



LESSON 1  
THE "EAT MORE" GROUPS - GRAINS, FRUITS AND VEGETABLES  
**STUDENT ACTIVITY SHEET**  
Answer Key



# VARY YOUR VEGETABLES



## VEGETABLE FACTS

- Vegetables contribute to good health, a strong immune system, and bright eyes, skin, and hair. Some of the important nutrients found in vegetables include vitamin A, vitamin C, potassium, folate, and fiber.
- Vegetables are divided into five subgroups and each subgroup gives our bodies different nutrients. That's why it's important to eat a variety of vegetables each day.
- Kids between the ages of 10-14 need about 2 ½ cups to 3 cups of vegetables each day.

**1** On the back of each vegetable photo card, you will see a nutrition facts label. Use the labels to answer the questions below.

- The red and orange vegetable subgroup is especially high in vitamin A.
- The vegetable subgroup with the highest protein content is the Dry Beans & Peas subgroup.
- Compare the labels for iceberg lettuce and romaine lettuce. Which type of lettuce contributes more vitamin A and vitamin C? Romaine

**3** The list below includes action steps for eating more vegetables. Check one or more action that you would be willing to work on. You can also come up with your own idea.

- Add extra vegetables to soups or sandwiches.
- Eat raw vegetables with your afternoon snack.
- Eat a fresh salad with your dinner meal.
- Make a smoothie that includes spinach or other dark greens.
- My idea for adding more vegetables to my diet (describe):

**2** Draw a line from each vegetable on the left to the correct vegetable subgroup.



## Do you know how well your diet stacks up?

It's hard to tell if you don't keep track. Count your servings this week by using the fruit and vegetable tracker worksheet.

