LESSON 1: MYPLATE POWER FOODS – THE "EAT MORE" GROUPS – GRAINS, FRUITS AND VEGETABLES

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

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: MYPLATE POWER FOODS - THE “EAT MORE” GROUPS - GRAINS, FRUITS AND VEGETABLES**
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
- Potato
- Onion
- Tomato
- Black Beans

- Red and Orange Vegetables
- Dark Green Vegetables
- Dry Beans and Peas (legumes)
- Starchy Vegetables
- 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

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 __A__.
   • 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.

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.
# 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 **2 1/2 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

### INSTRUCTIONS

1. 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.
2. For each food you list, check **O** for fruit or **O** for vegetable.
3. 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!

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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**Total Fruits**
**Total Vegetables**
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.

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