

THE HEALTHY KIDS TIMES

Plant Parts We Eat

Grades 3-4

NUTRITION NEWS AND MORE FOR YOUR FAMILY

Dear Parent,

Your child has been learning more about vegetables. Vegetables are an important part of our diet. They supply the body with water, vitamins, and minerals such as potassium and calcium.

Vegetables are also a good source of fiber, which helps keep your digestive system healthy. Many vegetables are a good source of carbohydrates that supply energy for the body.

Easy to Grow Vegetables

Many vegetables grow well in Kansas. If you don't have room for a garden, or you don't have a yard, consider growing some vegetables in a container. Select a large container that has a hole in the bottom for water drainage. Fill the container with potting soil. Vegetables grow best in an area that receives at least 6 hours of direct sunshine each day. Here are some vegetables that can be grown in a container:

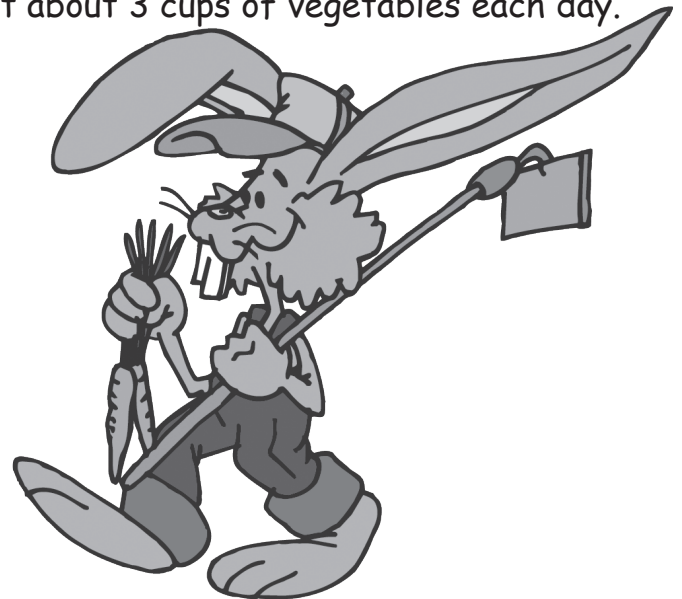
- Lettuce
- Spinach
- Radishes
- Peppers
- Tomatoes
- Herbs

Plant Parts We Eat

We eat many different parts of the plant. Some vegetables are the root of the plant, some are leaves, and others are the fruit of the plant. Foods that are seeds, like peas, corn and pinto beans, store energy for the plant. These foods tend to be higher in carbohydrates and calories. Foods that are leaves, like lettuce or spinach, are lower in calories.

How Much Do We Need?

Children 2-3 years old need 1 cup of vegetables each day. Kids age 4-8 need 1½ cups of vegetables every day. Adults should eat about 3 cups of vegetables each day.



Ways to Eat More Vegetables

- * Add chopped broccoli to macaroni and cheese
- * Offer baked tortilla chips and salsa for a snack
- * Add extra vegetables to soups, stews and chili.

Parents and Kids,

We eat many different parts of plants. Some vegetables are the root of the plant. Some vegetables are plant leaves. Other vegetables are the stem, the flower or the fruit of the plant. Listed are some vegetables.

Work together to answer the following questions.

How many vegetables are the leaves of plants? _____

Find two vegetables that are the stems of a plant.

_____ and _____

How many vegetables are the fruit of the plant? _____

Which two vegetables are the flowers of the plant?

_____ and _____

Which two vegetables are the seeds of the plant?

_____ and _____

Name three root vegetables (Here is a fun fact. A potato is not a root, but special stem called a tuber. The eyes of the potato are growing points where a new stem will sprout.)

_____, _____,

and _____.

Asparagus

Corn

Peas

Beets

Cucumbers

Pumpkin

Broccoli

Eggplant

Spinach

Cabbage

Kale

Squash

Carrots

Okra

Swiss Chard

Cauliflower

Parsnips

Tomato

Collard Greens

Peas

Turnip



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