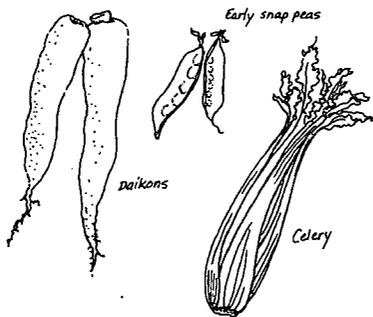


LESSON SIX

Vegetables: What Are They?

Yellow vegetables

carrots
corn
pumpkin
squash
sweet potato
yams
yellow peppers



Green and leafy vegetables

bean sprouts (alfalfa, mung bean)
broccoli
cabbage
celery
chilies
greens (dandelion greens, mustard greens, turnip green(s))
kale
lettuce (romaine, red leaf, butternut, iceberg)
okra
peas
peppers
spinach
swiss chard

Red or purple vegetables

beets
chilies
eggplant
red peppers
tomatoes

White vegetables

garlic
Jerusalem artichokes
jicama
kohlrabi
plantains
potatoes
radishes
turnips
water chestnuts

What good are they?

Your body loves vegetables! Vegetables make your hair and eyes shine! They provide fiber. They fill you up but make you feel light. Some vegetables have lots of vitamins A and C in them. Some also give you iron. Your body needs a variety of vegetables every day. That's because different vegetables have different nutrients in them.

Vitamin A helps you see better. It's in carrots, peppers, sweet potatoes, pumpkins, and squash.

Vitamin C helps keep you from getting sick, and helps you get well fast if you do get sick. It also helps heal cuts and bruises. Vitamin C is in oranges, lemons, tomatoes, and potatoes.

Iron is a mineral. It helps your blood move oxygen from your lungs to all parts of your body. If you don't get enough iron, you feel weak and tired. You can get iron by eating leafy green vegetables like greens, spinach, kale, and swiss chard.

Have 3 to 4 servings of vegetables every day.

Broccoli for Breakfast?

Do these numbers—6-3-2-2-2—mean anything to you? They are the numbers of servings from each food group you should eat each day.

- 6 servings of bread and cereals
- 3 servings of vegetables
- 2 servings of fruits
- 2 servings of milk foods
- 2 servings of meat and protein foods

Sounds like a lot to eat, doesn't it? But let's break it down. Remember, one piece of bread equals one serving. If you have cereal and two pieces of toast for breakfast, you've already eaten half of your daily requirement from the bread group!

Let's say you eat three meals a day, no snacks. If you eat two pieces of bread at each meal, you'll have eaten all six servings from the bread and cereal group ($2 \times 3 = 6$). Great!

Add one serving of vegetables at lunch and two at dinner—that gives you three vegetables.

Add one serving of milk foods at each meal—that's three milk servings. Add fruit and meat foods to two of your three meals, and you've got a healthy, balanced diet!

You can arrange your foods any way you want. Broccoli for breakfast? Why not? But most of you might want to have fruit for breakfast and save your vegetables for later in the day. Just be sure to fit them in.

Remember: Two grapes don't equal a fruit serving. You need to eat $\frac{3}{4}$ cup. A big plate of spaghetti is two servings from the bread group. You can learn more from the chart on page 32.

Snacks are a great time to fill in with breads, vegetables, and milk foods you missed earlier in the day. Can you think of some healthy snack ideas? How about some of these?

- Tortilla wrapped around tomato slices and grated cheese
- Peanut butter and sliced bananas
- Hard-cooked egg
- Celery or rice cakes with peanut butter
- Cheese slice and a pickle
- Raisins and peanuts
- Popcorn (watch the fat)
- Frozen banana
- Yogurt

Create your own 6-3-2-2-2 day below:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Fried Rice With Vegetables and Tofu (China)



1. Wash hands.
2. Chop, slice, and dice vegetables and tofu.
3. Grate ginger root.
4. Pour oil in large frying pan or wok. Heat
5. Fry/cook onions. Add tofu and chopped vegetables. Cook until soft.
6. Add rice, ginger root, and soy sauce. Heat through.

You will need:

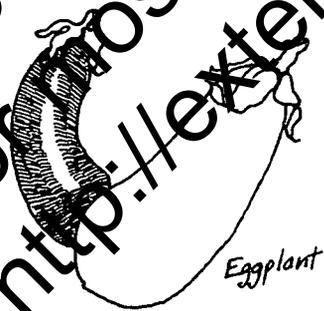
- Measuring spoons
- Measuring cup
- Paring knife
- Frying pan or wok
- Stove or hot plate
- Plates or bowls and forks
- 3 Tablespoons vegetable oil
- ¼ cup onion, sliced
- ½ cup tofu
- 1½ cups chopped vegetables (cabbage, green peppers, broccoli)
- 4 cups cold cooked rice
- 1 Tablespoon grated fresh ginger root, or 1 teaspoon ground ginger
- 2 Tablespoons soy sauce



Bell Peppers



Chinese Cabbage
(Bak Choy)



Eggplant

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LESSON SEVEN

Mixed Messages

Is this a healthy lunch? Why or why not?

Macaroni and cheese. Protein, carbohydrates, vitamin (B), minerals (iron and calcium), and fat.

Milk. A mineral (calcium), protein, and vitamin (D).

Candy bar. Sugar, fat.

What would make this lunch healthier?

Is this a healthy lunch? Why or why not?

Pizza. Carbohydrates, protein, a mineral (calcium), fat, vitamins.

Milk. Protein, a mineral (calcium), vitamins (A and D).

Apple. Fiber, vitamins.

Which of these are healthy snacks? Why?

Cantaloupe. Vitamins (A and C).

Pop. Sugar.

Chips. Carbohydrates, fat, and salt.

Cabbage, carrot, and raisin salad. Fiber, vitamins (A and C), and a mineral (iron).

Cookies. Sugar, fat, carbohydrates.

Servings Sizes Reference Chart

Food Group	One Serving	Main Nutrients
Breads and Cereals* 6 to 9 servings each day (choose low-fat, whole-grain breads)	1 small tortilla ½ cup grits 1 biscuit or muffin 1 slice bread ½ hamburger bun ½ cup rice ½ cup cooked noodles or hot cereal	B vitamins Iron Protein Fiber Carbohydrates
Vegetables 3 to 4 servings each day	½ cup cooked or canned vegetables ¾ cup raw vegetables 1 medium-sized vegetable (tomato, carrot, or potato)	Vitamin A Vitamin C Fiber Carbohydrates
Fruits 2 to 3 servings each day	1 medium-sized fruit (nectarine, pear, orange) ½ cup fruit juice (4 to 6 ounces) ½ mango or banana ¼ cantaloupe ¾ cup watermelon, grapes, pineapple, berries	Vitamin A Vitamin C Fiber Carbohydrates
Milk Foods 2 to 3 servings each day	1 cup milk (all kinds) 2 cups cottage cheese 1½ cups ice cream 1½ ounces hard cheese	Calcium Protein Vitamin D (if added)
Meat and Other Protein Foods poultry eggs seafood dry beans 2 to 2½ servings each day	2 to 3 ounces fish, beef, pork, chicken, turkey, clams, lamb, shrimp, or liver 1 to 2 eggs ½ to 1 cup cooked dried beans 3 to 4 Tablespoons peanut butter	Protein Iron B vitamins

* Number of servings listed is for 7- to 10-year-olds. Growing teens and active adults need up to 11 servings of breads and cereals.

Now That You Are Done

What do you know about foods and nutrition?

1. Do you have good (healthy) food habits? _____
Name one.

Name an unhealthy food habit.

2. Circle the habit that is most likely to help Maria feel and do her best.

Skip breakfast

Snack on chips and pop

Eat tortillas and cheese for breakfast

3. What does a third-grader like Marc need to eat each day to be healthy?

4. Jacob has some chicken soup he needs to save for next month. How should he keep it safe to eat?

5. Maria's mom wants her to snack on fruit and cheese after school. Maria wants the chips and pop she saw other kids eating. Which should she eat and why?

5. Who (or what) can give you the best nutrition information? Circle three.

teacher

diet book

dietitian

magazine

television ad

nutrition label

7. How could exercise help someone who eats too much?

How can not being careful when you exercise (like riding your bike) hurt your health?

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