Daikon Radish

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.

Carrots

Radish

Turnip

- 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	Fruit or Vegetable to Add
Example: cereal	*strawberries or bananas*
Example: bean burrito	*grilled red bell peppers*