



Hey kids, become a FOOD EXPLORER and check this out!

Garlic



Did you know...?

- A restaurant in Sweden uses garlic in every menu item, including cheesecake and ice cream.
- Egyptian pharaohs gave their pyramid builders garlic to build strength.
- During World War I, British soldiers used garlic to heal wounds faster.
- There are 300 different types of garlic grown around the world.

DELICIOUS AND NUTRITIOUS

Garlic can combat sicknesses such as the common cold and the flu.

A SUPER SNACK IDEA

Add fresh chopped garlic to hummus, bruschetta, or your favorite dip for extra flavor.

GARLIC HUMOR

What does garlic do when it gets hot?

It takes its cloves off.