

# Peas



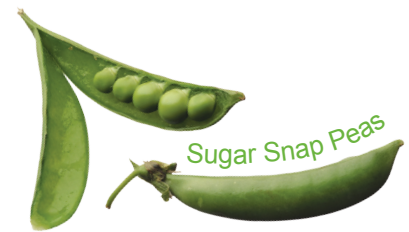
Snow Peas

Peas grow in a pod. The pods grow on a bush or a vine.

## Nutrition Facts

Serving Size: ½ cup fresh peas (73g)	
Calories 59	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 4g	
Vitamin A 11%	Calcium 2%
Vitamin C 48%	Iron 6%
Other nutrients: Vitamin K (23%), Thiamin (13%), Folate (12%), Protein (8%), Niacin (8%), Vitamin B6 (6%), Magnesium (6%)	
Source: <a href="http://www.nal.usda.gov/fnic/foodcomp/search/">www.nal.usda.gov/fnic/foodcomp/search/</a>	
NDB No: 11304	

- A ½ cup of fresh peas is a source of protein.
- There are two main kinds of peas: green and edible-pod.
- Edible-pod peas, like sugar snap peas, are also nicknamed snapping peas for how they can be “snapped” and eaten like green beans.
- Today only 5% of all peas grown are sold fresh; over half are canned and most of the rest are frozen.



Sugar Snap Peas

- Look at the Nutrition Facts label above and find the nutrients listed below (vitamin A, vitamin C, calcium, and iron). Then, using the percent (%) Daily Value, decide which nutrient is greater or equal.

See the *Pea Dippin' Good* recipe in *Tasting Trios*.



For example: vitamin A

vitamin C

1. vitamin A

calcium

2. vitamin C

iron

3. iron

calcium

# Healthy & Fun Parties

■ Discuss the following questions with your classmates:

1. Why is it important for us to have healthy snacks and beverages?
2. Do you think we have had healthy class parties this year?
3. Should we include a fun physical activity during our school parties?

■ Pretend you are the official Party Planner. First, plan your healthy party menu. Next, plan the fun physical activity you would like to include during your party. Last, draw a picture of your party and share your ideas with your classmates.



## Party Menu

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## Party Picture

A large, empty rectangular box with a black border, intended for drawing a picture of a party.

## Physical Activity

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## Physical Activity Picture

A large, empty rectangular box with a black border, intended for drawing a picture of a physical activity.