



Exploring MyPyramid with Professor Popcorn

Vary Your Veggies

Dear Parents and Caregivers,

In this lesson your child learned the importance of eating vegetables. Vegetables provide our body with needed vitamins. Vitamins help our eyes see normally in the dark, promotes the growth and health of cells throughout our body, protects us from infections, heal cuts and wounds, and work as an antioxidant.

The color of the vegetable gives us a clue to the amount of vitamins they contain. The dark green, deep yellow or orange, and red vegetables have more vitamins than the pale-colored vegetables.

Vary Your Vegetables to get the most benefit.

Sincerely,

Did You Eat Your Colors Today?

Eat foods from every color every day.
Be sure to move your body every day.

Orange is for Grains
Green is for Vegetables
Red is for Fruits
Blue is for Milk
Purple is for Meat and Beans



How much should you eat?

Children 6 to 12 years old should eat 2 cups of vegetables every day. Adults who are moderately active should eat 2½ cups of vegetables every day.

1 cup of raw or
cooked vegetables =
1 cup of vegetables



2 cups of raw leafy greens
= 1 cup of vegetables



1 cup of vegetable juice
= 1 cup of vegetables

Step 3



**Place a rainbow of vegetables
on your plate.**

Here are some suggestions for parents:

- Serve raw vegetables with dip. They're often more popular with children than cooked vegetables.
- Shop for vegetables with your child, talking about how a vegetable grows and the different forms you see (canned, fresh, frozen) will encourage your child's curiosity.
- Grow some vegetables together. Patio tomatoes are great if garden space isn't available; gardening on any scale builds excitement.
- Enjoy vegetables yourself. Let your family see that healthful foods can be a happy part of meals and snacks.



Parents are responsible for planning and preparing nutritious meals and snacks.

Children are responsible for what they eat, how much, and even whether they eat.



Adapted from Ellyn Satter, How to Get Your Kids to Eat...But Not Too Much

Bun Buggies

1 serving

1 three-inch Kaiser roll or oblong shaped roll	2 tablespoons low-fat vegetable dip
1 straw	1 small pretzel
2 thin sliced carrots (long enough to stick outside the bun)	2 cherry tomatoes
4 cucumber slices	1 broccoli flower
2 toothpicks	1 celery stick
2 green olives	1 baby carrot

1. Cut a round section out of the center of the top bun for the inside of the car. Be careful to leave a floor in the car.
2. The straw is your tool. Push it through the bun horizontally to make holes for the axles. Slide the thin carrots through the holes.
3. Take the straw and make holes in the center of the cucumbers. These will be the wheels. Slide them onto the carrots.
4. Put the green olives on as headlights using the toothpicks to hold them in place.
5. Spoon the dip into the car. Place the pretzel in the dip as the steering wheel, the cherry tomatoes are the driver and passenger.
6. Place the broccoli, celery, and baby carrots in the back seat. Enjoy! Children love these!

Nutrition Facts: One serving provides 340 calories, 10g total fat, 5mg cholesterol, 780mg sodium, 52g total carbohydrate

Resource: Better Homes and Gardens Silly Snacks Cookbook

Resource: <http://www.mypyramid.gov>; Professor Popcorn, Purdue University

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