Arbor Fun Page

arbor Management, Inc.

Word Search

NOVEMBER
ORANGE
JOINTS
IMMUNE
EYES
CAROTENES
SWEET
VITAMIN A

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

Fruit & Veggie of the Month

ORANGE

Oranges are best known for their high amounts of vitamin C, which boosts your immune system to fight off illnesses. Eating oranges can help reduce swelling in painful joints—vitamin C is also needed for healthy cartilage in joints. They are full of carotenes that help your eyesight stay sharp. To pick the best orange, compare oranges of the same size and choose the heaviest one. When orange peels are green on the outside, it doesn't always mean they aren't ripe—warm weather can cause an orange peel to turn green again, but the inside's still juicy and fresh!

SWEET POTATO

Sweet potatoes have bright orange insides. The orange color is from beta-carotene. After being eaten, beta-carotene in the body is turned into vitamin A, which is needed for good night vision! Carotenes are also antioxidants, which fight off free-radicals that damage cells and cause cancer. With vitamin C, fiber, and potassium, sweet potatoes are a Superfood! What's the difference between a sweet potato and a yam? Sweet potatoes are softer and sweeter. True yams are from Africa, and are tubular, starchy, and dry. A "yam" in the US is actually a soft sweet potato!