



# COOL BEAN, AFRICA



**black-eyed  
pea**



## Daily Scoop Nutrition Trivia



**Black-eyed peas.**  
Plant or animal  
protein?

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# EAT LEAN & GREEN

...real food for a strong body, sharp mind, and happy spirit!



**Sweet Potato &  
Carrots are...**  
\_\_\_\_\_ vegetables.

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**Citrus Fruit.**  
Rich in Vitamin C,  
can help fight the  
common \_\_\_\_\_.

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