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Children's Bilingual Picture Books

Activity Guide #2

Vegetable Dreams / Sueño de verduras

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Subjects
Science
Health and Nutrition

Brief Description
In this activity, children learn nutritional benefits of vegetables and their sources. They will also identify products that contain vegetables.

Objectives
- Learn nutritional value of vegetables and how servings change with age and activity level.

Key Words
Vegetables, food pyramid, nutrition.

Grade Level(s)
K-4

Materials Needed
Get copy of food pyramid. See MyPyramid For Kids or download the pyramid.

Activities
- Show the food pyramid. Review each level:
  - Breads, Cereals Rice, Grains, Pasta 6 -11 Servings
    (one serving= 1 cup cereal/ ½ c rice/1 slice bread)
  - Vegetables 3 -5 servings
    (one serving= 1 cup raw leafy/ ½ cup chopped raw or cooked/ ¾ c juice or soup
  - Fruits 2-4 servings
    (one serving= 1 med size fruit/ ½ cup chopped, cooked, canned fruit/ ¾ c juice
  - Milk, Yogurt, Cheese 2-3 servings
    (one serving= 1 c milk or yogurt/1.5 oz natural cheese/ 2 oz processed cheese
  - Meat, Poultry, Fish, Eggs, Nuts 2-3 servings
    (one serving= 3 oz cooked lean meat, poultry, fish/ 1/3 c nuts/ 1 egg
  - Fats, oils and sweets Sparingly
- Children ages 2 -6 need 3 servings of vegetables per day. Older children and adults need 4 servings. Active teen and adults should have 5 servings. Why?

- Vegetables contain a variety of vitamins and minerals. Most are naturally fat free. Careful attention must be maintained when cooking so you don't add fat or cook out the vitamins and minerals. Steaming and microwaving are great methods

Vitamin C	Vitamin A	Folate
Broccoli, raw	Sweet Potato	Green Leafy Vegetables
Red Peppers		Beans

- All vegetables provide dietary fiber, some provide starch and protein. Eating a variety is a good way to get the healthiest combination. Eat a colorful plate of vegetables for your health.
- Dark green: Beet greens, broccoli, endive, kale, romaine lettuce, spinach, watercress and escarole provide vitamins A and C, riboflavin, folic acid, iron, calcium, magnesium, potassium.
- Deep yellow and orange: Carrots, pumpkins, sweet potatoes, squash provide Vitamin A.

Activity Guide Source
Dawn Jeffers, author
Raven Tree Press, LLC, publisher

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