

ACTIVITY

Storing and Preparing Vegetables

Directions: Complete the Storing Fresh Vegetables checklist below by filling in the missing steps you would take to keep the vegetables in good shape until you are ready to eat them.

Storing Fresh Vegetables

- _____
- _____
- Don't wash vegetables until you are ready to prepare them.
- Store in plastic bags, covered containers, or vegetable crisper in your refrigerator.
- _____
- Store onions, potatoes, and winter squash in a cool, dark, dry place, not the refrigerator.

Directions: Complete the Cleaning Fresh Vegetables checklist below by filling in the missing steps you would take to remove dirt, bacteria, and any residues from fresh vegetables before eating them.

Cleaning Fresh Vegetables

- _____
- _____
- Trim parts you can't eat.
- _____

ACTIVITY

Eat Your Veggies

Directions: Vegetables supply many of the vitamins and minerals that your body needs. For each of the nutrients named, list the five good sources of that nutrient. Name only the sources that you enjoy eating or would like to try. When you have completed the chart, answer the questions that follow.

<p>1. Vitamin A</p> <p>a. _____</p> <p>b. _____</p> <p>c. _____</p> <p>d. _____</p> <p>e. _____</p>	<p>2. Calcium</p> <p>a. _____</p> <p>b. _____</p> <p>c. _____</p> <p>d. _____</p> <p>e. _____</p>	<p>3. Magnesium</p> <p>a. _____</p> <p>b. _____</p> <p>c. _____</p> <p>d. _____</p> <p>e. _____</p>
<p>4. Vitamin C</p> <p>a. _____</p> <p>b. _____</p> <p>c. _____</p> <p>d. _____</p> <p>e. _____</p>	<p>5. Folate</p> <p>a. _____</p> <p>b. _____</p> <p>c. _____</p> <p>d. _____</p> <p>e. _____</p>	<p>6. Potassium</p> <p>a. _____</p> <p>b. _____</p> <p>c. _____</p> <p>d. _____</p> <p>e. _____</p>

7. Why are the following vegetables good vegetable sources of energy: sweet corn, green peas, potatoes, squash, turnips?

8. What gives shape to vegetables and helps your digestive system work properly?

Continued

Eat Your Veggies continued

9. What four other properties do vegetables offer for good health?

10. Name the two food groups to which legumes belong.

11. If you eat a portion of legumes, do you count it as a portion in one group or two? _____

12. On the lines below, describe three vegetable snacks that you could make to help you put more veggies into your eating plan.

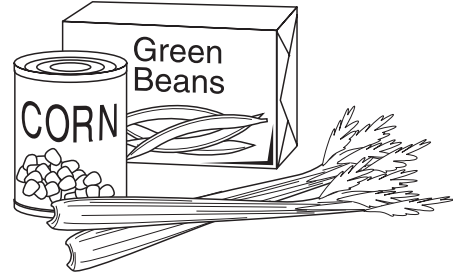
Snack 1 _____

Snack 2 _____

Snack 3 _____

Vegetables

Vegetables and Nutrients



Directions: Read the situations described below.
Answer each question on the lines provided.

1. James is on a low-calorie diet. Why are vegetables a good food choice for him?

2. Kayla is allergic to milk. What vegetables could she eat to help her get enough calcium in her diet?

3. Brett doesn't care for oranges and grapefruit. His mother encourages him to get more vitamin C. What vegetables could he eat that contain vitamin C?

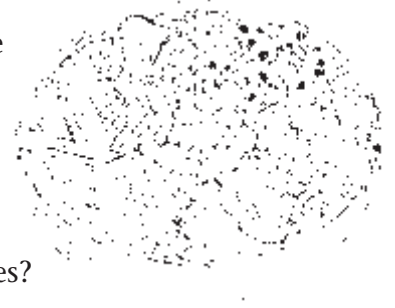
4. Sierra wants to get the most nutrients possible in the vegetables she buys. Should she buy fresh, frozen, or canned?

5. Miranda usually microwaves vegetables. She wonders if this is a good way to save nutrients? Is it? Why or why not?

Vegetables

Steps to a Perfect Vegetable Tray

Directions: Tony is buying fresh vegetables to make a vegetable tray for a party. Follow Tony's steps from the supermarket and at home. Answer the questions about how Tony should choose, store, and prepare the vegetables on the lines below.



1. What qualities should Tony look for in choosing the vegetables?

2. When Tony gets home, how should he store the vegetables?

3. On the day of the party, how should Tony prepare the vegetables for the tray?

4. How should Tony store the prepared vegetables to keep them crisp until it is time for the party?
