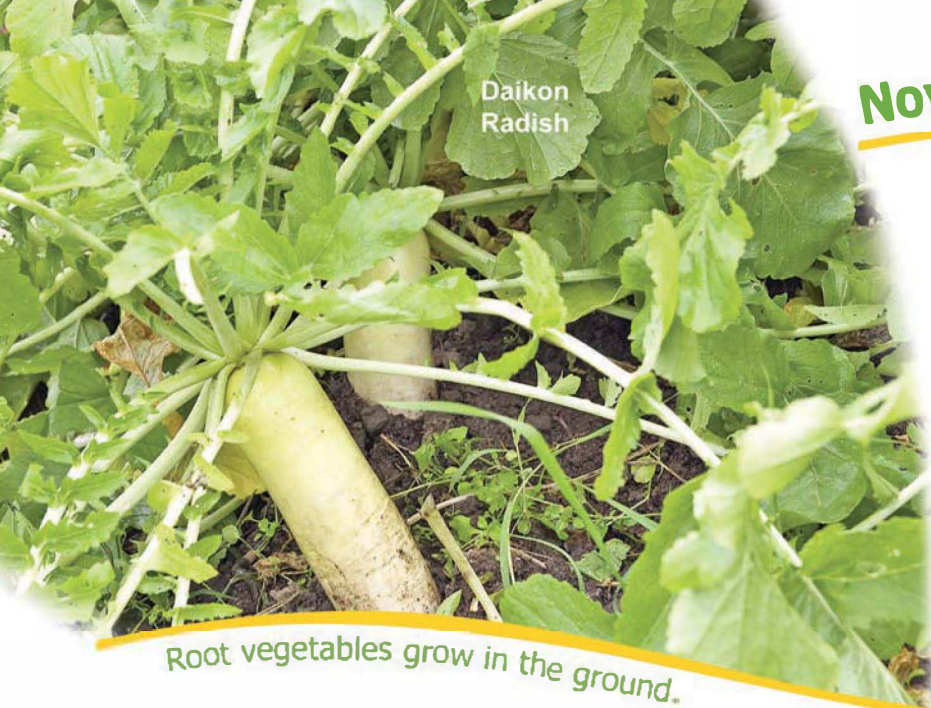


November ■ Root Vegetables



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! <http://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>



Why Fruits and Vegetables are Good for You

- Fruits and vegetables are some of the healthiest and best tasting foods.
- They are low in sodium and calories, and most are fat-free.
- Reach for blue, purple, green, white, yellow, orange, and red fruits and vegetables for your meals and snacks.
- Fruits and vegetables help your body get the vitamins, minerals, and fiber it needs to stay healthy.



- How can I make a rainbow of fruits and vegetables on my plate?



Meal

Example: cereal

Example: bean burrito

Fruit or Vegetable to Add

strawberries or bananas

grilled red bell peppers

