



Today you will get to try Jicama (pronounced hik-uh-mah) from Mexico. Jicama is a root that grows underground and is available year-round with a peak season in the fall. It is oval shaped with a light brown skin and white flesh. The skin of jicama should be peeled before eating. The white flesh has a texture similar to an uncooked potato, but is crunchier and sweet to taste. Eat yours plain or squeeze lime juice on it and add some cilantro to make a delicious and healthy snack.

Fun Fact: Jicama can weigh between one to six pounds! Jicama is known by various names such as Sweet Turnip in Singapore, and in Ecuador and Peru, as Ground Apple.



Jicama belongs to the **Vegetables group** on *MyPlate*.

Body Benefits: Jicama is filled with vitamins A and C, and minerals like calcium, magnesium, and potassium, to help you grow strong and stay healthy!

Goal of 60 minutes Physical Activity every day: Active kids are more likely to perform better at school, so decrease sedentary time and increase your time of physical activity. ****Drink water throughout the day and stay hydrated!**



University of Nevada
Cooperative Extension

The University of Nevada, Reno is committed to providing a place of work and learning free of discrimination on the basis of a person's age, disability, whether actual or perceived by others (including service-connected disabilities), gender (including pregnancy related conditions), military status or military obligations, sexual orientation, gender identity or expression, genetic information, national origin, race, or religion. Where discrimination is found to have occurred, the University will act to stop the discrimination, to prevent its recurrence, to remedy its effects, and to discipline those responsible.

