



# 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



**NUTRITION  
IN A BOX**

DEVELOPED AT THE  
OHSU BOB AND CHARLEE MOORE  
INSTITUTE FOR NUTRITION & WELLNESS





# 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)

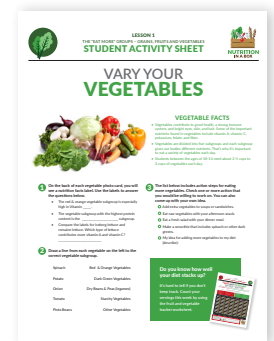
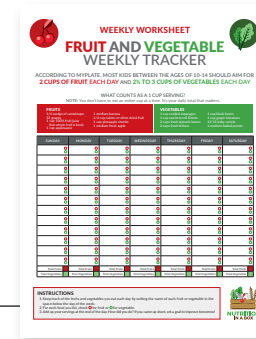
### 2 Plant and Grow a Vegetable.

1. On the table, you will find peat pellets, paper cups, water and vegetable seeds (e.g. spinach, kale, lettuce or basil)
2. 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.

3. 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).
4. 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.
5. When your plant is 2-3 inches high, you can place it in your garden or a larger pot filled with planting mix.
6. 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.

**FRUIT AND VEGETABLE WEEKLY TRACKER**

LESSON 1  
STUDENT WEEKLY WORKSHEET

ACCORDING TO RECOMMENDATIONS, MOST KIDS BETWEEN THE AGES OF 10-14 SHOULD AIM FOR:  
2 CUPS OF FRUIT EACH DAY AND 2 ½ TO 3 CUPS OF VEGETABLES EACH DAY

WHAT COUNTS AS A ½ CUP SERVING?

Subgroup	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Dark Green Vegetables								
Red and Orange Vegetables								
Starchy Vegetables								
Other Vegetables								
Dry Beans and Peas (legumes)								

**INSTRUCTIONS:**  
1. Write the name of the vegetable subgroup in the first column.  
2. Write the number of ½ cup servings you ate or drank in each of the seven days.  
3. Add up the servings for each subgroup and write the total in the last column.



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



# VARY YOUR VEGETABLES



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Romaine

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## NUTRITION IN A BOX





LESSON 1  
THE "EAT MORE" GROUPS – GRAINS, FRUITS AND VEGETABLES  
**STUDENT WEEKLY WORKSHEET**  
EXAMPLE



# FRUIT AND VEGETABLE WEEKLY TRACKER

ACCORDING TO MYPLATE, MOST KIDS BETWEEN THE AGES OF 10-14 SHOULD AIM FOR  
**2 CUPS OF FRUIT EACH DAY** AND **2½ TO 3 CUPS OF VEGETABLES EACH DAY**

## WHAT COUNTS AS A 1 CUP SERVING?

NOTE: You don't have to eat an entire cup at a time. It's your daily total that matters.

### FRUITS

1/4 wedge of cantaloupe  
32 grapes  
1 cup 100% fruit juice  
(but whole fruit is best)  
1 cup applesauce

1 medium banana  
1/2 cup raisins or other dried fruit  
1 cup pineapple chunks  
1 medium fresh apple

### VEGETABLES

1 cup cooked asparagus  
1 cup raw broccoli florets  
2 cups fresh spinach leaves  
2 cups fresh lettuce

1 cup black beans  
1 cup grape tomatoes  
12-14 baby carrots  
1 medium baked potato

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 orange <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
2 cups lettuce <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
1 sweet potato <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
12 baby carrots <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
1/2 cup berries <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
1 banana <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
1 cup broccoli <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
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Total Fruits <b>3</b>	Total Fruits	Total Fruits	Total Fruits	Total Fruits	Total Fruits	Total Fruits
Total Vegetables <b>4</b>	Total Vegetables	Total Vegetables	Total Vegetables	Total Vegetables	Total Vegetables	Total Vegetables

## INSTRUCTIONS

- Keep track of the fruits and vegetables you eat each day by writing the name of each fruit or vegetable in the space below the day of the week. Include the amount that you ate. For example, 1/2 cups of green beans.
- For each food you list, check ☐ for fruit or ☐ for vegetable.
- Add up your servings at the end of the day. How did you do? If you came up short, set a goal to improve tomorrow!



**NUTRITION  
IN A BOX**