

Print out, photocopy and cut out these shapes to use in conjunction with lesson ideas from the Harvest Poster



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**Mangoes are rich in
vitamin C and carotene
which help prevent
diseases.**

Place on stomach



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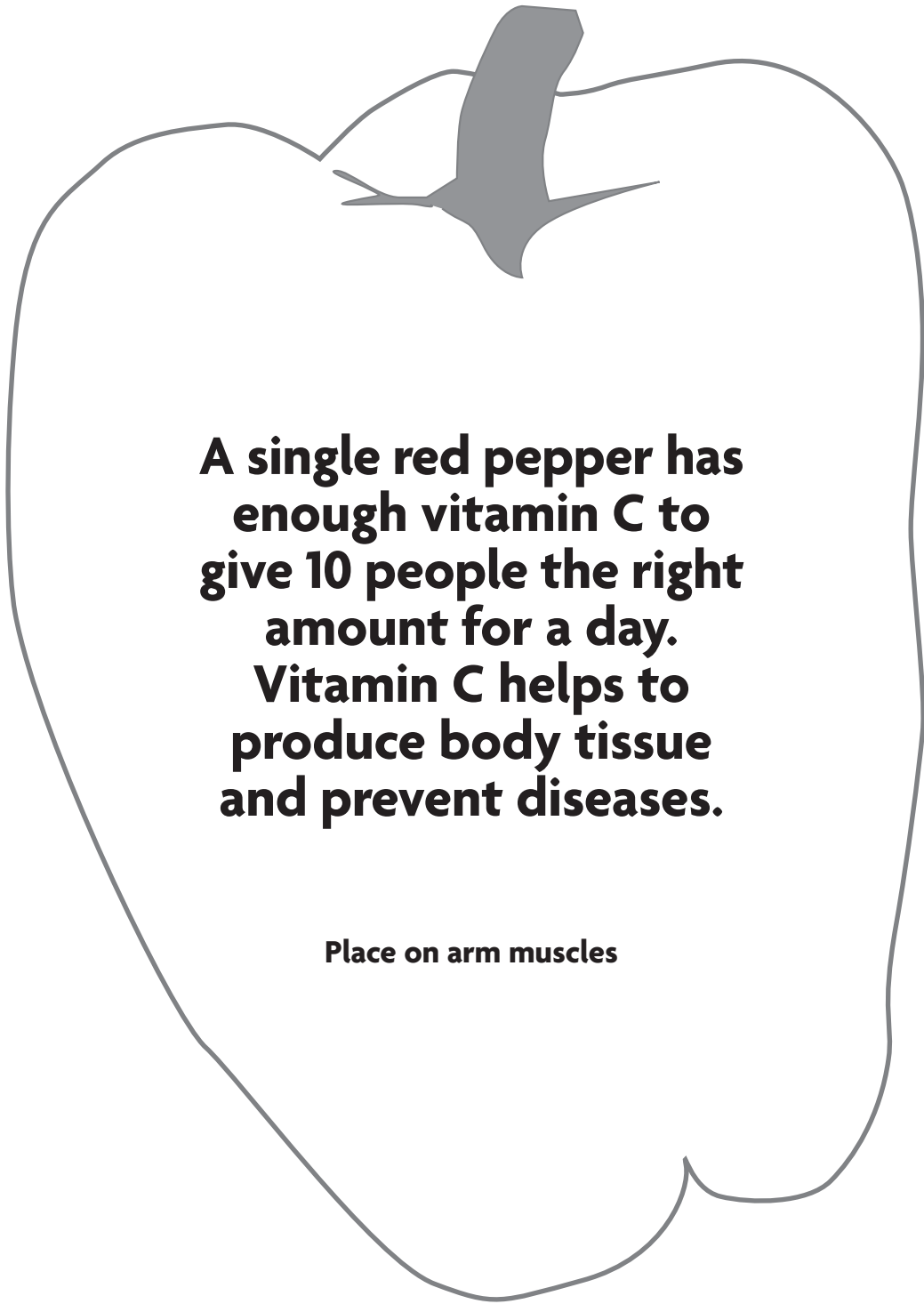
**Tomatoes are a rich source
of lycopene, which can help
protect against cancer.**

Place on stomach



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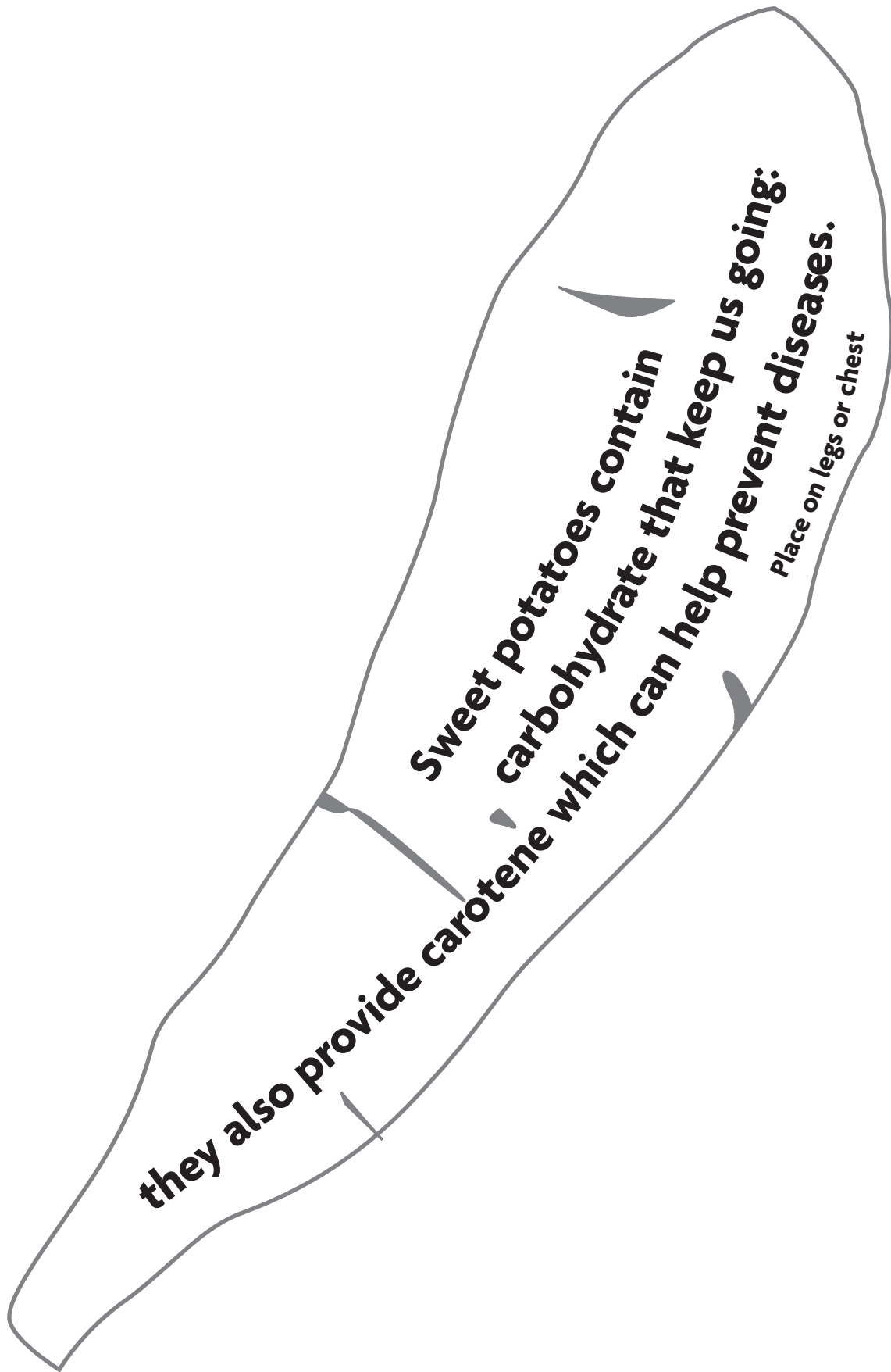


**A single red pepper has
enough vitamin C to
give 10 people the right
amount for a day.
Vitamin C helps to
produce body tissue
and prevent diseases.**

Place on arm muscles



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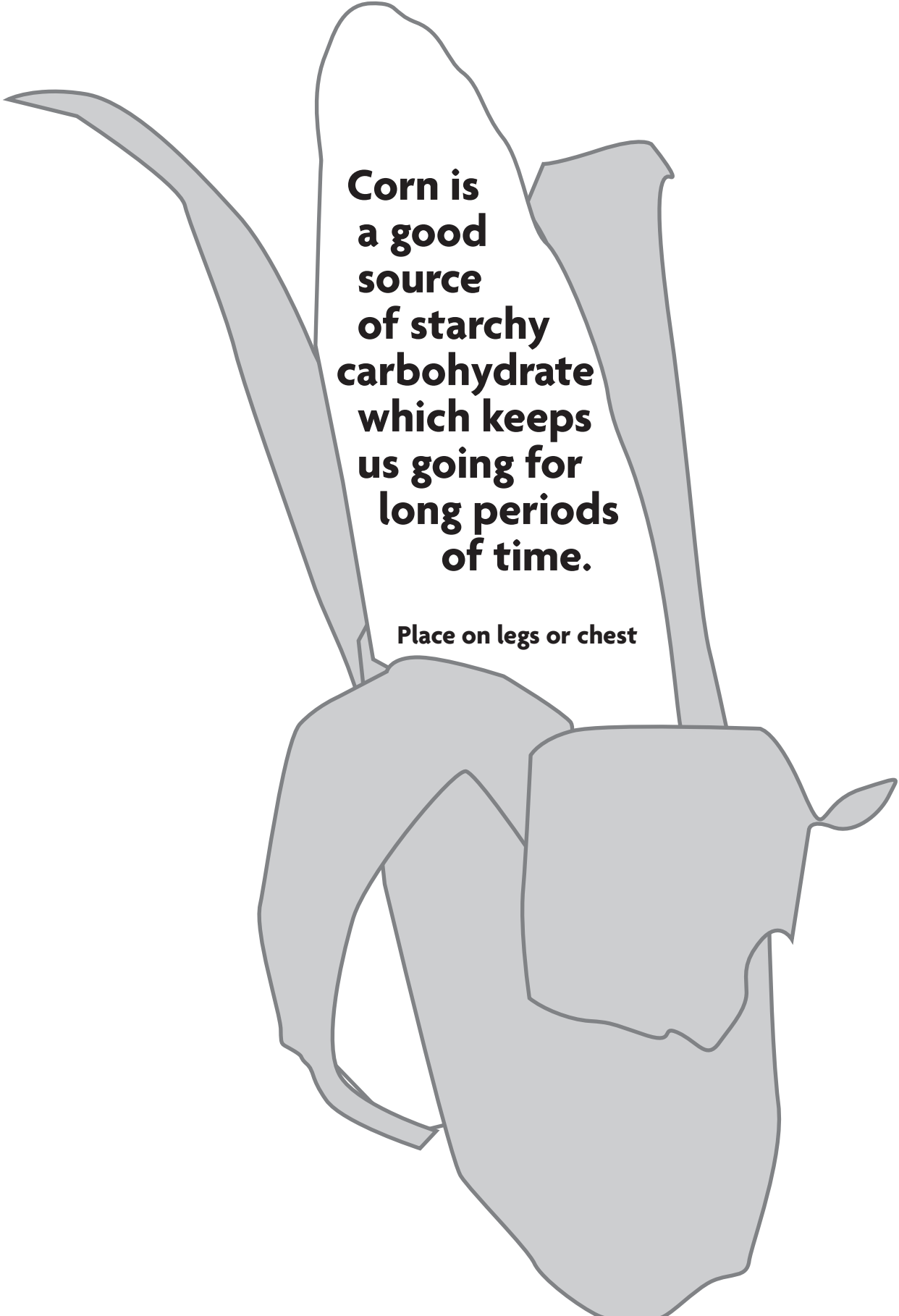
they also provide carotene which can help prevent diseases.

Sweet potatoes contain carbohydrate that keep us going:

Place on legs or chest



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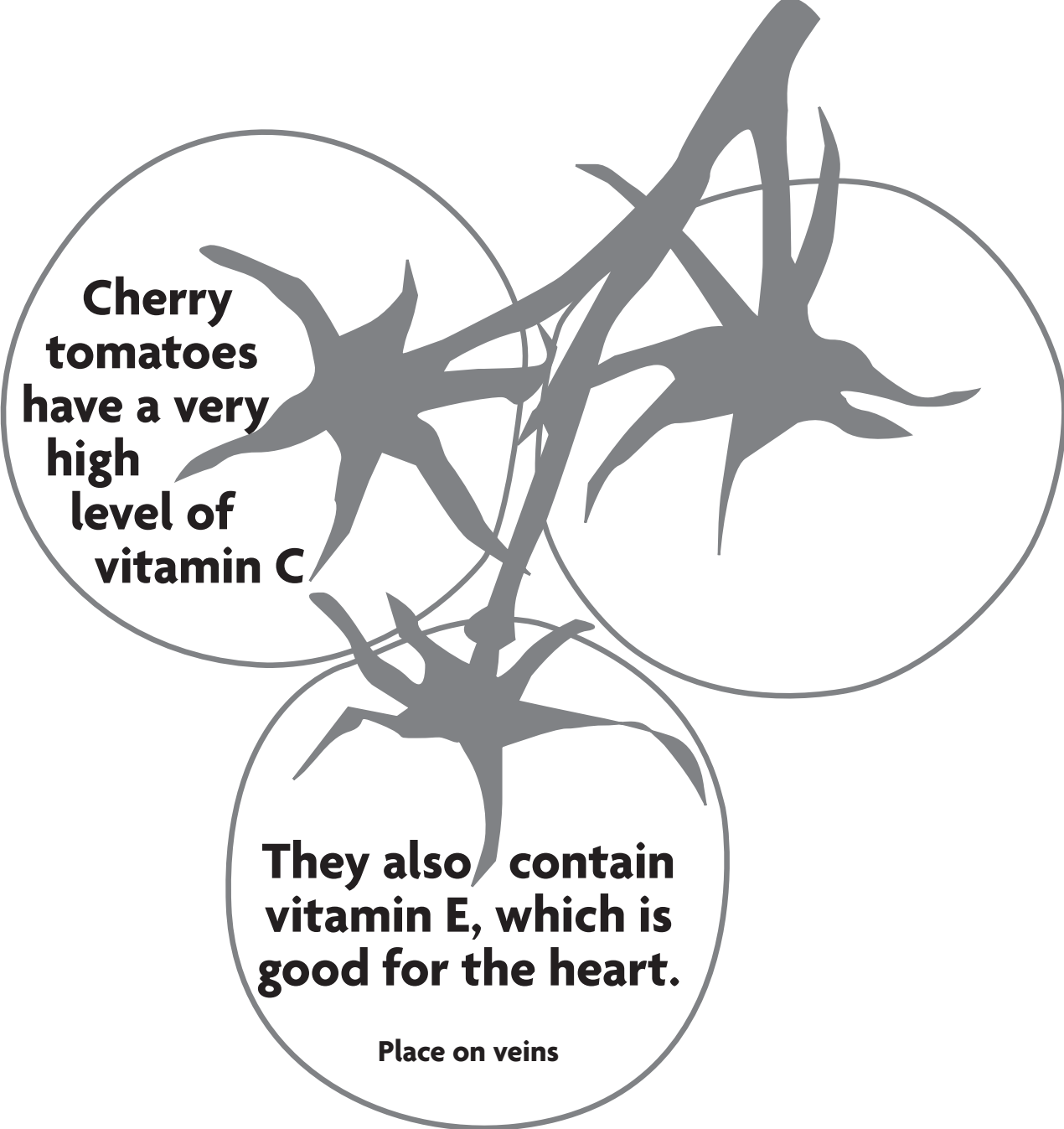
**Corn is
a good
source
of starchy
carbohydrate
which keeps
us going for
long periods
of time.**

Place on legs or chest



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**Cherry
tomatoes
have a very
high
level of
vitamin C**

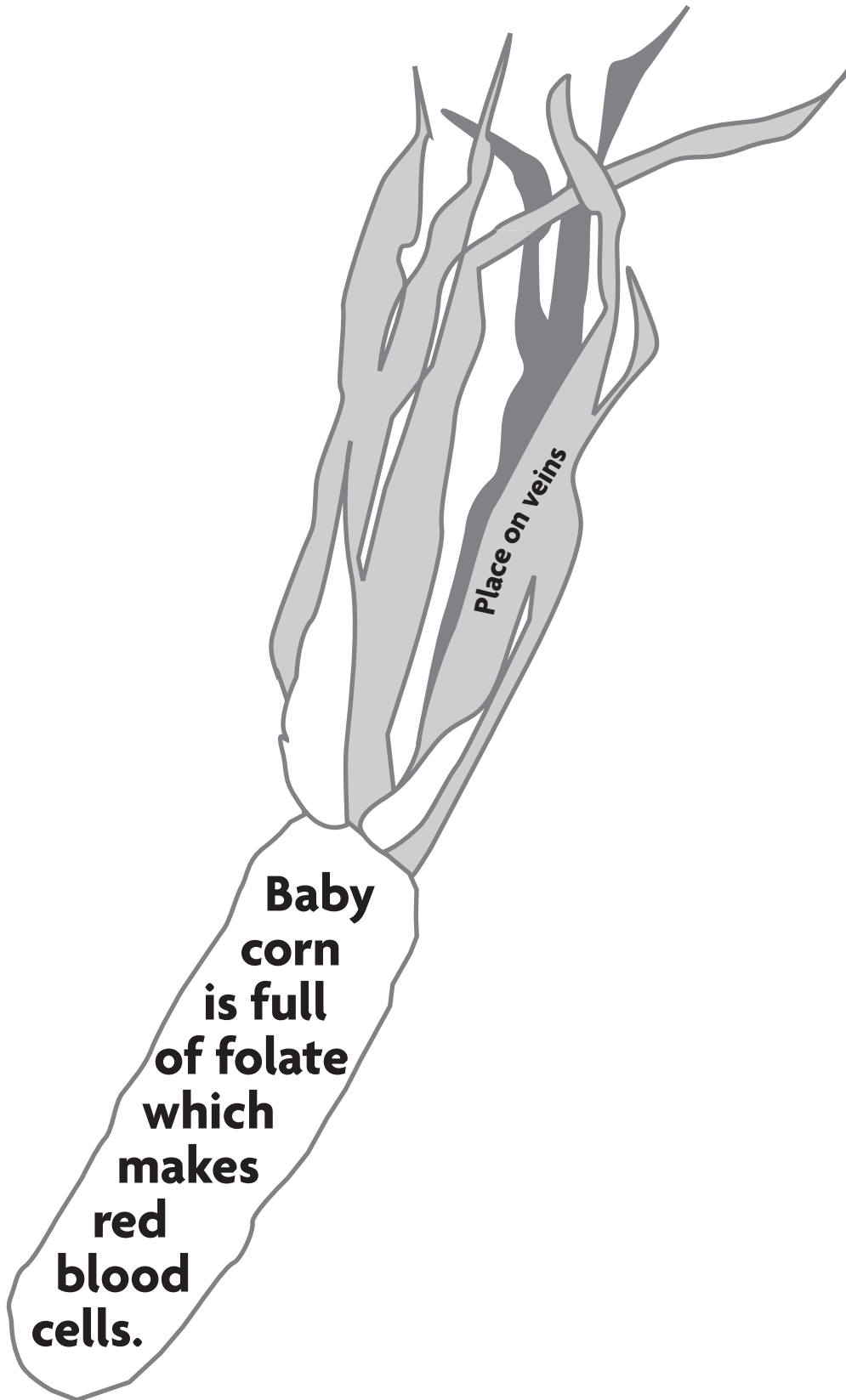
**They also contain
vitamin E, which is
good for the heart.**

Place on veins



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**Baby
corn
is full
of folate
which
makes
red
blood
cells.**

Place on veins



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