

# EAT YOUR BEETS

## Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)

Calories 37      Calories from Fat 1

% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 4%



## Reasons to Eat Beets

A ½ cup of beets is a good way to get folate and manganese.

A ½ cup of cooked beet greens has lots of vitamin K, vitamin A, and vitamin C. It is a good way to get riboflavin. Riboflavin is also called vitamin B<sub>2</sub>. It is important for building healthy red blood cells.

### Riboflavin Champions\*:

Almonds, cooked beet greens, eggs, fortified cereals, and lowfat milk.

\*Riboflavin Champions provide a good or excellent source of riboflavin.

## How Much Do I Need?

A ½ cup of beets is about the size of one medium beet. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need. Eat a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, dried, and 100% juice. It will help you reach your total daily needs. And, remember to be active for at least 60 minutes every day!

### Recommended Daily Amounts of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Boys</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Girls</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.

You can eat fruits and vegetables in many different forms – fresh, frozen, canned, dried, and even 100% juice. They are all good for you!

On your next trip to the grocery store, look for these fruits and vegetables. Put a check mark next to each form you find. Circle your favorite fruits and vegetables and in which form you like it best.

	Fresh	Canned	Frozen	Dried	100% Juice
Apples					
Beets					
Broccoli					
Corn					
Oranges					
Peas					
Others:					

1. Were you able to find any fruits and vegetables in all five forms? \_\_\_\_\_
2. If you answered yes, list which items: \_\_\_\_\_  
\_\_\_\_\_
3. Which items did you find in at least three different forms? \_\_\_\_\_  
\_\_\_\_\_
4. Draw a star next to a new form of fruit or vegetable you would like to try. Look for it during your trip to the grocery store.

# BROCCOLI ACTIVITIES



## Nutrition Facts

Serving Size: 1 cup, chopped (91g)	
Calories 31	Calories from Fat 3
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Vitamin A 11%	Calcium 4%
Vitamin C 135%	Iron 4%
Source: www.nutritiondata.com	



## Broccoli Brain-Buster

(answers below)

- Broccoli is dark green. This means it is very high in \_\_\_\_\_.  
A.) water      B.) air      C.) nutrients      D.) green particles
- Broccoli provides \_\_\_\_\_.  
A.) fiber      B.) calcium      C.) Vitamin C      D.) all three
- Which state grows the most broccoli for the United States?  
A.) California      B.) Texas      C.) Ohio      D.) Florida

Answers: 1. C, 2. D, 3. A

## California Food Fun

California produces more than 250 crops and livestock products and is the #1 agricultural state in the country.

**Unscramble the letters of some of these fruits and vegetables:**

- NRAGOES \_\_\_\_\_
- AGPRES \_\_\_\_\_
- IERAWBSTRES \_\_\_\_\_
- EHACPSE \_\_\_\_\_
- RPEAS \_\_\_\_\_
- EYRELC \_\_\_\_\_
- NAISRIS \_\_\_\_\_
- LPMUS \_\_\_\_\_
- AINCTEERNS \_\_\_\_\_
- URECOFILALW \_\_\_\_\_

Answers: 1. oranges, 2. grapes, 3. strawberries, 4. peaches, 5. pears, 6. celery, 7. raisins, 8. plums, 9. nectarines, 10. cauliflower.

## Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Broccoli is in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include broccoli, spinach, asparagus, green peppers, snap peas, zucchini, okra, Swiss chard, bok choy, avocados, green apples and kiwis.

## What is a Serving?

A serving of broccoli is one cup chopped broccoli. This is about two cupped handfuls.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.

# Summer Salads



**Use the word bank to find the hidden vegetables.**

Words can be found going horizontal, vertical, diagonally or backwards.

W H T H A I H T B D S T X I V K  
 P C X U Q C N G M E K C J H O C  
 V A R O P A S L B B S R D O E A  
 A B P S L Z N O I N O I C C B U  
 F B N P B J K E R T E S Q D M C  
 W A G B A U F B Q C D G F M U N  
 L G I E O I F D H A J F H M S E  
 E E S L O K N I R I M I L J H A  
 Q R G L C A U L I F L O W E R O  
 T H E P W L A J E O X H Y K O D  
 S F V E N E Q Y C L T K A Q O P  
 O P M P Z C Z C O M U L O R M R  
 O P K P A Y O C P N R G V A G U  
 M P O E Z R H A W D N N C M T T  
 L E O R B O X R A D I S H E S H  
 A C B U P N C X V B P K J I B U

## Word Bank

Bell Pepper	Cauliflower	Mushroom	Radishes
Broccoli	Eggplant	Onion	Turnip
Cabbage	Kale		



## Create a Salad

- Start with Greens**—One type or a mix. 2 cups of leafy greens is a serving.
- Add Some Color**—Vegetables or fruit (fresh, canned, or dried).  

Peas	Carrots	Tomatoes	Oranges
Broccoli	Peppers	Berries	Cranberries
- Pick a Low-Fat Protein**—It helps you feel full.  

Egg	Tuna or salmon	Tofu
Bean—cooked or canned (drained) Cooked meats		
- Dress it Lightly**—Dressings can add calories; use a small amount; try reduced-fat versions or make your own; thin dressings spread farther so you can use less.

**Use Toppings Sparingly**—Look for reduced-fat options. Cheese, seeds or nuts, bacon bits and croutons can add extra calories.

## Ranch Dressing

### Ingredients

- ¼ cup low-fat **mayonnaise**
- ½ cup low-fat **buttermilk**
- 1 teaspoon dried **parsley**
- 1 teaspoon **garlic powder**
- ½ teaspoon **onion powder**
- ¼ teaspoon each **salt** and **pepper**

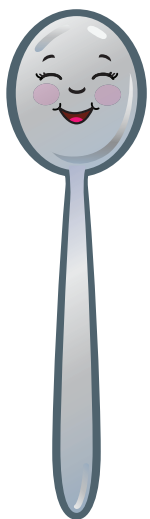


### Directions

- Combine all ingredients in a small bowl and stir until smooth. Cover and chill until ready to serve.
- Refrigerate leftovers within 2 hours.

### Notes

- ★ For a thinner dressing, add an extra 2 to 3 tablespoons of low-fat buttermilk.



## Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ★ Swish greens in a bowl of water to remove dirt.
- ★ Peel or cut fruit or veggies.
- ★ Measure and stir ingredients for salad dressings.



*For tasty, healthy recipes and garden tips that fit your budget, visit [Food Hero.org](http://FoodHero.org)*



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.  
 ©2020 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.



# Chef Solus' Healthy Cooking Tips



In general, most recipes can be made healthier using these simple guidelines:

## Start with Healthier Ingredients!

### Healthier food listed by food groups:

#### Grains Group:

- Using 100% whole grains make bread, pasta, flour and rice give recipes a fiber punch that is great for the heart and tummy!
- Look for the word “whole” on the package.

#### Dairy Group

- Use reduced fat or low fat ingredients such as low fat cheese or skim milk.

#### Protein Group

- Skinless white meat chicken/turkey are low in fat. Lean ground turkey is a healthy substitute for ground beef.
- Use lean cuts of meat, remove the white fatty parts
- Add nuts or seeds to salads and cereals.
- Some recipes taste great with beans and tofu instead of meat.

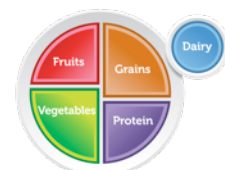
#### Fruit and Vegetable Groups:

- Add fruits and vegetables as side dishes
- Add vegetables in sauces and soups for more flavor.
- Use more fruit for sweetening up desserts and instead of sugar.

#### Healthy Oils:

- Healthy oils (fat) usually comes from unrefined products such as fish, nuts, avocado, seeds, and olives
- Use a small amount of healthy oils instead of butter, shortening or lard. Using a teaspoon or brush helps control the amount of oils you are using.

### Chef Solus Healthy Recipes



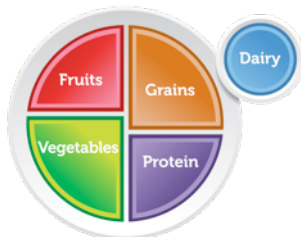
# Chef Solus' Healthy Cooking Tips

Next look at the cooking method:

## Healthy Cooking Tips

Preserve the nutrients and colors in veggies. Cook them quickly by steaming or stir-frying.

- Use low fat cooking methods such as grilling, steaming, boiling, or baking.
- Use small amounts of high salt ingredients such as soy sauce or chicken broth. Add water to dilute the amount.
- To lower sodium, you can replace salt with herbs and spices or some of the salt-free seasoning mixes. Use lemon juice, citrus zest or hot chilies to add flavor.



[Play our Play our Chef Solus Cooking Game!](#)



# Carlos and the Sugar Mystery!



Sugar may be white, but it is not a power food unless it's natural sugar found in fruit and milk. **When too much sugar** is added to foods, it makes Carlos feel tired and droopy an hour after eating it! Help Carlos figure out how much sugar is in this food package. Get your pencil and math skills ready to help Carlos solve the sugar mystery!

**Step 1:** look at the Nutrition Facts label to the right and find out where the sugars are ....

<b>Nutrition Facts</b>		Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 1 box (32g)		<b>Total Fat</b> 1g	1%	<b>Total Carb</b> 24g	8%
Servings 1		Sat. Fat 0g	0%	Fiber 0g	0%
Calories 101		Trans Fat 0g		<b>Sugars</b> 24g	
Fat Cal. 10		<b>Cholest.</b> 0mg	0%	<b>Protein</b> 1g	
		<b>Sodium</b> 180mg	8%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet					
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%					

**Step 2:** write down how many grams (g) of sugars are in one serving size...

Grams of sugar

**Step 3:** divide the grams of sugar by four ( $\div 4$ ) to get teaspoons (tsp) of sugar in one serving

1 tsp of sugar =  
4 g of sugar!

Grams  $\div 4 =$



**Step 4:** see if you can do the same with something you find in your kitchen...

\_\_\_ Grams  $\div 4 =$  \_\_\_ tsp of sugar

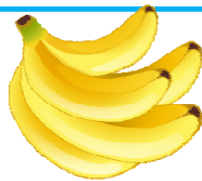
# The Sugar Mystery Solved!

How many teaspoons of sugar were in one serving of the packaged food?

Answer = 6 teaspoons of sugar!

When you read the ingredients list on a package of food, sugar may be called any of the following names (these are sugars that have been added to the food and do not occur naturally):

- Sugar
- Fructose, glucose, sucrose
- Corn sweetener
- Corn syrup
- High fructose corn syrup
- Dehydrated cane juice
- Fruit juice concentrate
- High-fructose corn syrup
- Honey
- Invert sugar
- Maple syrup
- Molasses
- Raw sugar
- Dextrose



Milk sugar is called lactose and naturally found in milk. Lactose is not added in, but will appear as a sugar on the nutrient label. Fruit sugar, also called fructose, is naturally found in fruit. When sugar is eaten as part of fruit (dried or fresh) or milk, you get all the vitamins, minerals and phytonutrients necessary to keep your whole body strong! So limit foods with added sugars and stick to foods with natural sugars like fruit and milk.





Penny  
Super Crew Kid

## Guess who's here for all seasons!

I come in blackish-purple and yellow.

I'm super sweet, chewy and taste great in all sorts of dishes.

Some people say I have wrinkles, but that's because I'm sun dried.

I may come in a bag or a box, but either way I am a tasty surprise.

Ancient Greeks and Romans used me as a reward for the winners of sport competitions.

-----  
-----

Answer: California Raisins

## Fill in the blank

- 1 Raisins are dried \_\_\_\_\_.
- 2 Raisins are wrinkled because after drying, \_\_\_\_\_ is taken out of the fruit.
- 3 Raisins can last for \_\_\_\_\_ in sealed containers, but refrigeration can make raisins last 6 months to a year.
- 4 Iron in raisins makes it a food that's really important to our \_\_\_\_\_.
- 5 California produces \_\_\_\_\_ percent of all the raisins in the United States and about \_\_\_\_\_ percent of the raisins in the world!

Answers: 1. Grapes 2. Water 3. 1 month 4. blood 5. 95.50

## The Super Crew says:

### CHOOSE THIS:

Fresh, dried or frozen fruit with raisins.

Frozen yogurt with low-fat granola.

Low-fat carrot mini muffins, whole grain oatmeal topped with raisins.

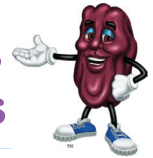
### INSTEAD OF THIS:

Fruit roll-ups or food "made with fruit flavoring".

Ice cream with chocolate sauce.

Cupcakes or brownies, sugary cereal.

## Top 10 benefits of California Raisins



- 1 They taste soooooo good!
- 2 Do not spoil easily because of their low water content.
- 3 Good source of energy because of higher concentration of carbohydrate.
- 4 Easy to store or carry.
- 5 Convenient to eat!
- 6 Do not cause cavities like other foods of equal sweetness because of special compounds they contain like oleonic acid.
- 7 Contain magnesium, iron, potassium, and boron.
- 8 Fructans in raisins increase the fiber contents as well as act as a prebiotic to improve intestinal health.
- 9 Provide lots of what the Super Crew calls fight-o-chemicals, that fight off disease, such as polyphenols.
- 10 Loaded with antioxidants!





Good nutrition  
+ Fitness  
= Healthy family



the Super Crew

- Take a walk together – walk and talk!
- Play sports or tag together – what a better way to build team spirit and get the heart beat up!
- Have a cook-off – who can make the best salad or side dish?
- Get a dance party going – dance around the house with the whole family.
- Cleaning contests – who can do the best job vacuuming?
- Gardening – plants need food and water, just like us!
- When it's raining, try active games for the Wii, XBOX Kinect or PlayStation Move, like Wii Fit, Kinect Sports or The Michael Jackson Experience.

Grade level 2-4

## Crack the Code!

What food really knows how to move and groove?

Complete the following problems:

Match the answer with the letter in the Code Key Box, and write that letter in the blank. Each column is one word. Penny adds, "You can time yourself to see how speedy you are, and then try again later to see if you've improved!"

2x15=  
4x6=  
4x11=  
16x3=  
3x9=  
18x2=  
6x10=  
44x2=  
12x4=  
3x8=

3x20=  
2x12=  
6x8=  
3x14=  
24x2=  
22x4=  
7x6=

15x4=  
12x3=  
3x10=  
4x2=



-----  
----- !

**CODE KEY** Some letters and numbers won't be utilized

A = 24	F = 27	K = 8	Q = 9	V = 6
B = 7	G = 5	L = 44	R = 60	W = 2
C = 30	H = 3	M = 23	S = 42	X = 51
D = 17	I = 48	N = 88	T = 11	Y = 49
E = 25	J = 13	O = 36	U = 19	Z = 3
		P = 2		

## Top 10 ways to eat California Raisins



- 1 Eat as a snack by itself.
- 2 Mix into a homemade trail mix.
- 3 Use raisins to bake homemade, whole-grain goodies.
- 4 Make your own energy/granola bars.
- 5 As a topping on oatmeal, grits, plain yogurt, or other foods.
- 6 Use as an ingredient in salads such as carrot-raisin pineapple salad.
- 7 Use in savory dishes such as rice pilaf or chicken stew.
- 8 Sprinkle on your favorite dessert such as frozen yogurt with raisins.
- 9 Make a delicious and nutritious compote.
- 10 Go for a classic "ants on the log" and top a celery stick with some cottage cheese sprinkled with raisins.

