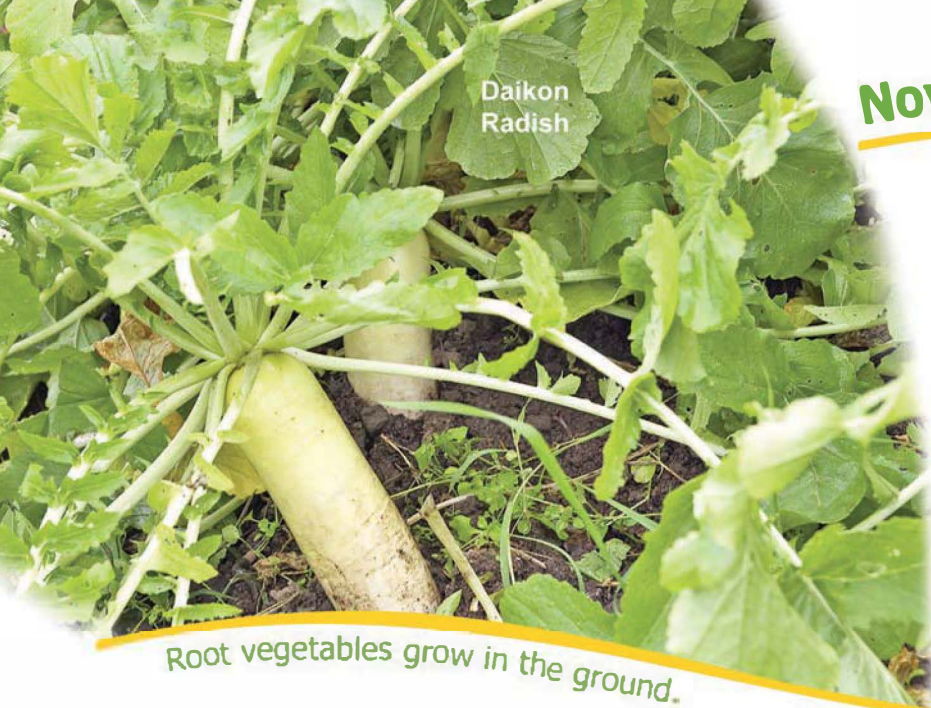


November ■ Root Vegetables



Root vegetables grow in the ground.

Nutrition Facts

Serving Size: 1/2 cup raw daikon radish (30g)
 Calories 6 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0
Cholesterol 0g	0%
Sodium 7mg	0%
Total Carbohydrate 1g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Calcium 0%
Vitamin C 12%	Iron 0%

Source: www.nal.usda.gov/fnic/foodcomp/search/
 NDB No. 11430

- A ½ cup of sliced daikon radish is a good source of vitamin C.
- Root vegetables include: potatoes, beets, carrots, jicama, radishes, sweet potatoes, ginger, garlic, and onions.
- Root vegetables are the roots of plants that are eaten as vegetables. They anchor the plant, absorb water and nutrients, and store energy.
- American colonists relied heavily on root vegetables because they could be stored for months in the harsh New England winters.
- California leads the nation in production of daikon radishes.



- Watch this video and learn about root vegetables! <https://bit.ly/1MkDnPr>

Activity

- In the video, the chef talks about cooking with different types of vegetables, including carrots. Do you cook? Have you cooked with carrots and other root vegetables? Think of a meal that you make with root vegetables, or think of a meal you would like to make with root vegetables. If you want to, research a recipe that uses root vegetables. Write the recipe below or use a separate piece of paper if needed.

Dig Into Roots

<https://goo.gl/KnMbk9>



Eat Fruits and Vegetables Every Day!

Why do we need fruits and vegetables? Fruits and vegetables contain important vitamins and minerals that your body needs to help you grow and stay healthy. Four important vitamins and minerals are listed on the Nutrition Facts label. They are vitamin A, vitamin C, calcium, and iron. Look in the *Glossary of Nutrients* on page 28 to see why it is important to include foods that contain these nutrients every day.



bones

eyes

gums

heal

oxygen

skin

teeth

■ Fill in the blanks using the nutrient definitions in the *Glossary of Nutrients* on page 28.

1. Calcium helps build strong _____ and healthy _____.
2. Iron helps red blood cells carry _____ to all the parts of the body.
3. Vitamin A helps your body maintain healthy _____ and _____.
4. Vitamin C helps the body _____ cuts and wounds and maintain healthy _____.