

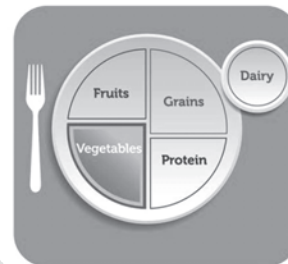


Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## What is the Vegetables Food Group?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried; and may be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables



## How many vegetables should I eat?

The amount of vegetables you need to eat depends on age, sex, and level of physical activity. Recommended daily amounts are shown in the table below.

Daily Veggie Recommendation		
	AGE	AMOUNT
CHILDREN	2-3 years old	1 cup
	4-8 years old	1 ½ cups
GIRLS	9-13 years old	2 cups
	14-18 years old	2 ½ cups
	19-30 years old	3 cups



## PREVIEW

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- arugula
- bok choy
- broccoli
- broccoli rabe
- collard greens
- dark-green lettuce
- endive
- escarole
- kale
- romaine lettuce
- spinach
- Swiss chard
- turnip greens
- watercress

- acorn squash
- bell peppers
- butternut squash
- carrots
- hubbard squash
- pumpkin
- red chili peppers
- red peppers, sweet
- sweet potatoes
- tomatoes
- 100% vegetable juice

- cassava
- corn
- green bananas
- green lima beans
- green peas
- parsnips
- plantains
- potatoes, white
- taro
- water chestnuts
- yams

- black beans
- black-eyed peas
- chickpeas (garbanzo)
- edamame
- fava beans
- kidney beans
- lentils
- lima beans
- navy beans
- pinto beans
- soy beans

- artichokes
- asparagus
- avocado
- beets
- Brussels sprouts
- cabbage
- cauliflower
- celery
- cucumbers
- eggplant
- green beans
- green peppers
- radishes
- snow peas
- squash





Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Vegetables Group - So Many Choices!

Any vegetable or 100% vegetable juice counts as a member of the Vegetables Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried; and may be whole, cut-up, or mashed.

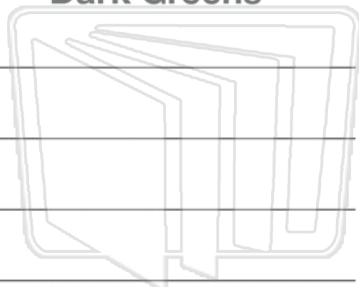


Name some of your favorite vegetables in each category.

Dark Greens

Red & Orange Veggies

Other Veggies



## PREVIEW

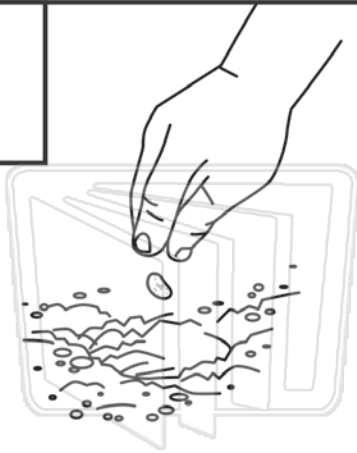
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T A C T G B T D Z O N S T A M T G O  
 C L M M C U S Q U A S H E R R Y G P  
 D E A E P E A S C R L B P S M D P I  
 G R T P E W V E Y R O E T N A S L N  
 B R O C C O L I H O E A C I V F A A  
 W A T P O T A T O T G N Q P G F N C  
 K Y S W R I H U L J T S A H O J T H  
 I T O Q N Z I E D A M A M E Y D E W



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

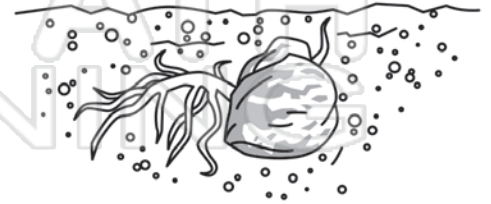
How do **beans** grow? Number the steps in the **correct order**.



Plant the seed.



Water it.

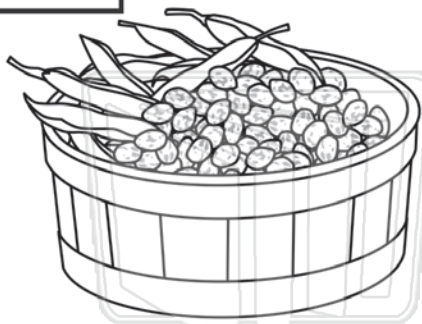


It grows roots.



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Time to eat!



It flowers.



A bean grows!



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

1 Boys and girls, **ages 10-18**, should eat about \_\_\_\_\_ of **veggies** every day.

- A ¼ cup
- B ½ cup
- C 1½ cups
- D 2-3 cups



5 Which of these is a **subgroup** of **vegetables**?

- A raw
- B crunchy
- C juiced
- D dark-green



2 You should only eat **raw vegetables** because if you cook vegetables, all of the \_\_\_\_\_

6 Which **subgroup** of vegetables does **corn** belong in?



## PREVIEW

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4 What **vitamin** gives carrots and sweet potatoes their **orange** color?

- A vitamin D
- B vitamin A
- C vitamin O
- D vitamin F



8 Which is **not** a **type** of vegetable?

- A carrots
- B beans
- C peas
- D melons





Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Answer Sheet

### Vegetables Group - So Many Choices!

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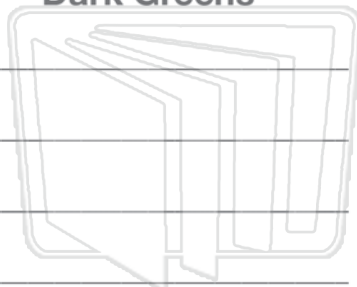


Name some of your favorite vegetables in each category.

Dark Greens

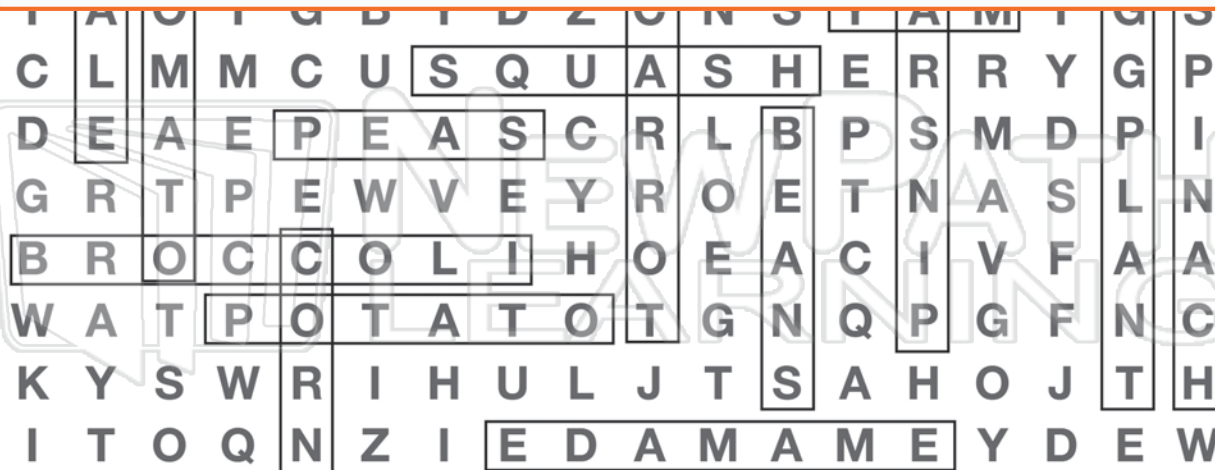
Red & Orange Veggies

Other Veggies



## PREVIEW

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Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Answer Sheet

1 Boys and girls, **ages 10-18**, should eat about \_\_\_\_\_ of **veggies** every day.

- A ¼ cup
- B ½ cup
- C 1½ cups
- D 2-3 cups



5 Which of these is a **subgroup** of **vegetables**?

- A raw
- B crunchy
- C juiced
- D dark-green



2 You should only eat **raw vegetables** because if you cook vegetables, all of the **nutrients** are lost.

- A
- B
- C
- D

6 Which **subgroup** of vegetables does **corn** belong in?

3 We eat \_\_\_\_\_

- A
- B
- C
- D



## PREVIEW

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