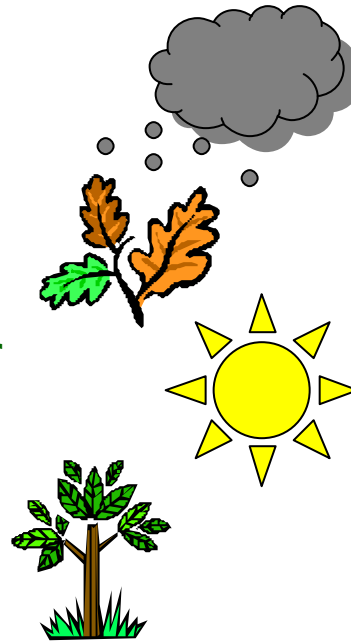
- **In what season do we grow spinach?**

a) Winter

b) Autumn

c) Summer

d) Spring

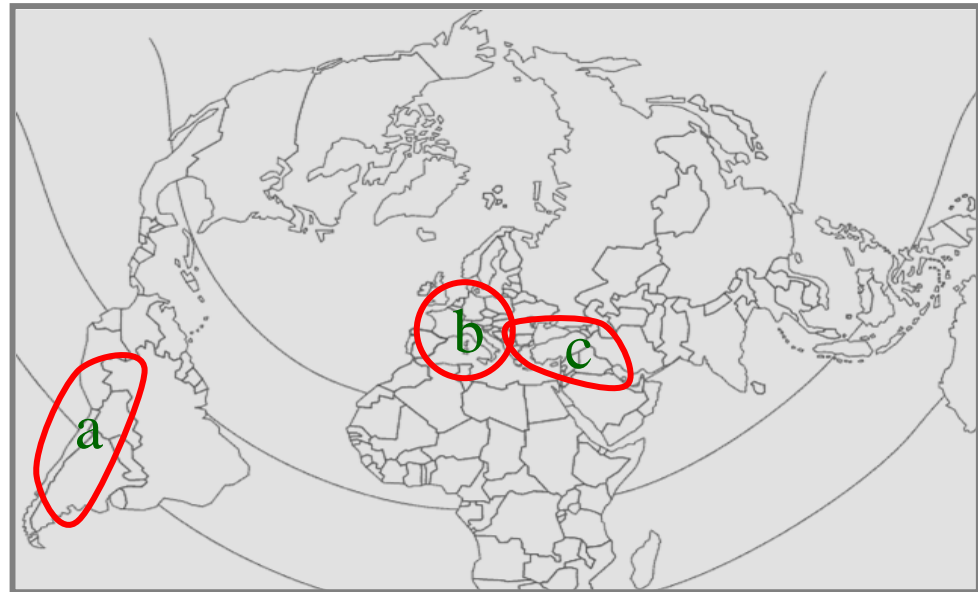




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- **What part of the world does spinach originate from?**

- a) The Andes Cordillera
- b) Europe
- c) Asia Minor



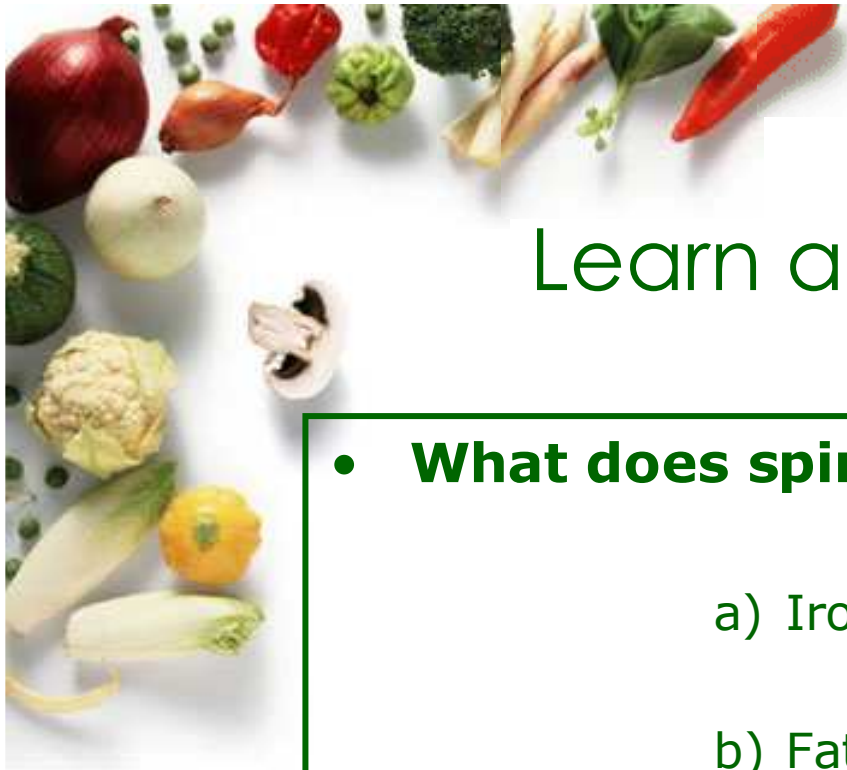


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- **Spinach improves digestion by facilitating intestinal transit:**

a) True

b) False



Learn about vegetables

- **What does spinach contain in particular?**
 - a) Iron
 - b) Fats or lipids
 - c) Sugar



Answers

- 1) Spinach, green**
- 2) It is a leaf vegetable**
- 3) Spring, Autumn, Winter**
- 4) It originates from Asia Minor**
- 5) True, it is rich in fibre and low in calories**
- 6) Iron, which transports oxygen**