



VARY YOUR VEGETABLES

THE MYPLATE GUIDE DIVIDES VEGETABLES INTO FIVE SUBGROUPS

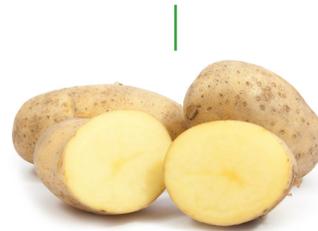
DARK GREEN VEGETABLES

RED & ORANGE VEGETABLES

DRY BEANS & PEAS (LEGUMES)

STARCHY VEGETABLES

OTHER VEGETABLES



FIND THE VEGGIES

Can you sort the **VEGETABLE PHOTO CARDS** according to their subgroup?



PLANT A VEGETABLE





VARY YOUR VEGETABLES

HERE’S WHAT TO DO AT THIS STATION:

- 1 Recognize and identify the five subgroups of vegetables.**
Each subgroup provides your body with different nutrients such as vitamins, minerals, carbohydrates, fiber and protein. Below are the groups and the recommended amounts to eat each week.

- Dark Green Vegetables = 1 1/2 cups weekly
- Red & Orange Vegetables = 5 1/2 cups weekly
- Dry Beans & Peas (legumes) = 1 1/2 cups weekly
- Starchy Vegetables = 5 cups weekly
- Other Vegetables = 4 cups weekly

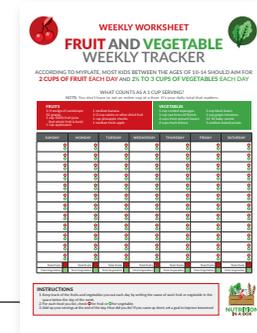
Total Cups of Vegetables each week = 17 1/2 cups
(That’s an average of 2 1/2 cups each day! For reference, the portion bowl on the table holds 2 cups)

- 2 Plant and Grow a Vegetable.**
- On the table, you will find peat pellets, paper cups, water and vegetable seeds (e.g. spinach, kale, lettuce or basil)
 - Place a peat pellet into a clear cup, fill about halfway with room temperature water, and let sit for a few minutes until the peat pellet “grows.” Drain off most of the excess water.

- Once the peat pellet is about 1.5 inches high, you can place 2-3 seeds into the small opening (about 1/8 inch below soil).
- Take home and place in a sunny window. Keep soil moist but not too soggy. In a few days, one or more of your seeds should germinate (sprout). Thin to one plant per peat pot.
- When your plant is 2-3 inches high, you can place it in your garden or a larger pot filled with planting mix.
- Wait it for it to grow. Enjoy eating the leaves of your herb or vegetable.

- 3 Complete the “Vary Your Vegetables” activity sheet.**

- 4 This week, use the “Fruit and Vegetable Weekly Tracker” to count how many vegetables you eat.**





LESSON 1
THE "EAT MORE" GROUPS - GRAINS, FRUITS AND VEGETABLES
STUDENT ACTIVITY SHEET



VARY YOUR VEGETABLES



VEGETABLE FACTS

- Vegetables contribute to good health, a strong immune system, and bright eyes, skin, and hair. Some of the important nutrients found in vegetables include vitamin A, vitamin C, potassium, folate, and fiber.
- Vegetables are divided into five subgroups and each subgroup gives our bodies different nutrients. That's why it's important to eat a variety of vegetables each day.
- Kids between the ages of 10-14 need about 2 ½ cups to 3 cups of vegetables each day.

1 On the back of each vegetable photo card, you will see a nutrition facts label. Use the labels to answer the questions below.

- The red and orange vegetable subgroup is especially high in vitamin _____.
- The vegetable subgroup with the highest protein content is the _____ subgroup.
- Compare the labels for iceberg lettuce and romaine lettuce. Which type of lettuce contributes more vitamin A and vitamin C?

2 Draw a line from each vegetable on the left to the correct vegetable subgroup.

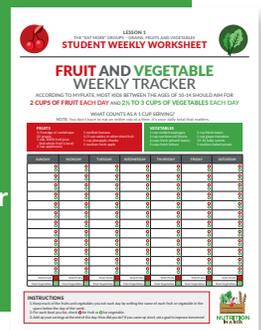
Spinach	Red and Orange Vegetables
Potato	Dark Green Vegetables
Onion	Dry Beans and Peas (legumes)
Tomato	Starchy Vegetables
Black Beans	Other Vegetables

3 The list below includes action steps for eating more vegetables. Check one or more action that you would be willing to work on. You can also come up with your own idea.

- Add extra vegetables to soups or sandwiches.
- Eat raw vegetables with your afternoon snack.
- Eat a fresh salad with your dinner meal.
- Make a smoothie that includes spinach or other dark greens.
- My idea for adding more vegetables to my diet (describe):

Do you know how well your diet stacks up?

It's hard to tell if you don't keep track. Count your servings this week by using the fruit and vegetable tracker worksheet.





LESSON 1
THE "EAT MORE" GROUPS - GRAINS, FRUITS AND VEGETABLES
STUDENT ACTIVITY SHEET
Answer Key



VARY YOUR VEGETABLES



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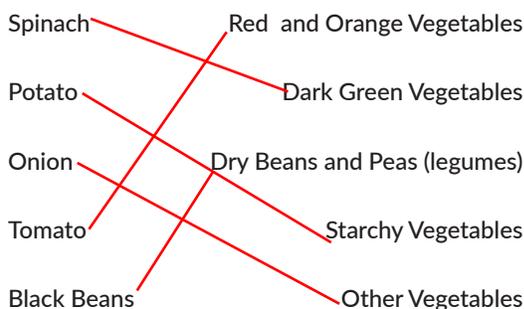
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- The red and orange vegetable subgroup is especially high in vitamin A.
- The vegetable subgroup with the highest protein content is the Dry Beans & Peas subgroup.
- Compare the labels for iceberg lettuce and romaine lettuce. Which type of lettuce contributes more vitamin A and vitamin C? Romaine

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