

Vegetables & Fruits

WE EAT DIFFERENT PARTS OF PLANTS

1. Draw a line connecting the word with the matching plant part.

seed

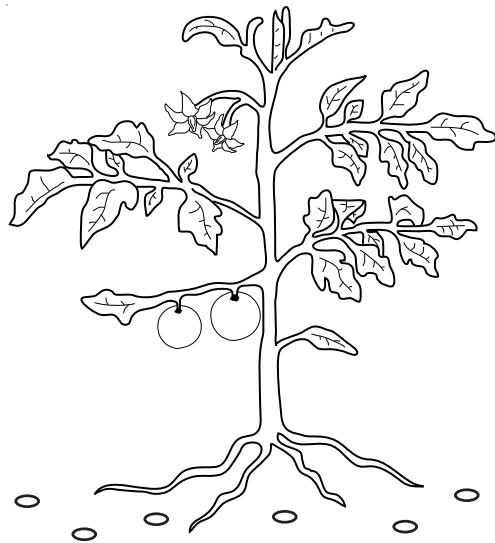
stem

root

leaf

flower

fruit

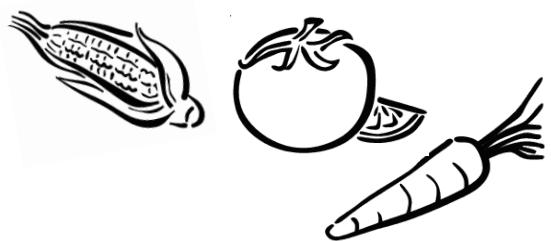


2. List the part of the plant where we find these foods.

Foods we eat that are: <input type="text"/>	Foods we eat that are: <input type="text"/>	Foods we eat that are: <input type="text"/>	Foods we eat that are: <input type="text"/>
beet carrot horseradish parsnip radish rutabaga sweet potato turnip	brussel sprouts cabbage chard collards endive kale lettuce luau leaves marungay mustard greens parsley spinach turnip greens watercress wonbok	black beans butter beans corn dry split peas kidney beans lima beans peanuts peas pinto beans pumpkin seeds rice sunflower seeds	apple avocado banana cucumber dates eggplant grapefruit kiwifruit lychee mango melon orange papaya peach pineapple pomegranate strawberry tangerine tomato
Foods we eat that are: <input type="text"/>		Foods we eat that are: <input type="text"/>	
asparagus celery onion (bulb) potato (tuber) rhubarb taro (corm)		broccoli cauliflower	

VEGETABLES

Vegetables give us vitamins, minerals, and fiber. Most foods in the vegetable group are low in fat and calories. Vegetables add nutrients, flavor, and color to our diets.



Eat at least
3 servings
of vegetables
every day.



One serving =

1/2 cup cooked

OR

1 cup raw
leafy greens

OR

1/2 cup 100%
vegetable juice

Select + Store + Prepare + Eat

Fresh vegetables lose vitamins when they are stored. The longer they are stored, the more vitamins they lose. Try to buy fresh vegetables in season and only in the amount your family will eat within one week. Use the fresh vegetables first, then use canned or frozen ones. Include dark green and deep yellow-orange vegetables in your family's meals.

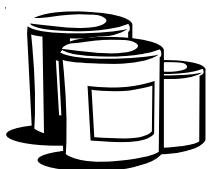
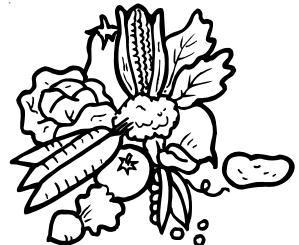
Wash and drain vegetables when ready to use.

Cut vegetables just before cooking or serving.

Avoid soaking cut vegetables in water.

Discard damaged and decayed leaves in order to prevent further spoilage.

Store vegetables that will wilt or spoil easily in waterproof bags.



- ★ Look for the lowest priced canned and frozen vegetables.
- ★ Do not buy or use canned vegetables if the can is dented on the seam or rim, bulging or rusted.
- ★ After opening canned vegetables, store the leftovers in a clean container in the refrigerator.

Helpful hints to include more vegetables into your meals and snacks:

1. Keep cut up vegetables, such as carrots and celery sticks, in the refrigerator.
2. Add vegetables to sandwiches.
3. Add shredded or leftover vegetables to salads, meat sauces or meat loaf.
4. Use shredded zucchini and carrots in breads, muffins and other baked goods.
5. Serve raw vegetables with an easy-to-fix dip.



Do you need to eat more vegetables a day? _____ yes _____ no

If yes, how do you plan to do this? _____

AND FRUITS



Most fruits are low in fat and high in carbohydrates and naturally sweet. Fruits add nutrients, flavor, and color to meals. They make great snacks and desserts. Unpeeled fruits, dried fruits like prunes, and berries are high in fiber. Fiber helps prevent constipation and might help prevent some cancers.

Eat at least
2 servings
of fruits
every day.

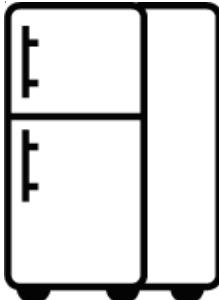


One serving = 1 medium-size fruit OR 1/2 cup canned OR 1/2 cup 100%
(cut up) or frozen fruit juice

Select + Store + Prepare + Eat



Fruits canned in water, juice, or light syrup have less sugar than fruits canned in heavy syrup. Fruits packed in their own juice or water have no added sugar. Look for fruits "in their own juice" or "light syrup" that are a better buy or the same price as other canned fruit.



Buy fresh fruits when in season and store fruit in the refrigerator after it ripens.



Fruit drinks and fruit blend cocktails are not 100% fruit juice. Check the label. These have sugar and water added.

Store canned and dried fruit in a cool dry place.

Helpful hints to include more fruits in your meals and snacks:

1. Put fruits in easy to reach places. Have a bowl of fresh fruits on your table.
 2. Top hot or cold cereal, pancakes, waffles, yogurt, or salads with fruit.
 3. Substitute 100% fruit juice for cold water when making gelatin.
 4. Offer children fruits cut into bite-sized pieces.
 5. Freeze 100% fruit juice in an ice cube tray or small paper cups.
 6. Add chopped or mashed fruits to quick breads, muffins, and other baked goods.



How would you include at least 2 servings of fruits in your family's meal? _____

What fruits could you eat tomorrow to get at least 2 servings? _____

PROTECTIVE FOODS

FRUITS	BEST TIME TO BUY
A V _ C _ D O	Peak NOVEMBER - FEBRUARY
B A _ A _ A	Peak JUNE - OCTOBER
C A _ T A _ O U P E	Peak JUNE - AUGUST
H _ N _ Y D _ W	Peak JUNE - SEPTEMBER
L Y _ H _ E	Peak MAY - SEPTEMBER
M _ N _ O	Peak MARCH - NOVEMBER
O R A _ G E	Peak SEPTEMBER - APRIL
P _ P _ Y A	Peak MARCH - NOVEMBER
P _ N _ A _ _ L E	Peak APRIL - SEPTEMBER
S T _ A _ B _ R R _ E S	Peak JANUARY - APRIL
T _ N G _ R _ N _	Peak NOVEMBER - JANUARY
W _ T _ R _ _ L _ N	Peak JUNE - SEPTEMBER

VEGETABLES	BEST TIME TO BUY	PREPARATION
B _ A _ S, green or wax	Peak APRIL - AUGUST	sauté, stir fry, microwave, steam, boil
C _ _ B _ G E (head)	Peak FEBRUARY - JUNE	raw, sauté, stir fry, microwave, steam, boil
C _ L _ R Y	Peak APRIL - AUGUST	raw, sauté, stir fry, steam, boil
C _ R N (sweet)	Peak FEBRUARY - JUNE Peak NOVEMBER - DECEMBER	microwave, steam, boil
E G _ P _ A N _	Peak MARCH - JUNE	sauté, stir fry, microwave, bake, broil
M U _ H R _ O M	Peak Year round	raw, sauté, stir fry, steam, broil
O N _ O _ (round)	Peak APRIL - AUGUST	raw, sauté, stir fry, steam, boil
P _ T _ T O (sweet)	Peak FEBRUARY - JUNE	steam, bake, microwave, boil
T _ M _ T O	Peak MAY - SEPTEMBER	raw, sauté, stir fry

Vegetables and Fruits: Eat More for Better Health