

Garden Detective News



Grow Healthy Habits With Your Children

Ask your child to share what he or she learned about fruits and vegetables.

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Every garden detective in our class is researching and writing a report about a fruit or vegetable in our garden. Ask your child which fruit or vegetable he or she is studying. You may want to add this fruit or vegetable to a family meal. Experiment with new recipes using this fruit or vegetable with your child.

When you find a recipe that your family likes, send it to school so we can include it in the class cookbook.

Mystery Solved!

Ways To Help Your Child Eat More Fruits and Vegetables.

1. **Choose fruits and vegetables rich in color.** Brighten your plate with vegetables that are red, orange, and dark-green. They are full of vitamins and minerals. Try spinach, leaf lettuce, carrots, beets, Swiss chard, strawberries, and raspberries/blackberries. They not only taste great but are good for you, too.
2. **Check the freezer aisle.** Frozen fruits and vegetables are quick and easy to use. They can be just as nutritious as fresh when they are packaged without added fats, sugars, or sodium (salt). Try adding frozen peas, green beans, spinach, sugar snap peas, or vegetable blends to some of your favorite dishes or eat them as a side dish.





Family Activity 3

Fruit and Vegetable Riddles

Try solving the following riddles with your child:

What Am I?

1. I'm a vegetable that grows under the ground and has a green top. Eating me helps you have good eyesight. What am I?

2. I'm a beautiful red fruit that grows in early summer. I taste sweet and you can eat me in a smoothie, in your cereal, or all by myself. What am I?

3. I'm a leafy dark-green vegetable that likes cool weather. I can be eaten raw or cooked. What am I?

4. I'm a leafy green vegetable that comes in different colors... including red! You most likely eat me in a salad or on a sandwich next to a slice of tomato. What am I?

5. I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet. What am I?

6. I am a red or black fruit that can stain your hands when you eat me. I grow on bushes and I taste good on your cereal. What am I?

7. I'm a leafy vegetable that grows in the garden. I can be green and white or red and green—either way, I taste the same! Most people cook me, but you can eat me raw, too. What am I?

Answer Key: 1. Carrot. 2. Strawberry. 3. Spinach. 4. Leaf lettuce. 5. Beets. 6. Raspberries/blackberries. 7. Swiss chard.

Try These Kid-Friendly Snack Ideas:

Fruit Wands With Yogurt Dip

- Put pieces of fruit on a toothpick, skewer, or straw.
- Cover with plastic wrap and store in the refrigerator until snack time.
- Serve with low-fat strawberry (Princess Dip) or lime (Swamp Slime) yogurt for dipping.

Happy Snack Packs

- Fill small containers or snack bags with cut-up veggies.
- Add a small container of fat-free ranch dressing for dipping.
- Decorate the outside of the bags with stickers.
- Store in the refrigerator on a shelf where they are easy for your child to see.



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