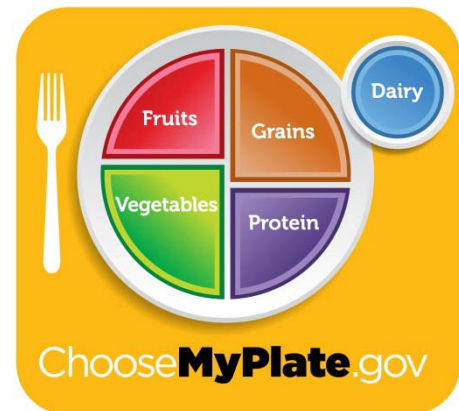


Jicama

Today you will get to taste jicama (pronounced hik-uh-mah). Jicama is a root that grows underground. It is brown colored on the outside, and white on the inside. The skin of jicama should be peeled before eating. The white flesh inside is crunchy and sweet. Eat yours plain or squeeze lime juice on it to make a delicious and healthy snack.

Fun Fact: Jicama is sometimes called the Mexican potato or Mexican turnip.

Body Benefits: Jicama is full of Vitamin C and fiber to help you grow strong.



Jicama belongs to the **green Vegetables** section on *MyPlate*.



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