

Facts Page

Let these food and garden facts help enhance your lesson.

- Vegetables have many vitamins, minerals and fiber that we need to stay healthy. They can also be very tasty! Each day you should eat 1½ to 2 cups of vegetables.
- The vegetable group includes all fresh, frozen, canned and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw, leafy greens, can be considered as 1 cup from the vegetable group.
- Fiber is an important part of vegetables. To get more fiber in your diet, eat the peel of vegetables such as potatoes and tomatoes. Even cooked vegetables give us fiber—eat a variety of vegetables every day!
- All vegetables add to good health, but dark green and orange vegetables are especially nutritious. Look for broccoli, spinach, romaine lettuce, carrots, sweet potatoes and pumpkin to add to your meals. Most kids (and adults!) don't get enough of these.

Related websites:

FoodChamps.org – A new site designed with children ages two through eight in mind. It is designed to educate and encourage young children to eat more fruits and veggies while they play games and enjoy other fun, online activities.

www.pbhfoundation.org – The Produce for Better Health Foundation is a nonprofit organization whose mission is to lead the way to achieving increased daily consumption of fruits and veggies. Also consider *www.fruitsandveggiesmorematters.org*

http://teamnutrition.usda.gov – TEAM Nutrition is USDA's nutrition education curriculum for school-age children and preschool children. This site features many resources and lessons that are age and topic-appropriate.

www.mypyramid.gov – Now features info for preschoolers as well as school-age children.



This project is supported by the USDA through a contract awarded by Income Maintenance/Employment Preparation Services, Kansas Department of Social and Rehabilitative Services.

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