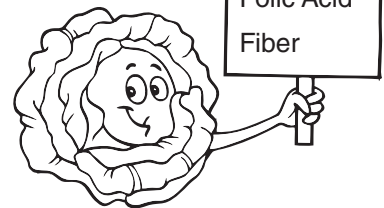


Name _____

Think About Vegetables

Vegetables are good for us. They have vitamins and other nutrients to keep us healthy. Vegetables keep our hearts healthy and strong. They also provide:

- **Vitamin C** to help our bodies build strong bones and teeth.
- **Vitamin A** to keep our skin healthy.
- **Folic Acid** to help our bodies make new red blood cells. They carry oxygen to all parts of our bodies.
- **Fiber** to digest the other food we eat.



Directions: Read this list of different vegetables. Check the boxes of the vegetables you have eaten. Put an **X** next to the vegetables you have not tried yet. Circle your three favorite vegetables.

Vegetables

<input type="checkbox"/> artichoke	<input type="checkbox"/> garbanzo beans	<input type="checkbox"/> rhubarb
<input type="checkbox"/> asparagus	<input type="checkbox"/> iceberg lettuce	<input type="checkbox"/> romaine lettuce
<input type="checkbox"/> bean sprouts	<input type="checkbox"/> kale	<input type="checkbox"/> rutabagas
<input type="checkbox"/> bok choy	<input type="checkbox"/> kidney beans	<input type="checkbox"/> snow peas
<input type="checkbox"/> broccoli	<input type="checkbox"/> leaf lettuce	<input type="checkbox"/> soybeans
<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> lentils	<input type="checkbox"/> spinach
<input type="checkbox"/> cabbage	<input type="checkbox"/> lima beans	<input type="checkbox"/> split peas
<input type="checkbox"/> carrots	<input type="checkbox"/> navy beans	<input type="checkbox"/> sweet potatoes
<input type="checkbox"/> cauliflower	<input type="checkbox"/> olives	<input type="checkbox"/> taro
<input type="checkbox"/> celery	<input type="checkbox"/> onions	<input type="checkbox"/> turnips
<input type="checkbox"/> collard greens	<input type="checkbox"/> parsnips	<input type="checkbox"/> water chestnuts
<input type="checkbox"/> corn	<input type="checkbox"/> peas	<input type="checkbox"/> watercress
<input type="checkbox"/> dry black-eyed peas	<input type="checkbox"/> pinto beans	<input type="checkbox"/> wax beans
<input type="checkbox"/> eggplant	<input type="checkbox"/> potatoes	<input type="checkbox"/> white beans
<input type="checkbox"/> endive		

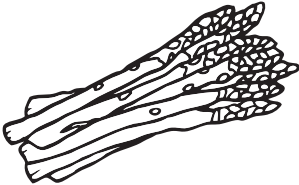
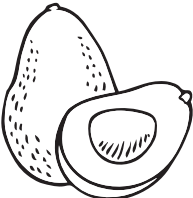
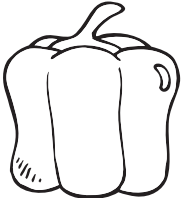
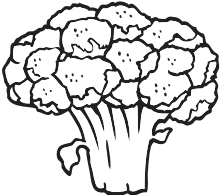
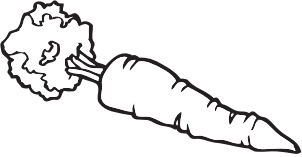
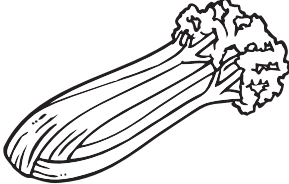
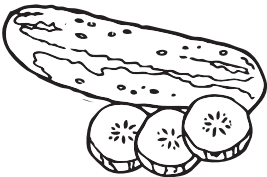
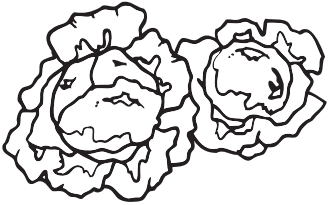




Challenge: Write the names of two vegetables that are new to you.

Research these two vegetables. Write a sentence about each one on the back of this page.

Culinary or Fruit Vegetables

Fruits and vegetables are both healthy foods. Think back to how we define a fruit. *Fruit* is the flower part of a plant in which seeds develop. Many foods we consider vegetables are really fruits because they have seeds inside. We cook or eat these foods as vegetables. We call them “culinary vegetables” or “fruit vegetables.”

1. Cross out the vegetables in the grid that do *not* have seeds inside.

 <p>asparagus</p>	 <p>avocado</p>	 <p>bell pepper</p>
 <p>broccoli</p>	 <p>carrot</p>	 <p>celery</p>
 <p>cucumber</p>	 <p>lettuce</p>	 <p>pumpkin</p>
 <p>spinach</p>	 <p>squash</p>	 <p>tomato</p>

2. List the vegetables that are not crossed out.

3. What is another name for these vegetables? _____

Name

Plant Parts

Many plants have parts that are safe for people to eat. Any part of a plant we eat that is *not* the fruit we think of as a vegetable. Vegetables can be a plant's *roots*, *stems*, *flowers*, or *leaves*. We also eat some *bulbs* and *seeds*.

Directions: Determine into which box each vegetable in the Word Box should go. Some vegetables may go in more than one box. Do we eat the stem, the flowers, the roots, the leaves, the bulbs or the seeds of each vegetable?

The diagram illustrates two different types of plants. The plant on the left is a seedling with a small root system, a single stem, and two leaves. The plant on the right is a bulbous plant with a thick, rounded bulb at the base, a single stem, and several leaves. The diagram is divided into five labeled sections for identification: 'Seeds' (top left), 'Stems' (middle left), 'Leaves' (middle right), 'Roots' (top right), and 'Bulbs' (bottom right). Each section contains a series of horizontal lines for labeling.

Seeds

Stems

Leaves

Roots

Bulbs

Flowers

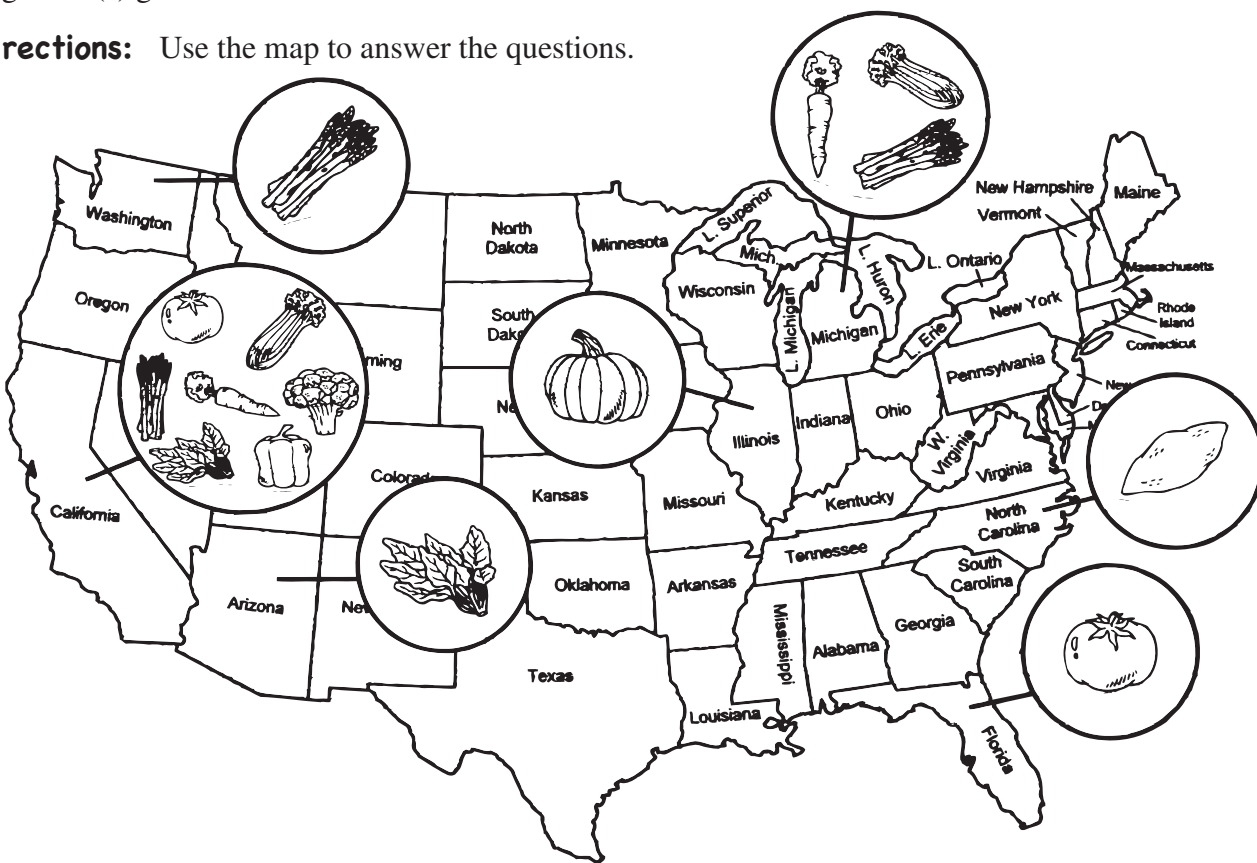
Word Box

asparagus	cauliflower	lima beans	rhubarb
bamboo shoots	celery	onion	rutabaga
beets	collard greens	parsley	spinach
black beans	corn	parsnip	sunflower seeds
bok choy	garlic	peas	sweet potato
broccoli	kale	pinto beans	turnip
Brussels sprouts	kidney beans	potato	water chestnuts
cabbage	leeks	pumpkin seeds	watercress
carrot	lettuce	radish	yam

Where Do Our Vegetables Grow?

Sometimes it's easier to eat healthy foods if they are grown nearby. We might go to a farm or farmer's market to buy fresh produce. Many vegetables grow all around the country. But some states grow most of a particular vegetable sold in stores. The map below provides some examples. Have you tried the vegetable(s) grown there?

Directions: Use the map to answer the questions.



1. Which state provides most of the pumpkin we use for cooking? _____
2. Which vegetable is grown in Washington state? _____
3. What observation can you make about California from reading the map?

4. How would this information be useful if you owned a grocery store? _____

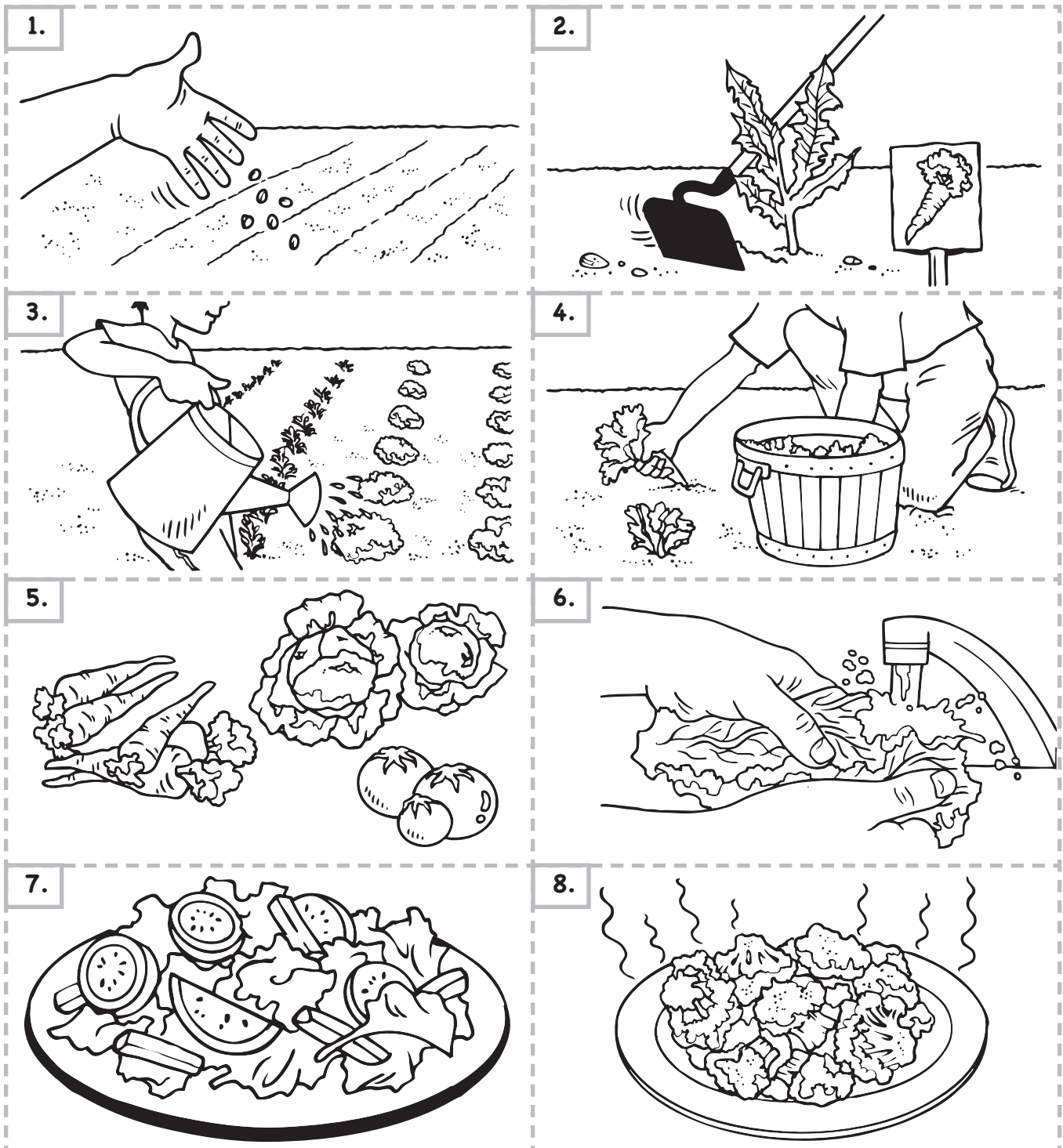
5. Which of these vegetables have you tried or would you like to try fresh from the field or a farmer's market? _____

Name _____

Garden to Plate

Let's think about how vegetables get from a farm garden to our plates. Look at the pictures and discuss the steps in the process.

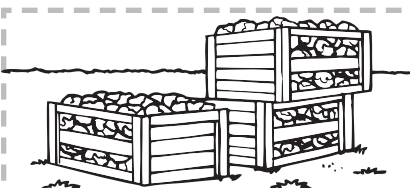
Directions: Create a book or poster. Cut out the pictures, arrange them in order, and describe each step. Add a cover page.



Name _____

Farm to Store

Think about how vegetables get from a farm to a store. What are the steps in the process? Label each statement with the part of the process it represents: **production**, **processing**, **transportation**, or **distribution**. Cut out the statements and arrange them in order on a separate sheet of paper.



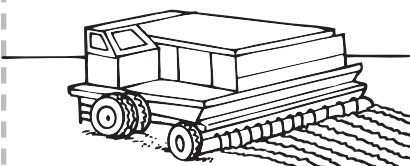
Vegetables are packaged to ship.



Farmers plant seeds.



Produce is sorted and cleaned.



Machines plow and prepare the soil.



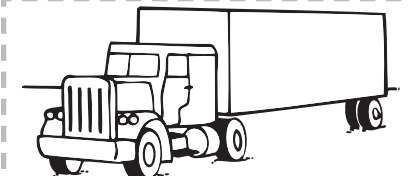
Vegetables are sold in stores.



Vegetables are harvested.



Plants are watered, given nutrients, and weeded.



Vegetables travel by truck to the store.

Green Is a Great Color

Green vegetables strengthen our immune system. This means they help keep us from getting sick. The nutrients in green vegetables help blood circulate through our bodies and give us energy. The vitamins in these foods help our blood clot when we are cut.

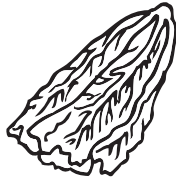
Many dark green vegetables are from the leaf of the plant.

- **Vitamin C** helps wounds heal.
- **Vitamin A** helps our organs work properly.
- **Vitamin E** helps our immune system, and it keeps our hair and skin healthy.
- **Vitamin K** helps our blood.

Directions: Do some research about the vegetables below. Then, draw a line from the vegetable to its name and color it.



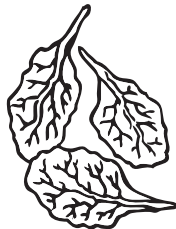
endive or escarole



spinach



mustard greens



chard



romaine lettuce



turnip greens













watercress

Extensions: Salads are not the only way to eat these vegetables. Ask a family member to chop them up and add them to soup. Blend a few greens with your favorite fruits when you make a smoothie. You won't even be able to taste the greens! Some green vegetables taste good roasted. Have a family member help you roast some broccoli or other greens mixed with other vegetables.

New Vegetables

Look at the vegetables and pictures listed in the Word Box. Circle the ones you have already tried.

Word Box			
	artichoke		lentils
	bok choy		romanesco
	Brussels sprouts		rutabaga
	eggplant		taro
	kohlrabi		watercress

Directions: Match each vegetable to its clue.

- This vegetable grows just slightly above the ground. _____
- This veggie is named for a city. _____
- This food is a flower bud that has not yet bloomed. _____
- This vegetable is grown in the tropics. _____
- People like to take pictures of this veggie. It is lime green and has a spiral growth pattern.

- This vegetable is really a fruit. Plant scientists say it is a berry. _____
- Some people call this Chinese cabbage. _____
- Some people say these greens were part of the first Thanksgiving dinner. _____
- This veggie is a cross between a wild cabbage and a turnip. _____
- These legumes are shaped like contact lenses. _____

Which vegetable would you like to try after reading the facts above? _____

Why? _____

Two Kinds of Peppers

Peppers are healthy “fruit vegetables,” and they add flavor to many dishes we eat. Sweet bell peppers and hot chili peppers are in the same plant family. They are also related to tomatoes, potatoes, and eggplant!

Sweet peppers are high in vitamin C and vitamin B-6. They provide fiber. People often eat sweet peppers raw in salads or as a crunchy veggie with dip.



Bell peppers are sweet peppers that have a mild flavor. Most often, they are green or red. They may also be yellow, orange, or purple. Red bell peppers are the sweetest and green peppers are the least sweet.



Banana peppers are long, pointed, yellow peppers. They can be sweet or hot (spicy).



Poblano peppers are dark green, sweet, and mild. They are great for making chile rellenos.



Sweet cherry peppers look like small red bell peppers and are slightly spicy.

Chili peppers are high in vitamins A, B-6, and C. Most often, they are used to season other foods. A chili pepper triggers sensors in the tongue and skin. It tells your body the temperature is rising. The heat we taste is not just spicy. It really feels as if your mouth is on fire.



Jalapeños are usually shiny green, but there are also red and purple varieties. They can be hot to very hot. In dried form they are called chipotle.



Serrano chilies are green. They are smaller and hotter than jalapeños.



Anaheim chilies are green when fresh. They are red when dried. They may be mild or hot.

Feel the Heat! Chili peppers are rated on the Scoville Heat Unit scale. To find the heat units, scientists dilute a pepper in sugar water. They keep adding sugar until the pepper does not taste hot any more. The more sugar needed, the hotter the pepper ranks on the scale. Below are the Scoville Heat Unit ratings for different five peppers.

Directions: Rank the seven peppers on the chart according to their “heat units.” The number 1 will signify the least hot and the number 7 will be for the hottest.

	Scoville Ratings of Peppers	Heat Units
	Anaheim Pepper	1,000–2,500
	Bell Pepper (Mild)	0 (no heat)
	Habañero (Very Hot)	200,000–350,000
	Jalapeño (Hot)	3,500–5,000
	Serrano Green Chili Pepper (Mild)	10,000–23,000
	Banana Pepper	0–500
	Poblano Pepper	1,000–2,000

Answer Key

page 14 (Food Groups)

Answers will vary; check that answers are reasonably correct.

page 15 (My Plate)

Answers will vary.

page 16 (Think About Fruit) Part I

Answers will vary.

page 17 (Think About Fruit) Part II

Answers will vary.

- | | |
|--------------------|----------------|
| 1. nerves, muscles | 3. blood cells |
| 2. energy | 4. lungs |

page 18 (How Does Fruit Grow?)

Possible answers:

Tree fruits: apples, bananas, cherries, nectarines, oranges, peaches, pears, plums

Bush fruits: blueberries, gooseberries, currants

Bramble fruits: blackberries, raspberries

Vine fruits: cantaloupe, grapes, honeydew, kiwi fruit, watermelon, strawberries

- Possible answers:
cucumbers, pumpkin, some squash, tomatoes
- Answers will vary.

page 19 (Fruit Seeds We Eat)

No answer key necessary.

page 20 (Learn About Mangoes)

Check for appropriate responses.

page 21 (Talk About Fruit)

Answers will vary.

page 22 (Think About Vegetables)

Answers will vary.

page 23 (Culinary or Fruit Vegetables)

- Cross out asparagus, broccoli, carrot, celery, lettuce, and spinach
- avocado, bell pepper, cucumber, pumpkin, squash, tomato
- culinary or fruit vegetables

page 24 (Plant Parts)

roots: beets, carrot, parsnip, potato, radish, rutabaga, sweet potato, turnip, yam

stems: asparagus, bamboo shoots, broccoli, celery, rhubarb

leaves: Brussels sprouts, bok choy, cabbage, collard greens, kale, lettuce, parsley, spinach, watercress

flowers: broccoli, cauliflower

seeds: black beans, corn, kidney beans, lima beans, peas, pinto beans, pumpkin seeds, sunflower seeds

bulbs: garlic, leeks, onion, water chestnuts

page 25 (Where Do Our Vegetables Grow?)

- Illinois
- asparagus
- Answers will vary but should include something about California being an agricultural state providing many different kinds of crops.
- Answers will vary but might include helping you decide what to purchase and checking what is fresh in season. Shipping would also be a consideration.
- Answers will vary.

page 26 (Garden to Plate)

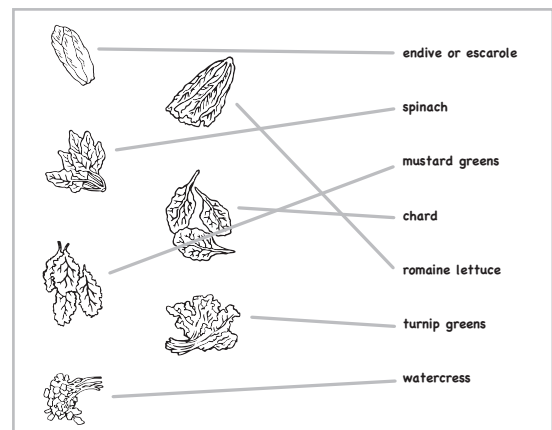
No answer key necessary.

page 27 (Farm to Store)

- Machines plow and prepare the soil. **Production**
- Farmers plant seeds. **Production**
- Plants are watered, given nutrients, and weeded. **Production**
- Vegetables are harvested. **Production**
- Produce is sorted and cleaned. **Processing**
- Vegetables are packaged to ship. **Processing**
- Vegetables travel by truck to the store. **Transportation**
- Vegetables are sold in stores. **Distribution**

page 28 (Green Is a Great Color)

Show final page.



page 29 (New Vegetables)

- | | |
|---------------------|---------------|
| 1. kohlrabi | 6. eggplant |
| 2. Brussels sprouts | 7. bok choy |
| 3. artichoke | 8. watercress |
| 4. taro | 9. rutabaga |
| 5. romanesco | 10. lentils |

Extra question: Answers will vary.

page 30 (Two Kinds of Peppers)

Feel the Heat chart ranking

- Bell Pepper
- Banana Pepper
- Poblano Pepper
- Anaheim Pepper
- Jalapeño
- Serrano Green Chili Pepper
- Habanero

page 31 (Think About Whole Grains)

- | | |
|--------------|-------------------|
| 1. wheat | 8. quinoa |
| 2. millet | 9. corn |
| 3. spelt | 10. oats |
| 4. sorghum | 11. bulgur |
| 5. buckwheat | 12. brown rice |
| 6. barley | 13. rye |
| 7. amaranth | 14. wheat berries |

Challenge: Answers will vary.