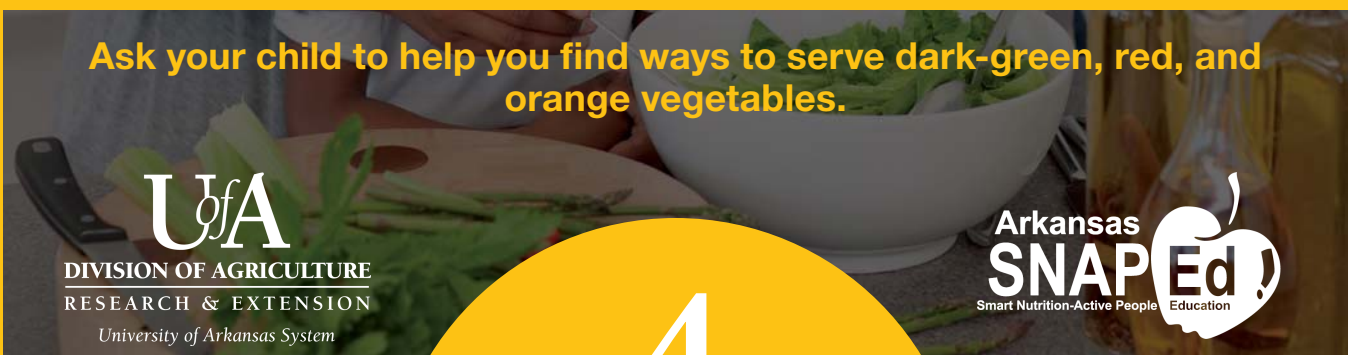


Garden Detective News



Help Healthy Habits Take Root

Ask your child to help you find ways to serve dark-green, red, and orange vegetables.



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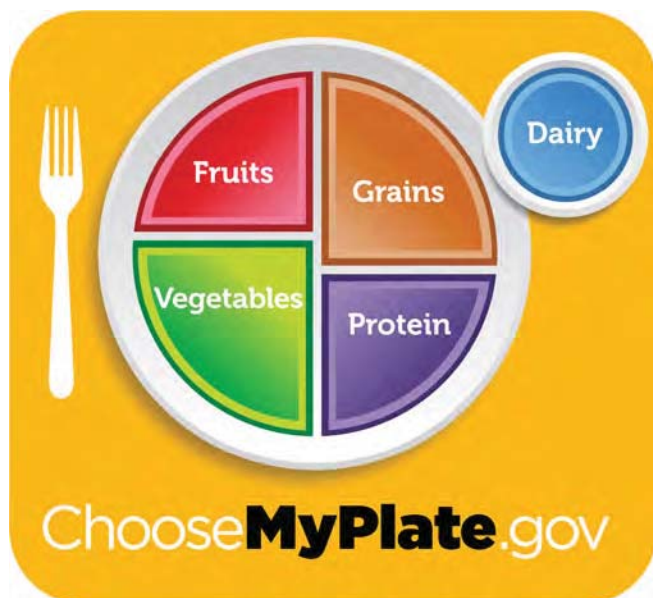
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Smart Nutrition-Active People Education

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Garden Detective News

This week, our class learned about building a healthy plate with foods from each of the food groups. One easy way is to fill half of your plate with fruits and vegetables. They also learned why it is important to vary your veggies and eat dark-green, red, and orange vegetables, and beans and peas. We are discovering lots of new ways to do that through our garden where we are growing dark-green vegetables like spinach, Swiss chard, and leaf lettuce, and orange vegetables like carrots.



Dark-Green Vegetables

bok choy	spinach
dark-green leaf lettuce	Swiss chard
romaine lettuce	collard greens
watercress	mustard greens
broccoli	turnip greens
kale	beet greens

Red and Orange Vegetables

acorn squash	Hubbard squash
carrots	sweet potatoes
red peppers	butternut squash
pumpkin	tomatoes

Bean and Peas

black beans	garbanzo beans (chickpeas)
kidney beans	
pinto beans	navy beans
black-eyed peas	soy beans
lentils	split peas
white beans	

Help your garden detective complete the family survey with all members of your family. Have fun and be healthy as a family!

Why should kids eat plenty of fruits and vegetables as part of a healthy diet?



Start them early with fruits and veggies. It's easier to get your child in the habit of eating and enjoying fruits and veggies if you start when they are young.

Studies show a positive association between healthier dietary patterns and academic performance.

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

The fiber in fruits and veggies helps your child feel full longer, and that can help with a healthy body weight. It can also help prevent constipation.

Family Activity 4

Family Survey



It would be a crime not to include the whole family in making healthy food choices!

Let's get everyone involved in making food choices for a healthy diet. Survey your family members to find out the kinds of food choices they are making. Use the questions below. Put a check mark in each person's column for every "yes" answer.

Help Your Family Make Healthy Food Choices

This week did you:

You

Family members

Eat a fruit or drink 100 percent fruit juice each day?

Eat a vegetable at lunch and dinner each day?

Eat dark-green vegetables?

Eat red and orange vegetables?

Eat beans and peas?

Total check marks

When you are done with the survey, talk with your family about the results.

Do you and your family see any places where you could improve and eat healthier? _____

Set a goal for this week to get more yes answers to these questions. Have fun and be healthy as a family! _____
