



Cool Bean, AFRICA



**black-eyed
pea**



Daily Scoop Nutrition Trivia



Black-eyed peas.
Plant or animal
protein?

FEED YOUR SOUL with PLANTS

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



**Sweet Potato &
Carrots are...**
_____ vegetables.



Citrus Fruit.
Rich in Vitamin C,
can help fight the
common _____.



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