



Hi, I'm Babba Beet! I'm a fluffy lamb who **LOVES** learning about all the fruits and veggies that the Earth grows for us, including beets!



It's fun being a lamb! Lambs have soft, woolly coats that keep them warm all year. Did you know that lambs can see behind them without turning around? Lambs enjoy grazing with their friends and think grass is the tastiest food on the planet.



Beets are bright and colorful - and super healthy, too! They are high in fiber and iron, plus lots of important vitamins (such as vitamin C).

Beets also contain nitrates, which can help you run, jump and skip like a lamb!

You can be a superhero for the animals and eat plants like beets!