

Lesson 1: Grains, Fruits and Vegetables

Vary Your Vegetables

There are five Vegetable Subgroups. Here are the serving amounts and some of the vegetables for each group.

Dark Green Veggies 1 ½ cups each week

- romaine lettuce
- bok choy
- cilantro
- mustard greens
- kale
- broccoli

Red & Orange Veggies 5 ½ cups each week

- red/orange bell peppers
- tomatoes
- carrots
- pumpkin & squash
- sweet potatoes

Dry Beans & Peas 1 ½ cups each week

- beans (black, pinto)
- lentils
- chickpeas (garbanzo)
- mung beans
- black-eyed peas
- edamame

Starchy Vegetables 5 cups each week

- potatoes
- jicama
- yams
- green peas
- water chestnuts
- cassava

Other Vegetables 4 cups each week

- asparagus
- cucumber
- green beans
- cabbage
- snow peas
- tomatillos



Discussion Questions

- There are many more vegetables in each subgroup. How many more can you name?
- Which is your favorite vegetable in each subgroup?
- Name a vegetable for each part of a plant.
 - Root: _____
 - Tuber: _____
 - Bulb: _____
 - Stem: _____
 - Leaf: _____
 - Flower: _____



Check the Vegetable Handout for the answers!

From Paper to Plate Activities this Week

1. Track the servings of vegetables you eat with the Fruit & Vegetable Weekly Tracker sheet for one week.



2. Complete the Focus on Vegetables activity sheet.





Lesson 1

"Eat More" groups – grains, fruits and vegetables

Student Activity Sheet



Focus on VEGETABLES



Use the vegetable cards for the following activities. You'll find the nutrition facts label on the back of the cards to answer the questions below.

A Nutrition Facts

1. The red & orange vegetable subgroup offers the highest amount of which vitamin? _____
2. Which vegetable subgroup offers the highest protein content? _____
3. Compare the nutrients in the nutrition facts labels for iceberg lettuce and romaine lettuce. Which lettuce contains more Vitamin A and Vitamin C? _____

B Connect the Vegetables

Connect the vegetable with the correct vegetable subgroup.

Spinach	Red & Orange Subgroup
Potato	Dark Green Vegetables
Onion	Dry Beans & Peas (Legumes)
Tomato	Starchy Vegetables
Black Beans	Other Vegetables



Lesson 1

"Eat More" groups – grains, fruits and vegetables

Student Activity Sheet



Fact box - Vegetables

- 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.
- Youth between the ages of 10-14 need about 2 ½ cups to 3 cups of vegetables each day.

Action Steps

The list below includes action steps for eating more vegetables. Vegetables can be fresh, frozen, cooked or canned. Which actions would you be willing to work on? Have your own idea? Let's hear it!

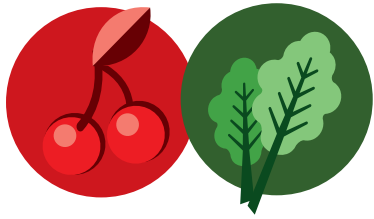
- ✓ Add extra vegetables to soups or sandwiches.
- ✓ Eat raw vegetables as part of your snack.
- ✓ Eat a fresh salad with your lunch or dinner.
- ✓ Make a smoothie that includes spinach or other dark leafy vegetables.

My idea for adding more vegetables to my diet (describe):

The Details in Your Diet

Use the Fruit & Vegetable Weekly Tracker sheet to count your servings this week. Did you get enough of the daily amounts?

The image shows a worksheet titled "Lesson 1 The 'Eat More' food groups - grains, fruits and vegetables Student Weekly Worksheet". It features a "Fruit and Vegetable Weekly Tracker" table with columns for "Day of the Week", "Morning", "Afternoon", "Evening", and "DAILY TOTALS". The table is designed for tracking servings of fruits and vegetables throughout the week. Below the table, there is a "Guide to tracking your fruits and vegetables" section with instructions on how to use the tracker.



Lesson 1

The "Eat More" food groups – grains, fruits and vegetables

Student Weekly Worksheet



Fruit and Vegetable Weekly Tracker

Aim for **2 cups of fruit each day** and **2½ to 3 cups of vegetables each day**

Fruits ↓ What counts as a 1 cup serving? ↓ **Vegetables**

- ¼ wedge of cantaloupe
- 32 grapes
- 1 cup 100% fruit juice
- 1 cup applesauce
- 1 medium banana
- ½ cup raisins/dried fruit
- 1 cup pineapple chunks
- 1 medium fresh apple

- 1 cup cooked asparagus
- 1 cup raw broccoli florets
- 2 cups fresh spinach
- 2 cups fresh lettuce
- 1 cup black beans
- 1 cup grape tomatoes
- 12-14 baby carrots
- 1 medium baked potato

Day of the Week	Morning	Afternoon	Evening	DAILY TOTALS
Sunday				Fruits: Vegetables:
Monday				Fruits: Vegetables:
Tuesday				Fruits: Vegetables:
Wednesday				Fruits: Vegetables:
Thursday				Fruits: Vegetables:
Friday				Fruits: Vegetables:
Saturday				Fruits: Vegetables:

Guide to tracking your fruits and vegetables

1. Write the fruits and vegetables *and* amounts you eat each day. You don't have to eat the full amounts all at once. It's the **daily total amounts** that you should aim for.
2. Add up your servings at the end of the day. How did you do? If you didn't meet your daily goal, think of ways to help meet your goals in the future!

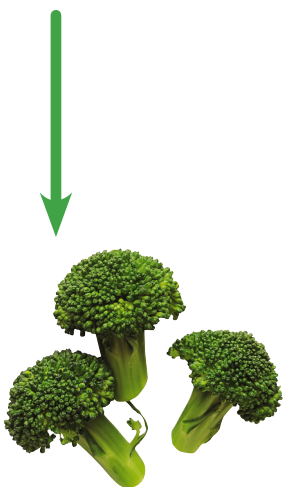




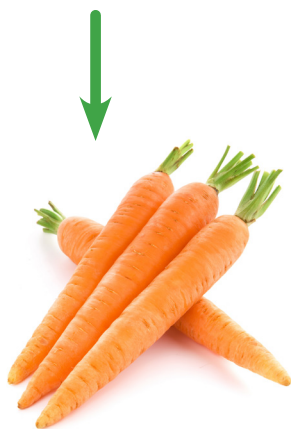
Focus on Vegetables

The MyPlate Guide divides vegetables into five subgroups.

Dark Green Vegetables



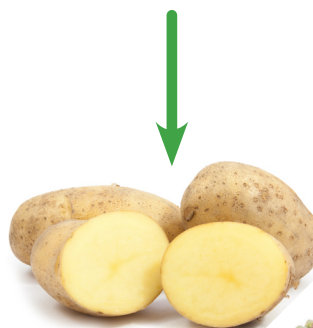
Red & Orange Vegetables



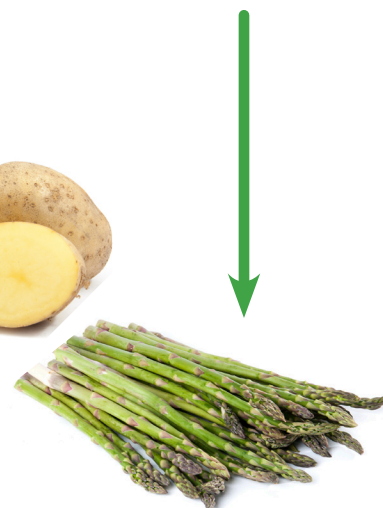
Dry Beans & Peas (Legumes)



Starchy Vegetables



Other Vegetables



What are vegetables?

Vegetables are the edible parts of plants. Vegetables include the following parts of the plant, with an example in parentheses:

- **Leaves (lettuce)**
- **Stems (celery)**
- **Roots (carrots)**
- **Tubers (potatoes)**
- **Bulbs (onions)**
- **Flowers (broccoli)**

Some fruits are considered vegetables because they more closely match the nutrients in vegetables than fruits. Tomatoes, squash and bell peppers fit into this category.

Why eat vegetables?

Vegetables provide important nutrients that you need each day. Make sure to eat vegetables from all five subgroups to get a variety of nutrients that include:

- **Vitamins**
- **Minerals**
- **Fiber**

Some vegetables, like those in the dry beans and peas subgroup, also provide protein.





Vegetables

Veggie Challenge: Where Do They Fit?

Use the nutrition cards to sort the vegetables into their subgroups.
Write the vegetables into their subgroup boxes.

Dark Greens

- pinto beans
- cucumber
- sweet potato
- romaine lettuce
- celery
- tomato
- cabbage
- lentils
- spinach
- avocado
- cilantro
- potato
- corn
- bok choy
- red bell pepper
- jicama
- asparagus
- collard greens
- chickpeas
- pumpkin
- onion
- broccoli
- cauliflower
- black-eyed peas

Red & Orange

Starchy

Beans & Peas

Other

