

Vegetables

VEGETABLES & YOUR HEALTH

Learning Highlights

- Most school-aged children need 1-1/2 to 3 cups of vegetables every day, depending on their age, gender, and activity level.
- **What counts as a cup?**
 - 2 cups of raw, leafy green vegetables (like Romaine lettuce or raw spinach), or
 - 1 cup of all other raw and cooked vegetables (like zucchini, peas, and carrots).
- Vegetables are full of vitamins and minerals that we need to be healthy.
- Vegetables are not just a dinner food. They can be part of snacks, lunches, and even breakfast.



Visit www.choosemyplate.gov to learn more about your child's needs!

Each kind of vegetable plays a different and important role in our bodies:

- **Dark Green:** Broccoli, spinach, and kale help to build strong bones and teeth. They also have vitamin K, which helps our blood to clot.
- **Orange:** Carrots, sweet potatoes, winter squash, and pumpkin all have vitamin A. This vitamin helps keep our eyes and skin healthy.
- **Dry Beans and Peas:** Kidney beans, lentils, split peas, and white beans all have potassium. This mineral helps to keep blood pressure at a healthy level.
- **Starchy vegetables:** Corn, potatoes, and green peas have starch in them that gives you energy, just like the foods in the grains group.
- **Other Vegetables:** Lettuce, asparagus, and celery provide fiber. Fiber is important for bowel function and helps lower blood cholesterol levels.



PLEASE COMPLETE THE BACK OF THIS FORM AND RETURN IT TO SCHOOL WITH YOUR CHILD FOR THEM TO GET A PRIZE. THANK YOU!



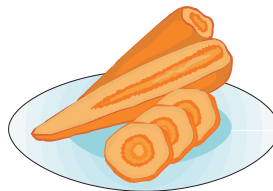
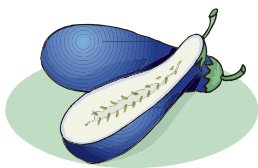
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Activities to Help Your Child Eat More Veggies

Getting children to eat their vegetables is not always an easy task. Here are a few simple tips to help:

- Try using vegetables as a snack: Many children are more likely to eat vegetables as a snack rather than on a plate with the rest of dinner.
- Put carrot sticks, celery sticks, cucumber slices, and grape tomatoes on a small plate. Have them ready for the children while you make dinner.
- Allow the children to wash and prepare fresh produce. The more they touch and handle the veggies, the more likely they will be trying them.
- Add veggies to cooked foods such as broccoli in macaroni and cheese.
- Bake vegetables into muffins or breads, like zucchini bread or pumpkin bread.
- Depending on how you prepare them, canned or frozen vegetables can be just as healthy as fresh veggies.
- Vegetables are offered every day with the school lunch. Ask your child what he or she ate or tried.



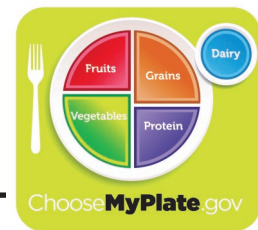
RECIPE IDEA: SWEET POTATO FRIES

(Makes 4 Servings)

1. Preheat oven to 450° F.
2. Wash 2 medium sweet potatoes and cut them in French fry shapes.
3. Place in resealable bag and add 2 table-spoons of olive oil.
4. Shake bag to coat the potatoes.
5. Place the potatoes on a baking sheet.
6. Sprinkle lightly with salt and pepper, and bake for 8 minutes.

Nutrition Facts: (per 4.5 ounce serving)

Calories: 112, Total Fat: 7 g, Fiber: 2 g, Saturated Fat: 1 g
Vitamin A: 219% DV (Daily Value)



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. *The University of Idaho is an equal opportunity employer, provider and educational institution.*

PLEASE COMPLETE THE BOTTOM OF THIS FORM AND RETURN IT TO SCHOOL WITH YOUR CHILD FOR THEM TO GET A PRIZE.



I have read the information in the newsletter and participated in the activity with my child.

Student's Name: _____

Parent/Guardian Signature: _____ Date: _____

Fill out this worksheet and bring back to the next class and you will receive a cool prize!