

GREEN BEAN ACTIVITIES

Power Scramble

Rearrange the letters in each word to form the name of a fruit or vegetable. Write each word on the line next to the scrambled word. (answers below)

1. etews otpto _____
2. tinancere _____
3. beabacg _____
4. shpacin _____
5. ransisi _____
6. cipotar _____

Answers: 1. sweet potato, 2. nectarine, 3. cabbage, 4. spinach, 5. raisins, 6. apricot

Green Bean Brain Buster

(answers below)

1. According to the nutrition label above, green beans contain _____ of Vitamin C in one serving.
A.) 30% B.) 15% C.) 6% D.) 4%
2. We know that green beans are green, but they can also be _____.
A.) purple B.) yellow C.) white D.) all three
3. Green beans are very good for your heart and digestive system because they contain _____.
A.) calcium B.) iron C.) fiber D.) water

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

Nutrition Facts

Serving Size: 1 cup beans, snap (110g)	
Calories 34	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 2g	
Vitamin A 15%	Calcium 4%
Vitamin C 30%	Iron 6%

Source: www.nutritiondata.com



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. Green beans are in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include green beans, snow peas, sugar snap peas, leafy greens, green peppers, zucchini, cabbage, cucumbers, okra, peas, broccoli, green grapes, kiwis, honeydew melons and green apples.

What is a Serving?

A serving of green beans is one cup. This is about 20 medium green beans.

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.



SALAD GREENS ACTIVITIES



Nutrition Facts

Serving Size: 2 cups, green leaf (72g)	
Calories 10	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 106%	Calcium 2%
Vitamin C 22%	Iron 4%

Source: www.nutritiondata.com

Test Your Salad Smarts

(answers below)

- The darker the lettuce, the more _____ it is.
A.) heavy B.) nutritious C.) full of water D.) young
- Many salad greens are high in _____.
A.) sugar B.) sodium C.) Vitamin A D.) all three
- Which state grows the most salad greens, or lettuce, for the United States?
A.) California B.) Arizona C.) Texas D.) Maryland

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



Mixed Salad Word Jumble

Some of your favorite fruits and vegetables have been tossed into a jumble. To unscramble their names, pick the word pieces one from each column (starting with A, then B, then C). (answers below)

A	B	C	ANSWERS
PQ	UM	NI	POTATO
ZUC	A	RINE	
TAN	TA	COT	
A	TI	LI	
CAN	CO	MA	
AR	NAN	A	
JIC	PRI	TQ	
CUC	GE	BER	
BA	TA	CHOKE	
BROC	CHI	LOUPE	

Answers: potato, zucchini, tangerine, apricot, cantaloupe, artichoke, banana, broccoli

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. Salad greens are in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples of salad greens include romaine lettuce, iceberg lettuce, spinach, bok choy, collard greens, green cabbage, Chinese cabbage, endive, arugula and watercress.

What is a Serving?

A serving of salad greens is two cups of shredded green leaves.



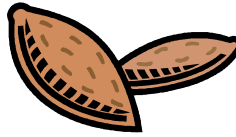
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Shopping at the Hillside Market:

How much food can the Super Crew® buy with the money they have?
Check out these beautiful fruits, vegetables, nuts, and spices!



Grapes:
\$1.95/pound



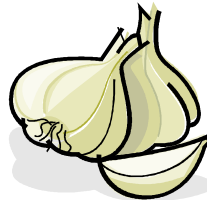
Almonds:
\$7.99/pound



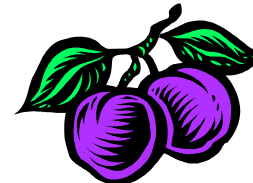
Mushrooms:
\$3.01/pound



Cinnamon
Sticks:
\$5.77/pound



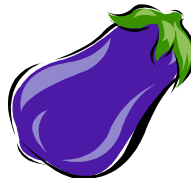
Garlic:
\$0.25/head



Plums:
\$0.64 each



Coconut:
\$4.33 each



Eggplant:
\$1.74 each



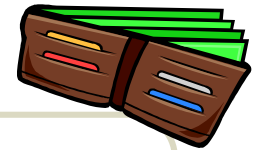
Walnuts (in
shell):
\$2.86/pound

Let's start shopping: On the next few pages, help Penny, Carlos, and Kira use estimation to buy some of their favorite foods at the market using the money they have.



Check out the food I bought at the Hillside Market! Now, I want you to estimate how much each of the foods cost and then tell me how much I spent. Multiply the price of the food by the amount I bought. Once you get that answer, round the answer to the nearest 10 cents. Add up all the totals and tell me how much everything cost.

- Carlos



1) Grapes

\$1.95 per pound \times 2 pounds = \$_____

2) Mushrooms

\$3.01 per pound \times 4 pounds = \$_____

3) Walnuts

\$2.86 per pound \times 3 pounds = \$_____

4) Garlic

\$0.25 per head \times 7 heads = \$_____

5) How much did everything cost (round to the nearest 10 cents)? \$_____

6) If my budget was \$32.00, was I under or over budget? _____



I have \$8.32 to buy four different foods from the Hillside Market. Pick out four yummy foods and choose the quantity of each I can buy without going over budget. Estimate their cost to the nearest 10 cents and write the estimate on the "Total Cost" line.

- Penny

1) Item: _____

\$ _____ × \$ _____ = \$ _____
Price Quantity Total Cost

2) Item: _____

\$ _____ × \$ _____ = \$ _____
Price Quantity Total Cost

3) Item: _____

\$ _____ × \$ _____ = \$ _____
Price Quantity Total Cost

4) Item: _____

\$ _____ × \$ _____ = \$ _____
Price Quantity Total Cost

5) Write the Total Shopping Trip Cost here: \$ _____

6) Will I be under or over budget? _____



I went to the Hillside Market today and bought a ton of food. Help me round each food item to the nearest dollar. I went over budget this time and need to learn how to estimate so I don't spend too much next time!

- Kira



My Grocery Bag:

1) 1 pound cinnamon sticks = \$5.77. \$5.77 rounded to the nearest dollar = \$_____

2) 4 plums = \$2.56. \$2.56 rounded to the nearest dollar = \$_____

3) 2 coconuts = \$8.66. \$8.66 rounded to the nearest dollar = \$_____

4) Add up all the totals to figure out how much I spent: \$_____

5) My budget was \$15.50. Let's figure out how much I went over budget:

$$\frac{\text{Total I spent}}{\text{My Budget}} = \text{How much I went over budget}$$

Shopping at the Hillside Market Answer Key



Carlos Activity:

- 1) \$3.90
- 2) \$12.00
- 3) \$8.60
- 4) \$1.80
- 5) \$26.30
- 6) Under budget

Kira Activity:

- 1) \$6
- 2) \$3
- 3) \$9
- 4) \$18
- 5) \$2.50

Penny Activity:

Answers will vary according to the foods each child chooses.

Join the Super Crew at their favorite Farmer's Market in their adventure book Havoc at the Hillside Market with the Super Crew!