



1. DARK GREEN
2. STARCHY
3. RED AND ORANGE
4. BEANS AND PEAS
5. AND OTHER

Source: fns.usda.gov/nslp/

## HEALTHY EATING, SMART LEARNING!

**Nevada's School Meal Pattern has a number of benefits. It is designed to improve the health of Nevada's children. It encourages:**

- Healthy eating habits
- Increased consumption of fruits, vegetables and whole grains
- Right-sized meal portions

Nevada Academic Content Standards supported by this resource:

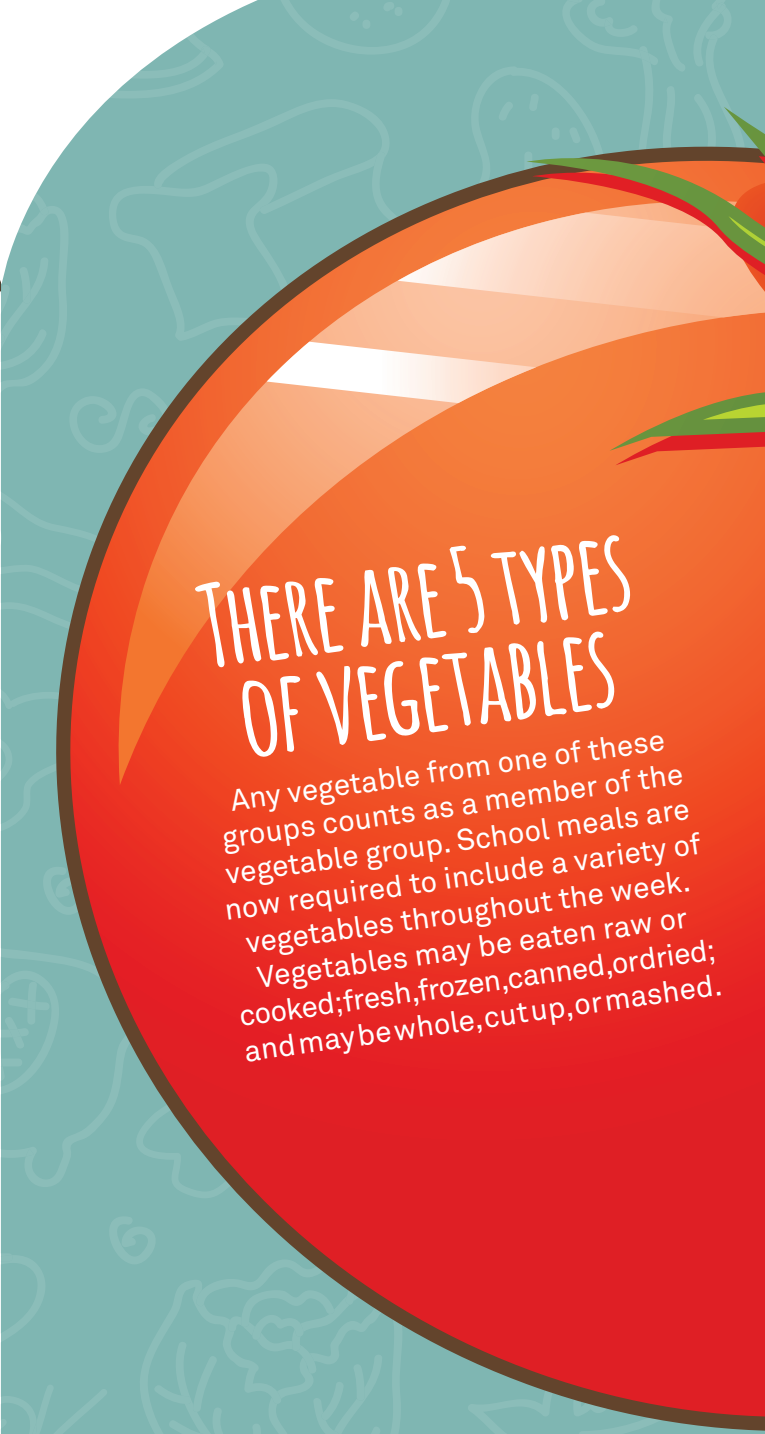
**Math:** 3.MD.B.3  
**Science:** 3-LS1-1., 4-LS1-1, 5-ESS3-1  
**Language Arts:** RI.3.1, RI.3.2, RI.3.4, RI.3.5, RI.3.7, W.3.1b, RI.4.1, RI.4.2, RI.4.4, RI.5.1, RI.5.2  
**Health:** 1.5.1, 1.5.4, 5.5.1, 6.5.2, 7.5.2  
**Social Studies:** H3.4.4, H3.5.4, G7.4.2, E11.4.3

Visit [agclassroom.org](http://agclassroom.org) and [agri.nv.gov](http://agri.nv.gov) for more resources.





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## THERE ARE 5 TYPES OF VEGETABLES

Any vegetable from one of these groups counts as a member of the vegetable group. School meals are now required to include a variety of vegetables throughout the week. Vegetables may be eaten raw or cooked; fresh, frozen, canned, or dried; and may be whole, cut up, or mashed.

### VOCABULARY

A measure of land area in the US that equals 4,840 square yards.

**ACRE**

Nutrition specialists know how much of each food group kids and adults should get every day to have a healthy diet. The daily value (DV) tells you how much of this food you should eat to meet these daily goals.

**DAILY VALUE**

The school meal pattern identifies food groups for nutritious meals: fruits, vegetables, meat/meat alternates, grains and fluid milk.

**FOOD GROUP**

Chemicals or substances used for killing and controlling pests, such as insects. Pesticides are often applied to plants to keep insects from eating and destroying them.

**PESTICIDE**

An agriculture method that avoids most synthetic (made by chemical) materials, such as pesticides and fertilizers.

**ORGANIC**

Strongly flavored plants that we use in small amounts to flavor foods. While they are edible plants, they aren't usually considered vegetables because we don't tend to eat them by themselves.

**HERBS**

The process of gathering mature, ripe crops from fields or gardens.

**HARVEST**

Dried seeds, roots, bark, fruit, or vegetable that is used for flavoring, coloring, and preserving food.

**SPICES**

To plant crops by scattering seeds in the ground.

**SOW**

The non-natural application of water to the land and soil, for use in growing crops and maintaining landscapes.

**IRRIGATION**

A person who does not eat any food product that come from animals, including meat, eggs, or milk.

**VEGAN**

The part of a plant that can be eaten raw or cooked; can refer to leaves, stalks, stems, roots or flowers.

**VEGETABLE**

A person who does not eat meat.

**VEGETARIAN**

A kind of vegetable, or edible plant, that contains its fruit in pods, or two-part casings. Beans, peas, lentils and lentils are considered legumes. They are very healthy because they are low in fat, and very high in protein, fiber, and other nutrients. They may often be used as a substitute for meat.

**LEGUME**



### WHY ARE VEGETABLES GOOD FOR YOUR BODY?

Vegetables are an important source of many nutrients that your body needs, including potassium, dietary fiber, folic acid, vitamin A, and vitamin C. Eating a diet rich in vegetables and fruits as part of a healthy diet may reduce their risk of cancer, heart disease, obesity, type 2 diabetes, and high blood pressure. Also, vegetables do not contain cholesterol, and they are naturally low in fat and calories.

**People who eat more fruits and vegetables are at less risk for many diseases.**

Vegetables provide nutrients that are essential for the health and maintenance of your body.

**Vegetables are rich in potassium, which helps regulate the balance of fluids in the body and plays a role in maintaining a normal blood pressure.**

**Folic acid helps your body make red blood cells, which deliver oxygen through your body to all parts of your body. Women who are pregnant must get a lot of folic acid, which reduces risks that their babies will have certain defects or developmental problems.**

**Vegetables rich in potassium include sweet potatoes, white potatoes, white beans, tomato products (sauce, paste, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.**

**Eating a lot of potassium also helps to reduce your risk of kidney stones and bone loss.**

**Vegetables rich in potassium include sweet potatoes, white potatoes, white beans, tomato products (sauce, paste, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.**

**Vegetables help your body heal cuts and wounds and keep your gums and teeth healthy. It also helps you to absorb iron.**

### VEGETABLE SUBGROUPS

**Dark green vegetables:** Includes broccoli, dark green lettuce (such as romaine), kale, spinach, turnip greens, garbanzo beans, kidney beans, lentils, navy beans, pinto beans, soybeans, split peas, white beans

**Other vegetables:** Includes a variety of other vegetables such as artichokes, asparagus, Brussels sprouts, celery, cucumber, iceberg lettuce, mushrooms, onions, zucchini

**Red and orange vegetables:** Includes a variety of other vegetables such as artichokes, asparagus, Brussels sprouts, celery, cucumber, iceberg lettuce, mushrooms, onions, zucchini

**LEGUMES ARE A VEGETABLE**

**Did you know?**

Beans, split peas, and lentils are all legumes. They are a good food choice. Legumes provide many nutrients for a healthy body. This includes protein, iron, and fiber. These are important for good health. Protein gives your body structure and iron brings oxygen to your body. Legumes are very colorful food. These colors come from antioxidants, which helps fight cancer. Full of good nutrients, they are low in fat and cholesterol. People who do not eat meat eat legumes instead because of all the nutrients they provide. However, even people who do eat meat also eat legumes for their many health benefits.

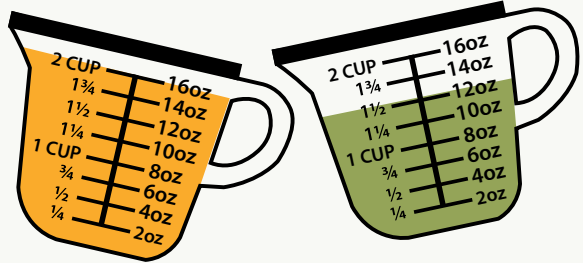




## HOW MUCH IS ENOUGH?



The USDA says that kids your age should eat 1 ½ to 2 cups of vegetables each day (your recommended daily value, or DV), and that you should eat at least one of each of the 5 types of vegetables each week. Try to make half of your plate fruits and vegetables at each meal.



### Did you know?

1 cup of raw or cooked vegetables or vegetable juice is equal to 2 cups of raw leafy greens such as spinach, romaine lettuce, or dark leafy lettuce.

## Activity Time!

Write down everything you ate yesterday, from the time you woke up until you went to bed.

Count up all the vegetables you ate.



How many vegetables did you have for breakfast? \_\_\_\_\_

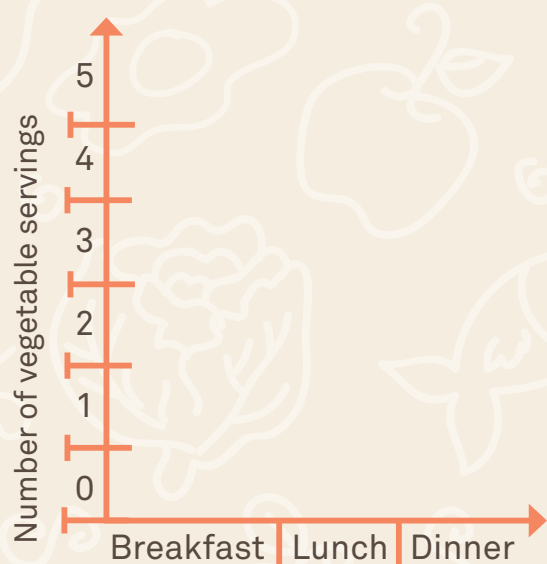


How many vegetables did you have for lunch? \_\_\_\_\_



How many vegetables did you have for dinner? \_\_\_\_\_

### MAKE A GRAPH OF YOUR COUNTS BELOW



## MAKE YOUR OWN MENU!

Using the vegetable subgroups and seasonality calendar, create a menu for the week that allows you to eat the recommended daily value of 1 ½ to 2 cups of vegetables per day, and at least one of each of the vegetable categories during the week.

Think of all the different ways you can eat vegetables (cooked, raw, mashed, added to other dishes such as rice or pasta, etc.).

Plan Your Menu, Track Your Progress

Each day track your progress by writing the day of the week in the Ate It! column for the vegetable subgroups you ate. Don't worry if you didn't eat exactly what you planned on your menu, the important thing is to eat a variety of vegetables.

### My Menu Plan

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Vegetable Subgroups	Ate it!
Dark Green	
Starchy	
Red & Orange	
Beans & Peas	
Other	

(Source: fns.usda.gov)

## NEVADA CONNECTION: WINNEMUCCA FARMS

Most, if not all, of Nevada's potatoes are grown in Humboldt County, in the northernmost part of the state. It's there that you'll find the town of Winnemucca, where Winnemucca Farms has been growing potatoes and other crops for some of your favorite snack foods for nearly 30 years.

Winnemucca Farms was established in the 1960s by Don Kracaw, a farmer from Idaho (a state known for its potatoes!). Kracaw came to Winnemucca to visit friends, and became interested in the good, sandy soil found here, thinking it would be good farming soil. By 1976, the farm had 10 acres of land in crop production and 52 agricultural wells drilled. At that time, Winnemucca Farms was the largest family-owned farm in the Western United States.

The farm soon began selling its potatoes to potato processing companies. In fact, the first Pringles potato chips were produced with potatoes grown at Winnemucca Farms!

Although the Kracaw family no longer owns the farm, the farm manager, Tom Heyn, says that they're busier than ever! Winnemucca Farms grows about 16,000 acres of crops—mainly potatoes. Half of those potatoes are shipped by truck to the Frito-Lay plant in California, where they are turned into potato chips. The other half of the potato crop is delivered to grocery stores, including Walmart and Raley's, and a small amount is sent to In-N-Out Burger, where they're turned into French fries!

Winnemucca Farms also grows sugar snap peas, which it harvests in July. Farm manager Tom Heyn calls snap peas "our biggest and most fun crop." This is because, as of 2014, 80 percent of the peas used in the Snapea Crisps line of snacks found in local grocery stores are grown at Winnemucca Farms! The farm also grows alfalfa, corn and wheat.

Winnemucca Farms is so large, in fact, that it's the largest agricultural user of water in the state of Nevada. Because water is so scarce in our state, Heyn and his crew watch their water use closely. They monitor soil moisture daily in all fields, and constantly check how their wells are working, in order to use every drop efficiently. They will even send airplanes overhead twice a month, in order to watch that all sprinklers and irrigation are properly and efficiently distributing water.

What crops does Winnemucca Farms grow?

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(Sources: Tom Heyn, Winnemucca Farms, and Diversify Nevada)

## THE REASONS FOR BUYING WITH THE SEASONS:

Have you ever wondered why you don't see fresh corn in the grocery store during winter, or why we eat pumpkins at Thanksgiving?

This is because of the growing seasons. Corn grows in the summer, and pumpkins are harvested in the fall.

Although technology and the opportunity to ship foods across the world have made it possible to buy tomatoes out of season in winter and oranges out of season in summer, eating with the seasons is best because: >>>>>>>>

### It's more affordable.

When there are more crops available (such as a bumper crop of pumpkins in the fall), they are usually more affordable, because producers are anxious to sell them before they go bad. But when you try to buy tomatoes in winter, they have had to be shipped from far away, and all those costs of production and shipping are included in what you pay.

### It tastes better.

Bite into a fresh-from-the-vine tomato topped with fragrant basil straight from your summer garden, and you'll see what we mean. Nothing beats the flavor of in-season produce (that winter tomato won't taste half as good).

### It's more nutritious.

When out-of-season vegetables have to be shipped in from far away, they are picked before they're ripe, so that they don't become overripe and turn rotten during the trip. But the natural ripening process is what creates all those nutrients, and vegetables picked too early aren't as nutritious as fresh, ripe ones.

## SEASONALITY CALENDAR

CHECK OUT THE EXAMPLES OF VEGETABLES IN SEASON. CIRCLE ALL THE VEGETABLES YOU HAVE NOT TRIED.

Fall	Winter	Spring	Summer
Bell peppers	Beets	Asparagus	Bell peppers
Cabbage	Celery	Beets	Cabbage
Cauliflower	Kale	Cauliflower	Carrots
Eggplant	Leeks	Green Onions	Celery
Leeks	Mushrooms	Green Peas	Corn
Mushrooms	Peppers	Kale	Cucumbers
Potatoes	Potatoes	Lettuce	Eggplant
Pumpkins	Sweet Potatoes	Mushrooms	Green beans
Red Potatoes	Turnips	Radishes	Okra
Sweet Potatoes	Winter Squash	Red Potatoes	Tomatoes
Winter Squash		Sweet Onions	



MY FAVORITE VEGETABLE IS \_\_\_\_\_ BECAUSE \_\_\_\_\_

A NEW VEGETABLE I WILL TRY IS \_\_\_\_\_ BECAUSE \_\_\_\_\_

## GREAT BASIN COMMUNITY FOOD CO-OP:



## SEASONAL FOODS ACTIVITY

(Provided by Great Basin Community Food Co-op)

### WINTER

Cold weather means SOUPS are extra delicious! What are your favorite winter vegetables that would go well in a soup?

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### SUMMER

Imagine a fresh summer salad, bursting with colorful vegetables... Using the seasonality calendar create a recipe of vegetables you'd use to build a salad.

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### FALL

Explore the list of products available in the fall. Envision a harvest meal with 1 protein, 1 grain, and 1 vegetable. What do you imagine?

Protein: \_\_\_\_\_ Grain: \_\_\_\_\_

Vegetable: \_\_\_\_\_